

What is cancer screening?

Screening is an important part of looking after your health



Cancer screening involves simple tests that look for early signs of cancer, or the conditions that cause cancer. Screening tests can find cancer before you can see or feel any changes to your body. When you find cancer early, it is easier to treat successfully.

In Australia, there are three national screening programs. These are for breast, bowel and cervical cancers.



Breast screening



Breast cancer is the most common cancer in women

- Women aged 50–74 should have a mammogram (also called a breast x-ray) every two years.
- A mammogram is the best way to find breast cancer before it can be seen or felt.
- It's important for all women aged 50–74 to screen, because most women diagnosed with breast cancer do not have a family history.
- Mammograms with BreastScreen NSW are **free**. A doctor's referral is not needed.



What to do:

- Call **13 20 50** to book a **free** BreastScreen NSW appointment.
- Call **13 14 50** to speak with an interpreter.
- For more information in other languages, visit **breastscreen.nsw.gov.au**



Bowel screening



9 out of 10 bowel cancers can be successfully treated if found early

- Men and women aged 50–74 who have a Medicare or Department of Veterans Affairs card are sent a **free** bowel cancer screening kit in the mail every two years.
- Bowel cancer screening could save your life, because it's the best way to detect bowel cancer early.
- The bowel cancer screening test is quick and simple to do in your own home.



What to do:

- Use your bowel screening kit when it arrives in the mail.
- Visit **dothetest.com.au** to check when your next kit will be sent to you.
- Call **1800 118 868** for all other enquiries.
- Call **13 14 50** to speak with an interpreter.
- For more information in other languages, visit **cancerscreening.gov.au/bowel**



Cervical screening



Cervical screening can prevent cervical cancer

- Women aged 25–74 should have cervical screening every five years.
- You can book a Cervical Screening Test with your local doctor or nurse.
- Some doctors provide this for **free**. You can ask about the cost when you book an appointment.
- Cervical cancer can be prevented by having the Cervical Screening Test. This is because it looks for an infection called human papillomavirus (HPV), which causes cervical cancer.



What to do:

- Book an appointment with a doctor or nurse. You can ask for a female doctor or nurse to do the test.
- Call **13 14 50** to speak with an interpreter.
- For more information, visit **cancer.nsw.gov.au/cervical** or **cancerscreening.gov.au/cervical**