



Health checks

Private – only for women

 **Jean Hailes**
for Women's Health

About this booklet

Jean Hailes for Women's Health acknowledges the Traditional Owners of Country throughout Australia and recognises their continued connection to land, waters and culture. We pay respect to Elders past, present and emerging.

This booklet has been developed in consultation with Miwatj Health Aboriginal Corporation (NT), Link-Up (NSW) Aboriginal Corporation, Aboriginal and Torres Strait Islander staff from Women's Health and Family Services (WA), and Aboriginal Health Council of Western Australia.

We would like to acknowledge the women of Ramingining, Galiwin'ku and Yirrkala communities (NT), and women from the Yorgas Own Time group in Belmont (WA) who participated in consultations to help shape this resource.



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Contents

715 health check.....	2
Cancer screening tests	8
Cervical cancer	10
Cervical screening test	12
Breast cancer.....	16
Breast self-check.....	18
Breast screen.....	20
Bowel cancer	22
Bowel cancer screening test	24
Sexual health check	28
STIs – sexually transmitted infections	30
Remember	34

715 health check

It's a health check for Aboriginal and Torres Strait Islander people of all ages.

It's when a health carer checks your overall health to help you stay strong and healthy.

It's free to have a 715 health check every year at your local clinic.



715 health check

Have your 715 health check to:

- see if you're healthy and well
- find out about health problems early, before they get worse, and get treatment
- learn how to take care of your health to prevent illness in the future.

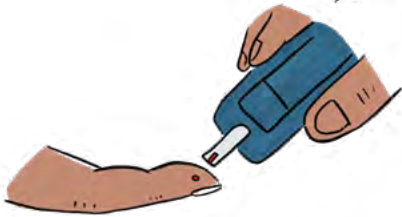
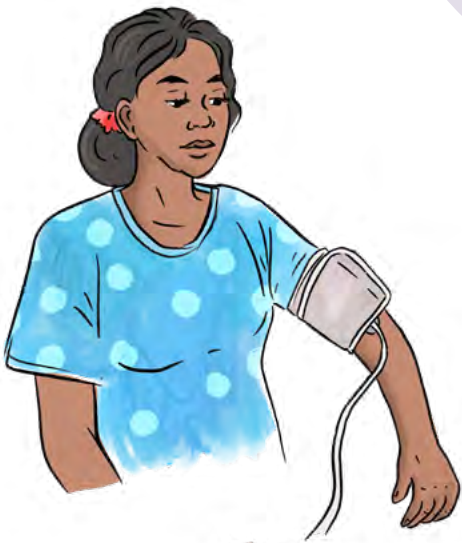
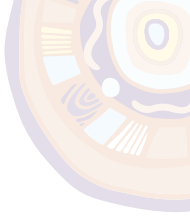


715 health check

At the 715 health check, the health carer will:

- do some tests using special medical equipment
- ask you about your lifestyle
- ask you about any illnesses you have or had in the past
- ask you how you feel and if you have any pain or unusual changes in your body.

Talk to the health carer about anything that worries you about your health.



Cancer screening tests

There are 3 important cancer screening tests you should have regularly. They help find cancer early, even before you feel sick.

Finding cancer early gives you a much better chance to get well again and enjoy your life and family.

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program

BreastScreen

AUSTRALIA

A joint Australian, State and Territory Government Program

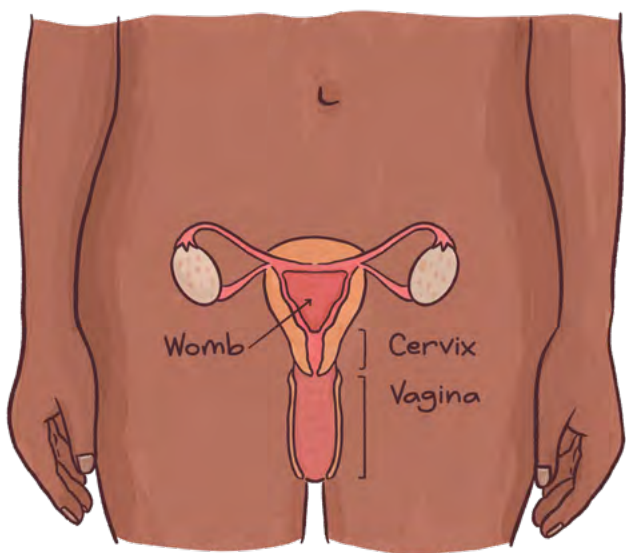
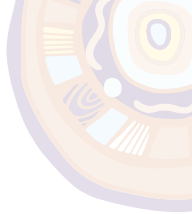
**NATIONAL
BOWELCANCER**
SCREENING PROGRAM



Cervical cancer

It's cancer that grows in the cervix, which is the entrance to the womb.

A common virus called HPV is usually the cause of cervical cancer.



Cervical screening test

It's a test that checks if you have HPV.

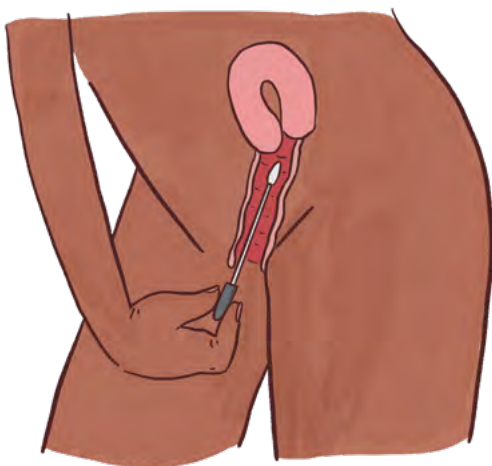
The health carer will gently take a sample of the cells from your cervix. You can choose to take a sample from your vagina yourself.

The sample is then sent for testing.

This test is your best protection against cervical cancer.

NATIONAL **CERVICAL SCREENING** PROGRAM

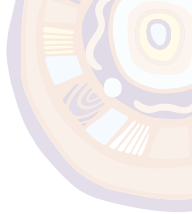
A joint Australian, State and Territory Government Program



Cervical screening test

Have a cervical screening test when you turn 25. Then do the test every 5 years.

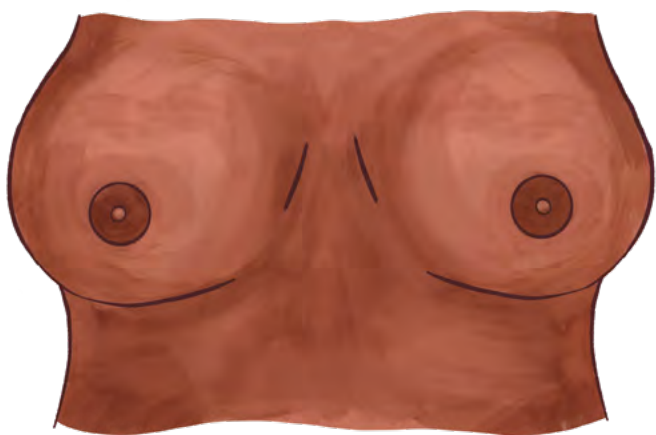
But if you're bleeding or have unusual discharge or pain, you need to see a health carer right away. Don't wait until your next cervical screening test.



Breast cancer

It's cancer that grows in the breast. It's the most common cancer among women in Australia.

It's much easier to treat if found early.



Breast self-check

To find breast cancer early, get to know your breasts and check them for any unusual changes once a month.

Check for any lumps, pain, discharge, or changes in the size or shape of your breasts.

If you notice anything unusual, have it checked by a health carer as soon as possible.



Lumps



Changes in size or shape



Redness, pain or nipple discharge



Changes to skin or nipple



Breast screen

A breast screen is a photo of the inside of your breasts. It shows changes that are too small to feel or see.

Have a breast screen every 2 years between the ages of 50 and 74.

Call BreastScreen Australia on 13 20 50 to book a breast screen near you.

BreastScreen

AUSTRALIA

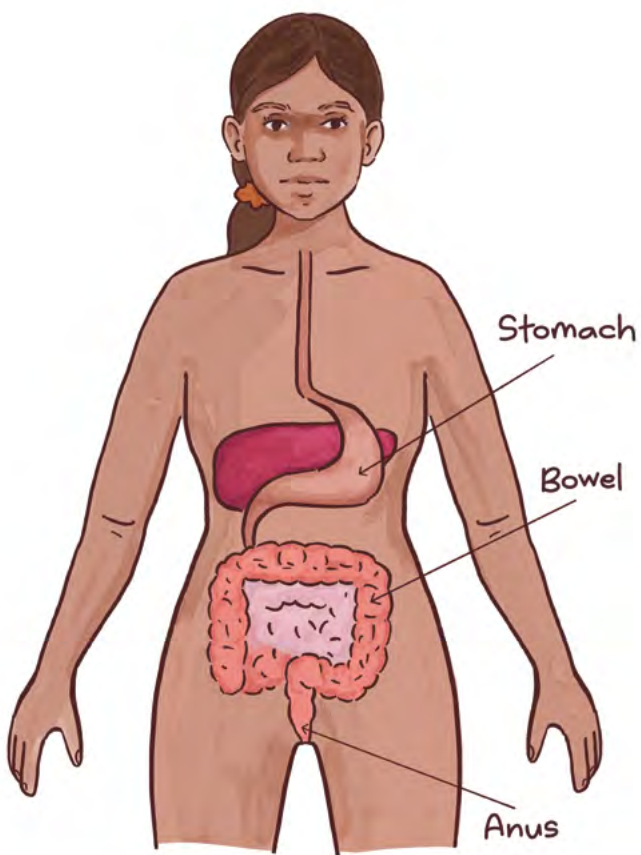
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Bowel cancer

It's cancer that grows in the bowel.

It often develops without any symptoms, so you may not know you have it.



Bowel cancer screening test

It's a test that checks for blood in your poo, which can be an early sign of bowel cancer.

Do this test every 2 years between the ages of 50 and 74 years old.

It's the best way to find bowel cancer early.

NATIONAL BOWELCANCER

SCREENING PROGRAM



 **NATIONAL
BOWELCANCER**
SCREENING PROGRAM

**Free
Home
Test Kit**

4 easy steps
that could help
save your life.


scan for
more info

 **SONIC
HEALTHCARE**

health.gov.au/nbcsp

Bowel cancer screening test

The test is sent to your home when you turn 50 and every 2 years after that.

You can also get the test at your local clinic.

The test is free and easy for you to do at home. It comes with instructions, but you can ask a health carer to tell you how to do the test.



Sexual health check

It's a visit to your health carer to discuss things like:

- safe sex
- contraception
- fertility issues
- your rights in a relationship.

You can also have a test for sexually transmitted infections (STIs).

If you feel shame about having a sexual health check, remember that health carers are there to help and they won't judge you.



STIs – sexually transmitted infections

STIs are infections you can get during vaginal, oral or anal sex or while sharing needles or other things with someone's blood on them.

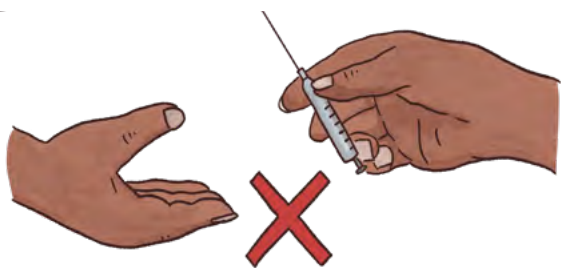
If left untreated, STIs can cause serious health problems.



STIs – sexually transmitted infections

To protect yourself against STIs:

- get tested for STIs regularly and ask your partner to get tested too – these tests are free and easy to do
- use condoms during sex
- don't share needles or other things with blood on them.



Remember

To stay healthy and strong,
have a:

- 715 health check every year
- cervical screening test every 5 years between the ages of 25 to 74
- breast self-check every month
- breast screen every 2 years between the ages of 50 to 74
- bowel cancer screening test every 2 years between the ages of 50 to 74
- STI test every year if you're having sex.



About the artwork

The artwork and illustrations are by Coolamon Creative – a 100% Aboriginal owned and operated creative services agency based in Alice Springs.



“This contemporary design shows the families, healthy people, and healthy women. The varied land elements (waterholes, stars and hills) represent the many different regions across Australia that everyone is from, each with different backgrounds and journeys. Our health is vital and should remain at the centre in everything we do as individuals and as a community.”

– Samantha Campbell, Graphic Designer & Illustrator, Coolamon Creative.

For further information contact

Jean Hailes for Women's Health
PO Box 3367
East Melbourne VIC 3002

Phone 03 9453 8999

Email education@jeanhailes.org.au

Website jeanhailes.org.au

Disclaimer: This information does not replace medical advice. If you are worried about your health, talk to your doctor or healthcare team.

We write health information for people with diverse backgrounds, experiences and identities. We use the term 'women', but we acknowledge that this term is not inclusive of all people who may use our content.

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