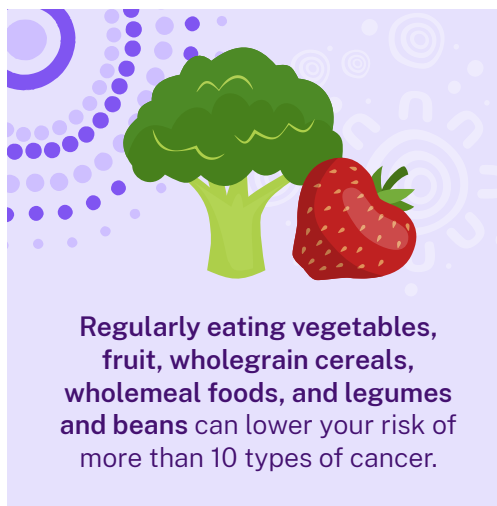


Women
Under
40

Helping mob live healthy and prevent cancer

There are many ways to reduce the risk of cancer and detect it early. As a woman under 40, here are some small steps to take that make a big difference.

Every alcoholic drink increases the risk of getting alcohol-related cancer. **If you are trying to cut down work towards drinking less than 10 standard drinks over a week.**



Regularly eating vegetables, fruit, wholegrain cereals, wholemeal foods, and legumes and beans can lower your risk of more than 10 types of cancer.

Aboriginal women aged 25 to 74 should have a Cervical Screening Test every 5 years once sexually active. **Check with your doctor or nurse when your next test is due.**

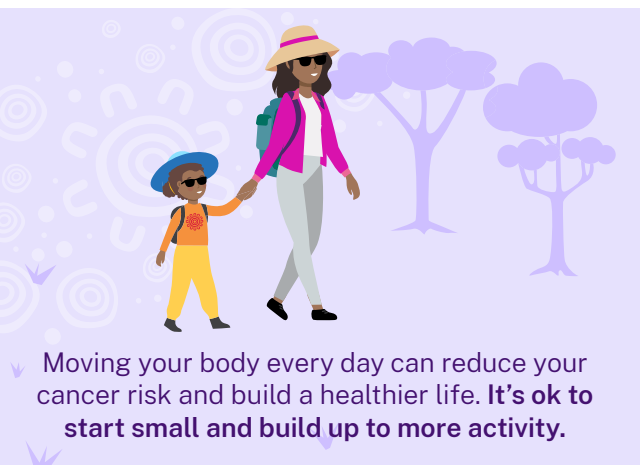


Cancer can develop with symptoms, and it is **important to talk to a health worker if you notice any changes.** Examples of symptoms are having a cough, pain, or a lump.

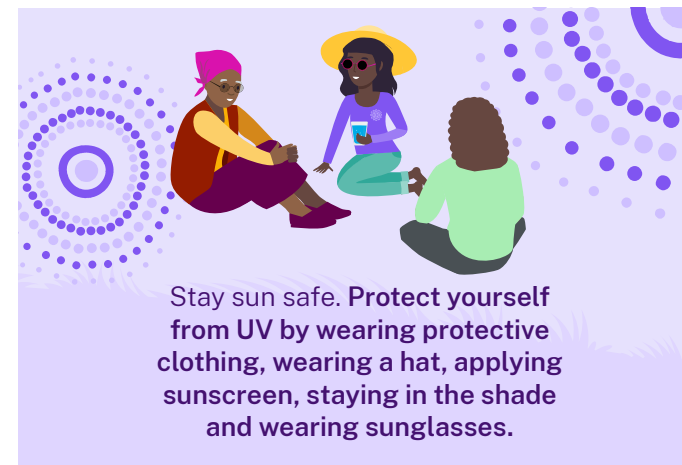
Hepatitis B and C are viruses that can be treated. If left untreated, they can lead to cancer. **It's important to find them early to reduce the risk of developing cancer. Talk to a health worker about testing and vaccination.**

Get support to quit smoking. Aboriginal male and female counsellors are available at Quitline.

Call 13 78 48



Moving your body every day can reduce your cancer risk and build a healthier life. **It's ok to start small and build up to more activity.**



Stay sun safe. **Protect yourself from UV by wearing protective clothing, wearing a hat, applying sunscreen, staying in the shade and wearing sunglasses.**