

Finding cancer early in women



One in two Queensland women will develop cancer before the age of 85. National screening programs are available to detect breast, cervical and bowel cancer. Cancer screening can help detect cancer early, before it develops, or symptoms occur. The earlier cancer is detected, the better the outcomes and long-term survival.

SCREENING PROGRAMS FOR WOMEN IN AUSTRALIA

Breast screening

Breast cancer affects more Queensland women than any other cancer. Early detection of breast cancer provides the best chance of survival.

If you are aged between 50–74, it is recommended that you complete a mammogram every two years.

BreastScreen Queensland invites women aged 50–74 years to have a free mammogram every two years, however, women aged 40–49 or 75 and over can also attend.

Their services are offered at multiple locations across Queensland, including purpose-built vehicles to reach women in rural and remote locations. To make an appointment call BreastScreen on **13 20 50** or visit breastscreen.qld.gov.au.

As well as screening, it is important to be breast aware. Be familiar with the usual look and feel of your breasts and if you notice any changes see your doctor as soon as possible.

Cervical screening

Cervical cancer is one of the most preventable cancers. All women aged 25–74 should have a cervical screening test every five years, even if you have had the HPV vaccine.

Screening Program (NCSP), the cervical screening test checks for the presence of the human papilloma virus (HPV). You are eligible for your first test when you turn 25 or two years after your last Pap test.

From 1 July 2022, as part of the NCSP, all women and people with a cervix will have the choice to screen using either self-collection (collecting their own sample under the supervision of a health care professional), or a clinician-collected sample.

Talk to your doctor about cervical screening if you are overdue or unsure. Women, or people with a cervix, who have symptoms such as unusual bleeding, discharge and pain should see their health care professional as soon as possible.

For more information visit cancerscreening.gov.au/cervical or contact **13 15 56**.

Bowel cancer

Bowel cancer is the second most common cause of cancer deaths in Australia. However, if detected early, approximately 90 per cent of cases can be effectively treated.

The National Bowel Cancer Screening program invites eligible Australians aged between 50–74 to complete a free screening test in the privacy of their own home. If you are over the age of 50, Cancer Council Queensland recommends you are screened for bowel cancer with a faecal occult blood test (FOBT) every two years.

For more information contact the National Bowel Cancer Screening Program on **1800 118 868** or cancerscreening.gov.au/bowel

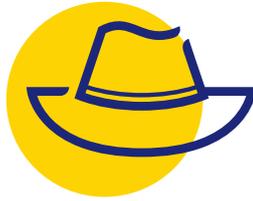


Simple steps to reduce your cancer risk:



DON'T SMOKE

Call Quitline
on 13 78 48



BE SUNSMART

Slip, Slop, Slap,
Seek and Slide



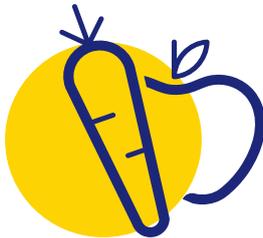
MOVE YOUR BODY

Be physically active
every day



STAY IN SHAPE

Aim for a healthy
body weight



EAT FOR HEALTH

Eat a variety of foods
and choose plenty
of fruit, vegetables
and wholegrains



LIMIT ALCOHOL

Try alcohol free
days and
non-alcoholic
drinks



KNOW YOUR BODY

and see your doctor
if you notice
any changes



PARTICIPATE

in cancer
screening

For more information call **13 11 20** or visit **cancerqld.org.au**