

# No shame about cancer screening for our mob

Regular cancer screening is an easy way to stay healthy and prevent cancer. Here are the key facts about the three national cancer screening programs.

## Cervical Screening Test

For Aboriginal women and people with a cervix aged 25–74



Screening every 5 years can prevent cervical cancer



There are 2 options: a nurse or doctor can do the test or a client can do it themselves



Book an appointment with your doctor or nurse or call 1800 627 701 to check when your next test is due

## Breast screening

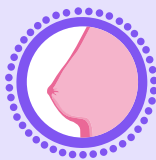
For Aboriginal women aged 40–74



Have the screening test every 2 years



Free service and no doctor's referral required



Book a free breast screen at BreastScreen NSW 13 20 50

## Bowel screening test

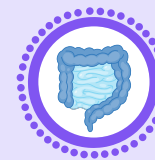
For Aboriginal men and women aged 45–74



Quick and easy self-collection test to do at home every 2 years



Kit is sent in the mail or provided via healthcare provider



Check with your health worker when your next test is due or call 1800 627 701