

سلامت روده و غریبالگری

فلیپ چارت آموزش جامعه



For users of this flipchart

This flipchart has been produced by Cancer Institute NSW as a tool to assist in providing information on bowel cancer and bowel cancer screening to women and men from different cultural backgrounds, particularly those eligible to participate in the National Bowel Cancer Screening Program (NBCSP).

The flipchart has two sections:

Section 1 explains how bowel cancer develops, the risk factors for bowel cancer, ways to reduce the risk and the signs or symptoms of bowel cancer.

Section 2 describes the National Bowel Cancer Screening Program and the bowel screening test (why it is so important and how to do it).

The flipchart is designed to be used by bilingual health or community workers /educators talking with community members about bowel screening. It can be used with groups or with an individual.

Users of this flipchart are encouraged to modify the wording provided to suit their particular community.

The flipchart contains a lot of information. However if time is limited, it is possible to use one section only or even just a few pages. The flipchart is designed to be used in whatever way suits the facilitator and participants the best.

Acknowledgements

This resource draws on earlier work, including:

The flipchart resource 'You're looking good on the outside, but what about the inside? Screening for bowel cancer' developed by Queensland Bowel Cancer Screening Program, Queensland Health, in 2008.

The flipchart resource 'It's not shame, it's a part of life' produced by Menzies School of Health Research (on behalf of the Australian Government Department of Health), to assist health workers to talk with Aboriginal and Torres Strait Islander people about bowel cancer and bowel cancer screening, in 2018.

Illustrations were completed by Julie Haysom.

Cancer Institute NSW gratefully acknowledges the contribution and input into this resource by representatives of the multicultural health, community and education sectors who participated in the consultation and development process.

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About bowel cancer

Bowel cancer is the third most common cancer worldwide (after lung and breast cancers).

- Australia has one of the highest rates of bowel cancer in the world.
- Bowel cancer often develops without any early signs or symptoms – you can have bowel cancer without knowing it.
- Bowel cancer is one of the most treatable types of cancer if found early. It can be successfully treated in 9 out of 10 cases if detected in the early stages.
- There is a simple, free test you can do at home to find bowel cancer early, which could save your life.



بخش 1

در باره
سرطان روده

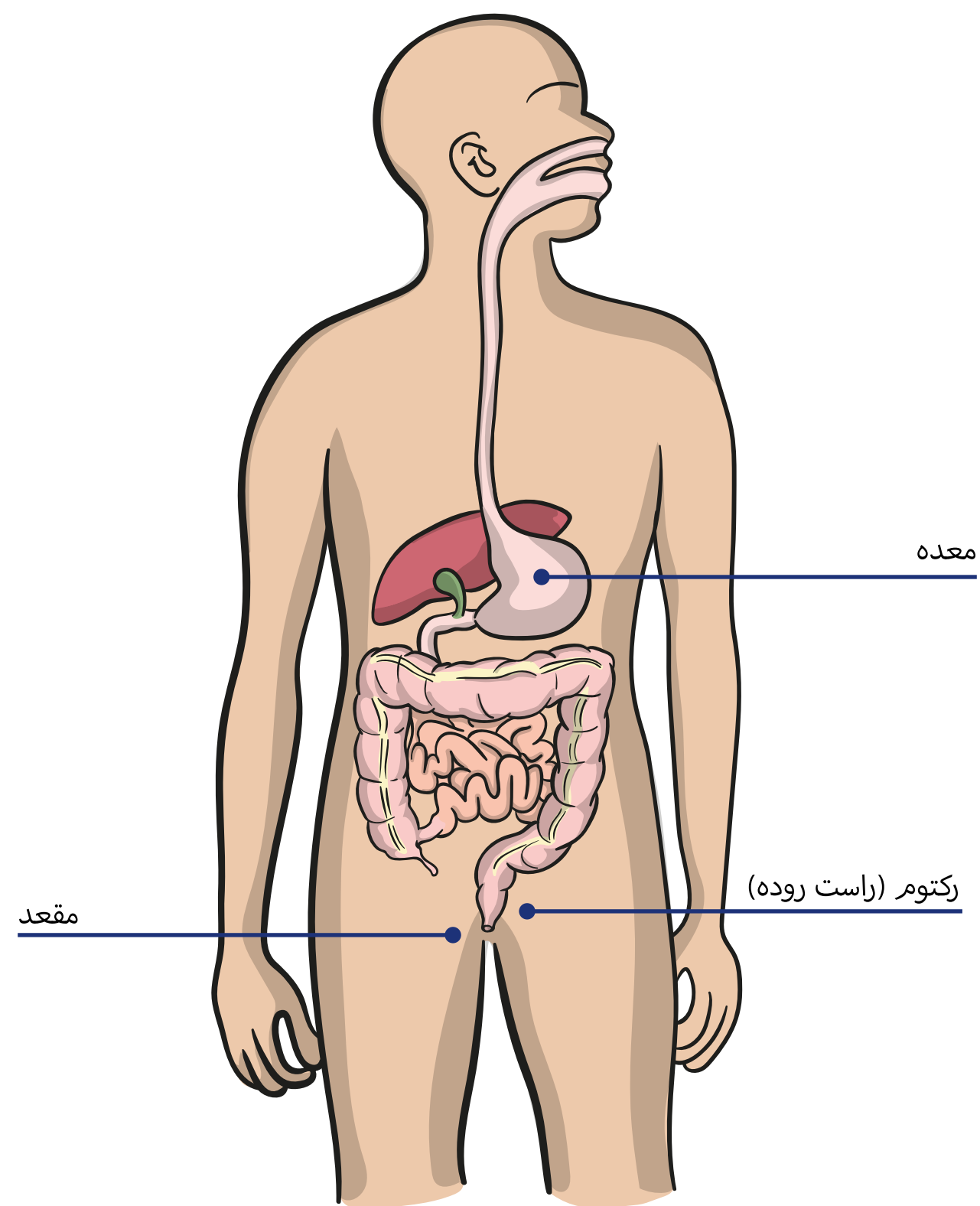
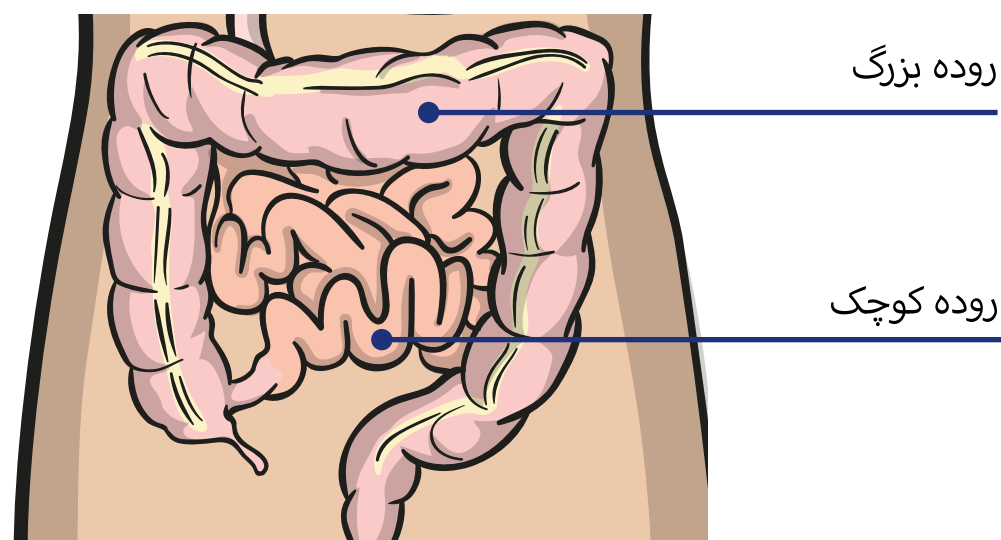
سرطان روده **سومین** سرطان شایع در
سراسر جهان است

What is the bowel?

The bowel connects your stomach to your rectum where waste material (faeces) is stored until passed out from the anus.

- The bowel has 3 main parts:
 - The small bowel – takes in the nutrients (goodness) from our food.
 - The large bowel (colon) – takes in water and salt.
 - The rectum – stores the waste material (faeces).
- The bowel helps digest the food we eat.
- Digestion is when our food and drink are broken down into nutrients for our body to use for energy and to build and support our cells.

روده چیست؟



What is bowel cancer?

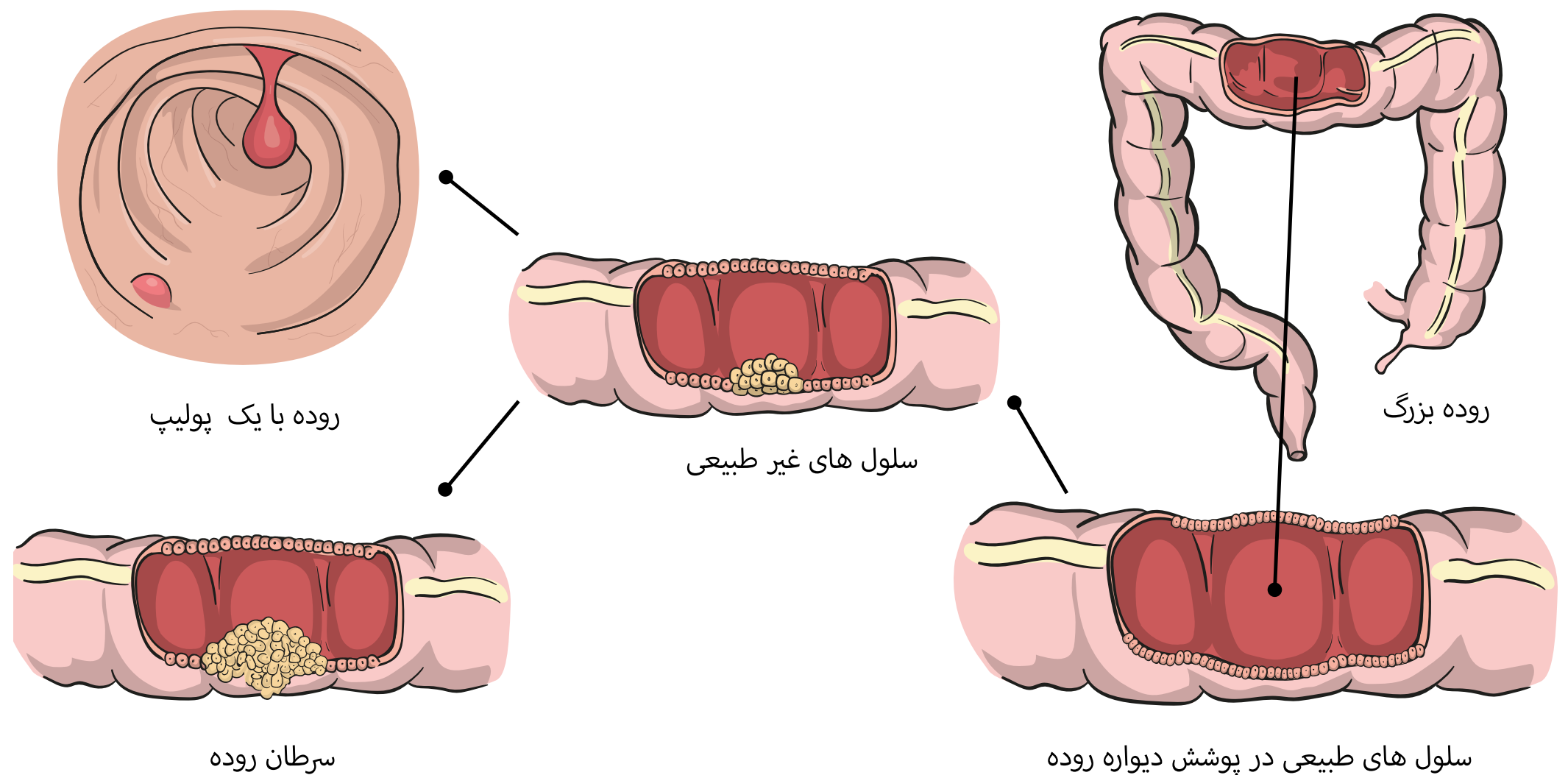
Bowel cancer can take many years to develop and may not show any signs or symptoms in the early stages.

How does bowel cancer develop?

- The bowel is made up of cells. Cells are the basic building blocks of our body that make up tissues and organs.
- For our bowel to stay healthy, old cells are constantly replaced by new cells.
- Sometimes things can go wrong during this process.
- Unlike normal cells, cancer cells don't stop growing. So the cells keep doubling, forming a lump that continues to grow.
- In the bowel, some of these lumps can grow into polyps.
- Polyps are small growths on the lining of the bowel that look a bit like a cherry on a stalk.
- Many polyps are harmless, but some can grow into cancer.
- If polyps are removed, the risk of bowel cancer is reduced.
- If cancerous polyps are not found and removed early, there is a risk that they could grow and eventually spread cancer cells to other parts of the body.

سرطان روده ممکن است سال ها
طول بکشد تا ایجاد شود و ممکن
است در مراحل اولیه هیچ علامت
یا نشانه ای از خود نشان ندهد

سرطان روده چیست؟



Who is at risk?

For most people, the biggest bowel cancer risk factor is ageing. 9 out of 10 bowel cancers are diagnosed in people over the age of 45.

The risk of bowel cancer is also higher for people who have:

- A family history of bowel cancer. Talk to your doctor about your risk of getting bowel cancer and what testing is right if you have:
 - One close family member who developed bowel cancer under the age of 60 (for example, a parent, brother, or sister); or
 - More than one close family member who had bowel cancer at any age.
- Bowel diseases which cause ongoing inflammation of the bowel.
- Type 2 diabetes.
- Unhealthy lifestyle behaviours (shown in the next slide).

Note: Most people (9 out of 10) **do not** have a higher-than-average risk based on their family history of bowel cancer.

بزرگترین عامل خطر،
سن بالای 45 سال است

چه کسی در معرض خطر است؟

عوامل خطر سرطان روده از جمله عبارتند از:

- سن - بالای 45 سال
- سابقه خانوادگی سرطان روده
- بیماری های موجود روده
- مبتلا بودن به دیابت نوع 2
- سبک زندگی ناسالم



Lifestyle risk factors

You can reduce your risk of bowel cancer by making healthy lifestyle choices.

One in four bowel cancers in Australia can be attributed to lifestyle factors and men are at higher risk. Lifestyle factors that can increase risk of bowel cancer include:

- Smoking.
- What we eat –i.e. eating foods which are highly processed (like white bread, biscuits and chips), eating red meat and processed meats (like bacon, ham and salami), and not having enough fibre (fibre is found in fruit and vegetables).
- Drinking alcohol.
- Being physically inactive.
- Being overweight or obese.

شما می توانید با انتخاب سبک
زندگی سالم خطر ابتلا به سرطان
روده را کاهش دهید

عوامل خطر سبک زندگی

از هر چهار سرطان روده در استرالیا یک مورد ممکن است
ناشی از عوامل سبک زندگی ناسالم باشد، از جمله:

- سیگار کشیدن
- رژیم غذایی نامناسب
- نوشیدن مشروبات الکلی
- عدم فعالیت بدنی
- اضافه وزن یا چاق بودن



What can you do to reduce your risk?

You can reduce your risk of bowel cancer by making healthy changes to your lifestyle.

Here are some changes you can make to reduce your risk:

- Avoid smoking and other tobacco products such as shisha and quit or don't start vaping.
- Eat a healthy balanced diet of wholegrain, wholemeal and high fibre foods such as wholemeal bread, brown rice and porridge. Aim for 2 serves of fruit and 5 serves of vegetables each day.
- Eat less red meat and avoid processed meats (like bacon, ham and salami), as well as highly processed foods like white bread, biscuits and chips.
- Avoid alcohol or reduce the amount you drink.
- Be physically active every day.
- Maintain a healthy body weight for you.
- If you are aged 45–74, do a bowel screening test every 2 years.

برای کاهش خطر چه کاری می توانید انجام دهید؟

- سیگار را ترک کنید
- غذای سرشار از فیبر بخورید
- از گوشت قرمز و فرآوری شده کمتر استفاده کنید
- مشروب الکلی کمتر بنوشید
- هر روز فعالیت بدنی داشته باشید
- وزنتان را در حد سالم حفظ کنید
- اگر ۴۵ تا ۷۴ سال دارید، هر ۲ سال یک بار آزمایش غربالگری روده انجام دهید



Are there any signs and symptoms?

Bowel cancer usually has no signs or symptoms in the early stages. This is why regular bowel screening is essential, even if you feel well and everything seems normal.

However, in some cases signs and symptoms of bowel cancer can include:

- Blood in your faeces - there might be blood on the toilet paper or in the water after a bowel movement.
- Unexplained tiredness.
- Stomach pain.
- A sudden and persistent change in toilet habits. For example, having looser bowel movements (diarrhoea) or straining to have a bowel movement (constipation).
- Unexplained weight loss.
- An iron deficiency (anaemia).

If you have any of these symptoms, it does not necessarily mean that you have bowel cancer, but you should follow up with your doctor.

آیا علائم و نشانه هایی وجود دارد؟

سرطان روده معمولاً در مراحل اولیه هیچ نشانه یا علائمی ندارد.

با این حال، در برخی موارد علائم سرطان روده می تواند شامل موارد زیر باشد:



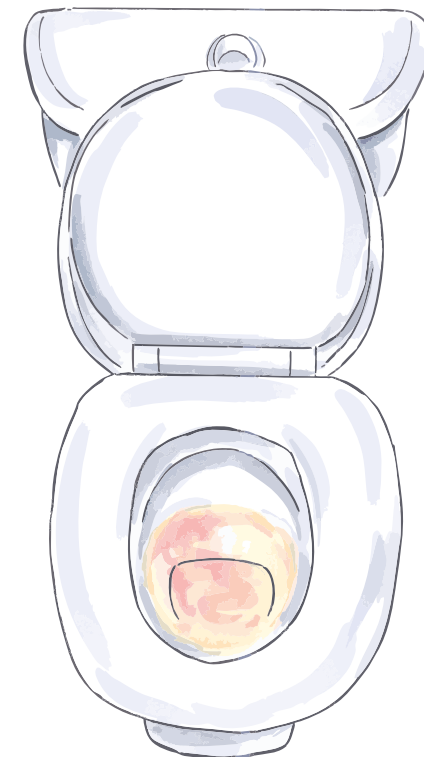
کاهش وزن بدون دلیل



درد معده
تغییر در عادات طبیعی روده



احساس خستگی بی دلیل



خون در مدفوع شما

About the National Bowel Cancer Screening Program

The National Bowel Cancer Screening Program (the Program) mails out free kits to eligible people aged 45 to 74 for them to complete at home.

- The Program has been funded by the Australian Government since 2006.
- The Program aims to reduce deaths from bowel cancer through early detection and is one of the most life-saving public health programs in Australia.
- People aged 45–49 can request their first kit be sent to them at **www.ncsr.gov.au/boweltest**, or by calling **1800 627 701**. After screening for the first time, future test kits will be mailed to them automatically.
- People aged 50–74 will automatically be mailed a kit every 2 years to their address recorded with Medicare. First time screeners will get a kit within 6 months of their 50th birthday.
- Those who don't do the test will be invited again every 2 years. Those who do the test and get a negative result will be invited again 2 years from the date of their test result.

بخش 2

درباره برنامه ملی غربالگری
سرطان روده



What is a bowel screening test?

A bowel screening test can detect changes in the bowel long before you would notice any signs or symptoms.

- A bowel screening test involves taking 2 small stool (faeces) samples in the privacy of your own home and posting them for testing in the supplied reply paid envelope.
- Bowel cancer or polyps can grow on the inside of the bowel and can leak tiny amounts of blood which are invisible to the eye.
- The test is looking for any tiny traces of blood in the stool samples which might indicate a growth inside the bowel.
- If found in the early stages, 9 out of 10 bowel cancers can be successfully treated.

اگر زود تشخیص داده شود، از
هر 10 سرطان روده 9 مورد را می
توان با موفقیت درمان کرد

آزمایش غربالگری روده چیست؟

- این آزمایش می‌تواند تغییرات روده شما را مدت‌ها قبل از ظهور علائم یا نشانه‌ها تشخیص دهد
- برای افراد 45 تا 74 ساله هر 2 سال یکبار یک کیت آزمایش رایگان ارسال می‌شود



Who should do a bowel screening test?

Nearly all people aged 45–74 should do a test every 2 years.

- However, if you have any signs or symptoms of bowel cancer or a higher-than-average risk of bowel cancer due to your family history (see slide 4 for more detail), talk to your doctor as soon as possible as you may need to have a different test.
- You also may not need to do the test if you have had a recent colonoscopy or are seeing your doctor about bowel problems.

چه کسی باید آزمایش غربالگری روده را انجام دهد؟

تقریباً همه افراد 45 تا 74 ساله باید هر 2 سال یک بار آزمایش انجام دهند.

با پزشک خود صحبت کنید اگر:

- علائم یا نشانه های سرطان روده را دارید
- سابقه خانوادگی سرطان روده دارید
- اخیراً کولونوسکوپی انجام داده‌اید

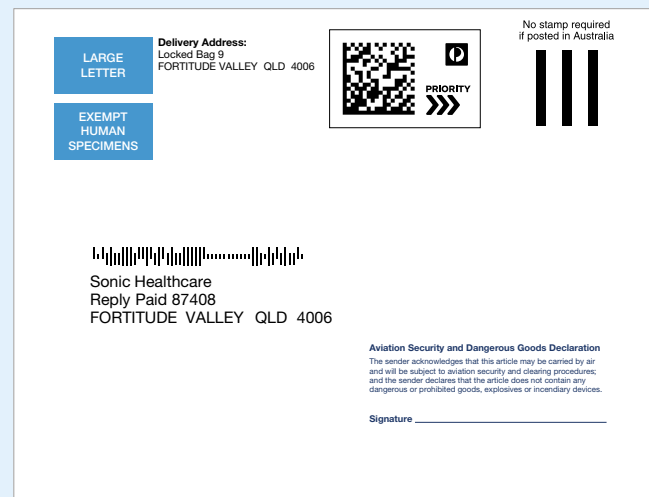


What's in the kit?

In your kit you will find everything you need to do the test:

- 2 toilet liners (these are to catch your bowel movement so you can take 2 small samples). These are biodegradable and can be flushed down the toilet when you are done.
- 2 collection tubes with collection sticks inside (these tubes are to store your 2 samples and contain a preserving agent).
- 1 ziplock bag with 2 compartments (this is to store your collection tubes and further protect them from touching anything whilst being stored at home).
- Participant details form (to be completed and submitted with your samples).
- 1 reply paid envelope (this is used to post your samples back to the pathology lab).

این کیت چیست؟



1 عدد پاکت پست پیش پرداخت شده

**NATIONAL
BOWEL CANCER
SCREENING PROGRAM**

Participant Details

Please complete, sign and return this form with your completed Fecal Occult Blood Test (FOBT) sample.

If you have any concerns or if anything is unclear, please contact the National Colorectal Cancer Screening Program Information Line on 1800 118 868 or visit the website at www.cancerscreening.gov.au

Please use a black pen and write in BLOCK LETTERS in the boxes provided.

1 Name and contact details

IMPORTANT NOTE:
The FOBT should **ONLY** be completed by this person.

Your postal address **ONLY** if different to the address printed above

Address line 1

Address line 2

Suburb/Town/City

State Postcode

Contact telephone numbers Work Mobile

Home

Your address and contact numbers held on your Medicare record will be updated with the information you have provided.

2 Doctor/Medical Practice details (a copy of the results of your FOBT will be sent to this Practice)

Doctor's /
Surgery name

Doctor's given
name

Medical
practice name

Medical practice
Address line 1

Address line 2

Address line 3

Suburb/Town/City

State Postcode Provider number (if known)

3 FOBT sample details (Participants please record)

Date first sample collected (mm/yyyy): / /

Date second sample collected / /

Signature and

1 عدد فرم مشخصات
شرکت کننده

1 عدد کیف زیپ دار



2 عدد لوله جمع آوری

پوشش توالت

پس از گرفتن نمونه،
توالی را فلاش کنید

زیست تخریب پذیر

این طرف بالا است

2 عدد پوشش توالت

How to do the test

STEP 1 – Prepare

1. Write your name, date of birth and date you do the test on one of the tubes.
2. Do a wee and flush the toilet.
3. Put one toilet liner in the toilet with the writing facing up. It's ok if it gets wet.

STEP 2 – Collect

1. Do your bowel movement onto the toilet liner.
2. Twist open the collection tube.
3. Drag the tip of the stick through the bowel movement. The sample only needs to be tiny.
4. Put the stick back into the tube and click it shut.
5. Flush the biodegradable liner down the toilet.
6. Put the tube into the ziplock bag.
7. Put the bag somewhere cool, such as a fridge (don't freeze).

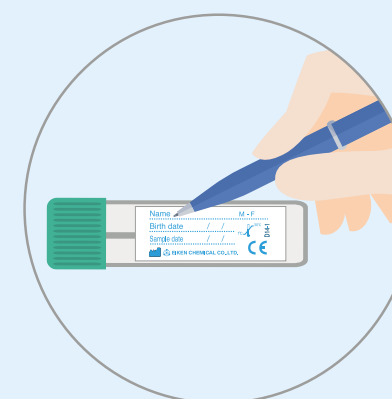
STEP 3 – Repeat

1. Repeat steps 1 and 2 using the other tube when you have your next bowel movement. Ideally, try to collect both samples within 3 days of each other.

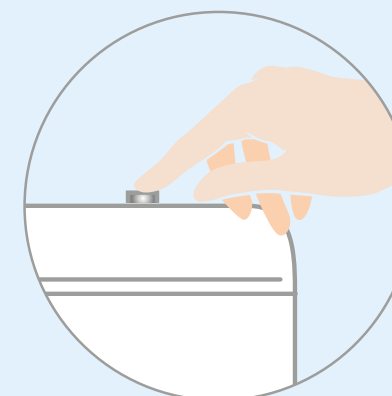
Turn over for Step 4

طرز انجام آزمایش

مرحله 1 - آماده کنید



1. مشخصات را روی یکی از لوله ها بنویسید



2. ادرار کنید و توالت را فلاش کنید

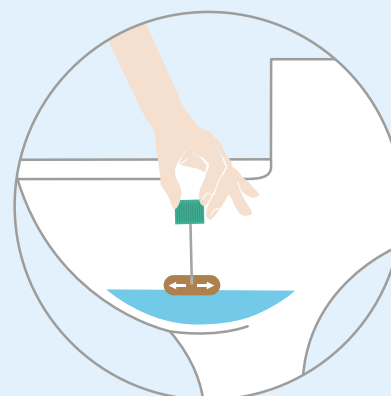


3. یک پوشش توالت را در توالت قرار دهید

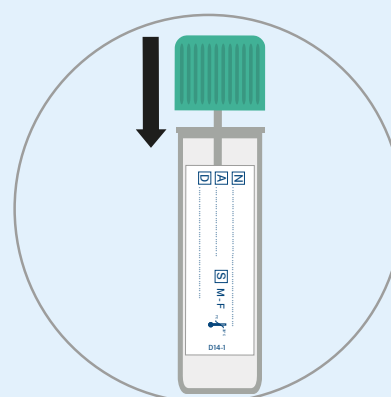
مرحله 2 - جمع آوری کنید



1. روی پوشش توالت مدفوع کنید

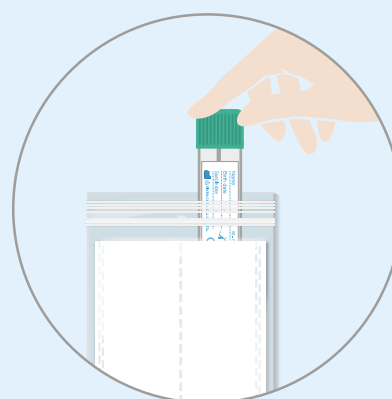


2. لوله جمع آوری را باز کنید
3. سیخ پلاستیکی را توی مدفوع بکشید



4. سیخ را مجدداً در لوله بگذارید
5. توالت را با پوشش فلاش کنید

مرحله 2 - ادامه



6. لوله را داخل کیف زیپ دار قرار دهید
7. در یخچال بگذارید (نه در فریزر)

مرحله 3 - تکرار



1. مراحل 1 و 2 را با استفاده از لوله دیگر در زمان مدفوع بعدی خود تکرار کنید

Posting the test

STEP 4 – Send

1. Complete the participant details form (write the dates your samples were taken and sign the form).
2. On the envelope, sign the front and write your name and address on the back.
3. Put the form and the samples in the envelope.
4. Mail the envelope.

Keeping your samples safe

- The samples are sensitive to heat and time.
- The samples need to stay cool for as long as possible, so do not leave them in a hot place such as a car.
- Store samples in the fridge but never freeze them.
- Mail your samples as soon as possible (within 24hrs of taking your second sample if possible).
- Place it in a mailbox in the cooler part of the day or take it to the post office.

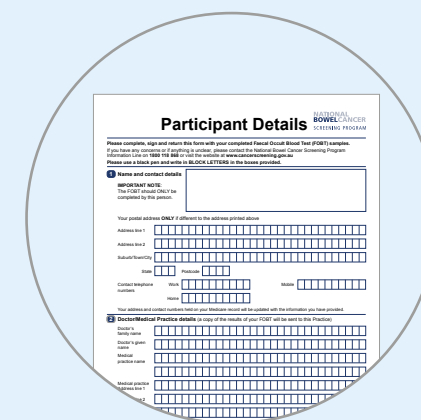
Consider using a sample bowel screening test kit to demonstrate how to do the test.
www.health.gov.au/nbcsp-demo-kit

پست کردن آزمایش

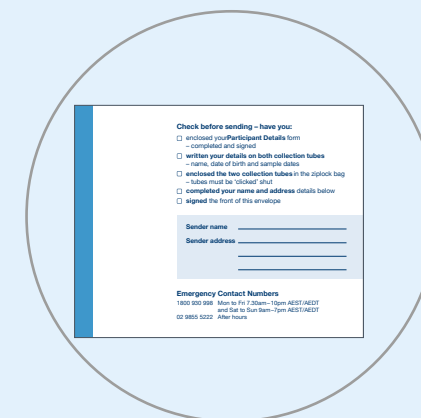
امن نگه داشتن نمونه هایتان

- در یخچال نگهداری کنید - آنها را در جای گرم قرار ندهید
- در اسرع وقت آنها را ارسال کنید
- در ساعات خنک تر روز در یک صندوق پستی قرار دهید یا آن را به اداره پست ببرید

مرحله 4 - بفرستید

A form titled "Participant Details" with instructions to complete and return it with the stool sample. It includes sections for name and contact details, and a section for the participant to sign and date the form.

1. فرم مشخصات شرکت کننده را تکمیل کنید

A form titled "Check before sending" with a checklist of items to verify before sending the sample. It includes fields for sender name and address, and emergency contact numbers.

2. نام و آدرس را بنویسید و پاکت را امضا کنید
3. فرم و نمونه ها را داخل پاکت قرار دهید



4. سریع پست کنید

When not to do the test

The test looks for blood in your bowel movement, so don't do the test if:

- You have haemorrhoids which are bleeding. If this happens, see your doctor.
- You have your menstrual period. Wait for 3 days after your period before doing the test.
- There is blood in your urine or blood in the toilet bowl. If this happens, see your doctor.
- You are having treatment for bowel problems.
- You are booked for a colonoscopy in the next few weeks or if you have had a recent colonoscopy.

Note: There is no need to change your normal diet or stop taking any regular prescribed medications before doing the test.

چه زمانی نباید آزمایش را انجام داد

این آزمایش برای پیدا کردن خون در مدفوع شما است، بنابراین در شرایط زیر آزمایش را انجام ندهید:

- هموروئید خونریزی دهنده دارید
- دوره پریودتان است
- در ادرارتان یا در توالت خون هست
- تحت درمان برای بیماری های روده هستید
- به زودی برای کولونوسکوپی رزرو کرده‌اید
- اخیراً کولونوسکوپی داشته‌اید

What happens next?

You will receive a result notification letter in the mail within 4 weeks of posting the samples.

A negative test result

- If your test is negative it means no blood was found. You don't need to do anything, just do another test in 2 years' time.
- Talk to your doctor if you have any symptoms before your next test. The test is very accurate but a negative result does not mean that you definitely don't have bowel cancer or can never develop bowel cancer.

A positive test result

- If your test is positive it means blood was found. You will need to see a doctor for a check-up and maybe some more tests.
- **If the test is positive it does not necessarily mean you have cancer.**
- Bleeding may be caused by a number of conditions, including polyps, haemorrhoids or inflammation, and may not be cancer related.
- But it is important to find out why there is blood in your sample.

بعد چه اتفاقی می افتد؟

نتایج آزمایش - معنی آنها:

آزمایش منفی به این معنی است که خون پیدا نشده است. بعد از 2 سال دوباره آزمایش را انجام دهید.

آزمایش مثبت یعنی خون پیدا شده است. این لزوماً به این معنی نیست که سرطان دارید. اما باید به پزشک مراجعه کنید تا علت وجود خون در مدفوع را مشخص کند.



After a positive test result

After a positive test result, it is important to see your doctor as soon as possible so you can receive a referral for another test, usually a colonoscopy.

- The aim of a colonoscopy is to look inside the bowel and find out why you have blood in your bowel movement.
- During a colonoscopy a doctor inserts a tiny camera into the rectum to look for polyps or cancerous growths.
- You will receive some sedation for the procedure so you won't feel any pain.
- The day before the colonoscopy you will need to have a special drink to help empty your bowel. This will allow the camera a clear view of your bowel. You will need to be near a toilet all day.
- Some areas in NSW have a free, fast-track referral service for people with a positive bowel screening test (called Direct Access Colonoscopy). If you need a colonoscopy your GP should discuss referral options with you. You or your GP can find out more at the following website: www.cancer.nsw.gov.au/dac.

Results

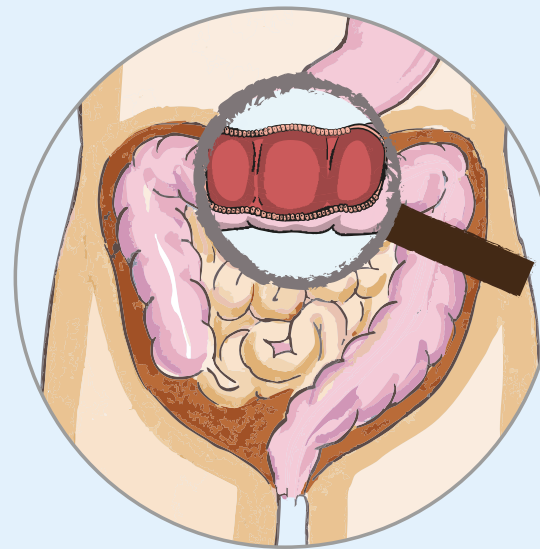
There are a number of possible findings of a colonoscopy:

- **Nothing (clear)** – No polyps or cancer. You should do the home test kit again in around 4 years. A kit will be sent to you by the National Bowel Cancer Screening Program.
- **Polyps** – The doctor will usually remove them when doing the colonoscopy. You may need another colonoscopy in 2-5 years (discuss this with your doctor).
- **Cancer** – May need surgery or other treatment (to be determined by a doctor). **If found early, the chance of successful treatment is very high.**
- **Other conditions** – The colonoscopy may find other bowel conditions. Your doctor will discuss these with you.

پس از دریافت نتیجه آزمایش مثبت



3. نتایج آن را بگیرید



2. کولونوسکوپی انجام دهید



1. دکترتان را ببینید

For more information

- Visit the Program website at **www.health.gov.au/nbcsp**.
- Access a range of translated materials by visiting **www.health.gov.au/nbcsp-translations** (including test kit instructions, an information booklet and invitation/result letters).
- Visit **www.dothetest.com.au** for web information in a number of languages (select from 'Language options' in the top right hand corner to change language).
- Order a kit online at **www.ncsr.gov.au/boweltest** or by scanning the QR code. Use this form if:
 - You are aged 45-49 and would like to request your first kit
 - You are 45-74 and haven't received your last kit, or if your last kit is damaged, lost or expired.
- Check your eligibility, find out when you will get your next kit, update your contact details or order a kit by:
 - Logging in to the National Cancer Screening Register Participant Portal at **www.ncsr.gov.au/information-for-participants**
 - Calling the National Cancer Screening Register on **1800 627 701** (or calling the Translating and Interpreting Service on **13 14 50** for help in your language)
- You can also ask your doctor about getting a bowel screening kit.

برای اطلاعات بیشتر و اینکه کیت را از کجا می‌توانید تهیه کنید

از وب سایت برنامه ملی غربالگری سرطان روده دیدن کنید: **www.health.gov.au/nbcsp**

به مطالب ترجمه شده دسترسی پیدا کنید:

www.health.gov.au/nbcsp-translations

www.dothetest.com.au

کیت را آنلاین در **www.ncsr.gov.au/boweltest** یا با اسکن کردن کد QR زیر سفارش دهید

برای سؤالات دیگر (یا برای سفارش کیت)، با ثبت ملی غربالگری سرطان به شماره **1800 627 701** تماس بگیرید
یا با خدمات ترجمه نوشتاری و گفتاری به شماره **13 14 50** (برای کمک به زبان خود) تماس بگیرید.

از پزشک خود در مورد دریافت کیت غربالگری روده سوال کنید



Summary

So what are the important take home messages we have learnt today?

1. Bowel cancer can develop over a long period, without any obvious signs.
2. A screening test can detect changes in your bowel early.
3. If found early, 9 out of 10 bowel cancers can be successfully treated.
4. Do the test when it comes in the post.

خلاصه

4 چیزی که باید به خاطر بسپارید

- سرطان روده می تواند در طی یک دوره طولانی و بدون هیچ نشانه آشکاری ایجاد شود
- آزمایش غربالگری می تواند تغییرات روده شما را زودتر پیدا کند
- اگر زود تشخیص داده شود، از هر 10 سرطان روده 9 مورد را می توان با موفقیت درمان کرد
- آزمایش را پس از دریافت آن از طریق پست انجام دهید



National cancer screening programs

Cancer screening is the use of simple tests to look for early signs of cancer, or conditions that may cause cancer.

- Screening tests can find cancer before you can see or feel any changes to your body. When you find cancers early, they are easier to treat successfully.
- In Australia there has been 3 national screening programs in place for many years. These are for bowel, breast and cervical cancers.
- A National Lung Cancer Screening Program is being established and will commence from July 2025. The Program will target people aged 50–70 who are at high risk of lung cancer, and who have no symptoms.
- If you are unsure about doing a screening test, talk to your doctor to help you decide.

تشخیص زودهنگام از طریق
غربالگری جان انسان ها را نجات
می دهد

برنامه های ملی غربالگری سرطان

**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program



BreastScreen
NSW



NATIONAL
**LUNG CANCER
SCREENING**
PROGRAM

Breast screening

All women over 40 are eligible for breast screening with BreastScreen NSW. Women aged 50–74 should have a breast screen (mammogram) every 2 years.

- A mammogram (also called a breast x-ray) is the best way to find breast cancer early before you can notice any changes.
- Mammograms through BreastScreen NSW are free and a doctor's referral is not needed.
- Almost all women who find their breast cancer in the early stages will get better and get back to their normal lives.
- Most women diagnosed with breast cancer do not have a family history.
- The breast screen is done in private by a female radiographer.
- Call **13 20 50** or visit the BreastScreen NSW website to book a free breast screen. There are many sites available so you can choose a date, time and location that suits you.
- Call **13 14 50** if you need someone who speaks your language to help you book the appointment.
- More information is available in 25+ different languages on the BreastScreen NSW website.

از زنان 50 تا 74 ساله دعوت می
شود هر 2 سال یک بار غربالگری
سینه انجام دهند

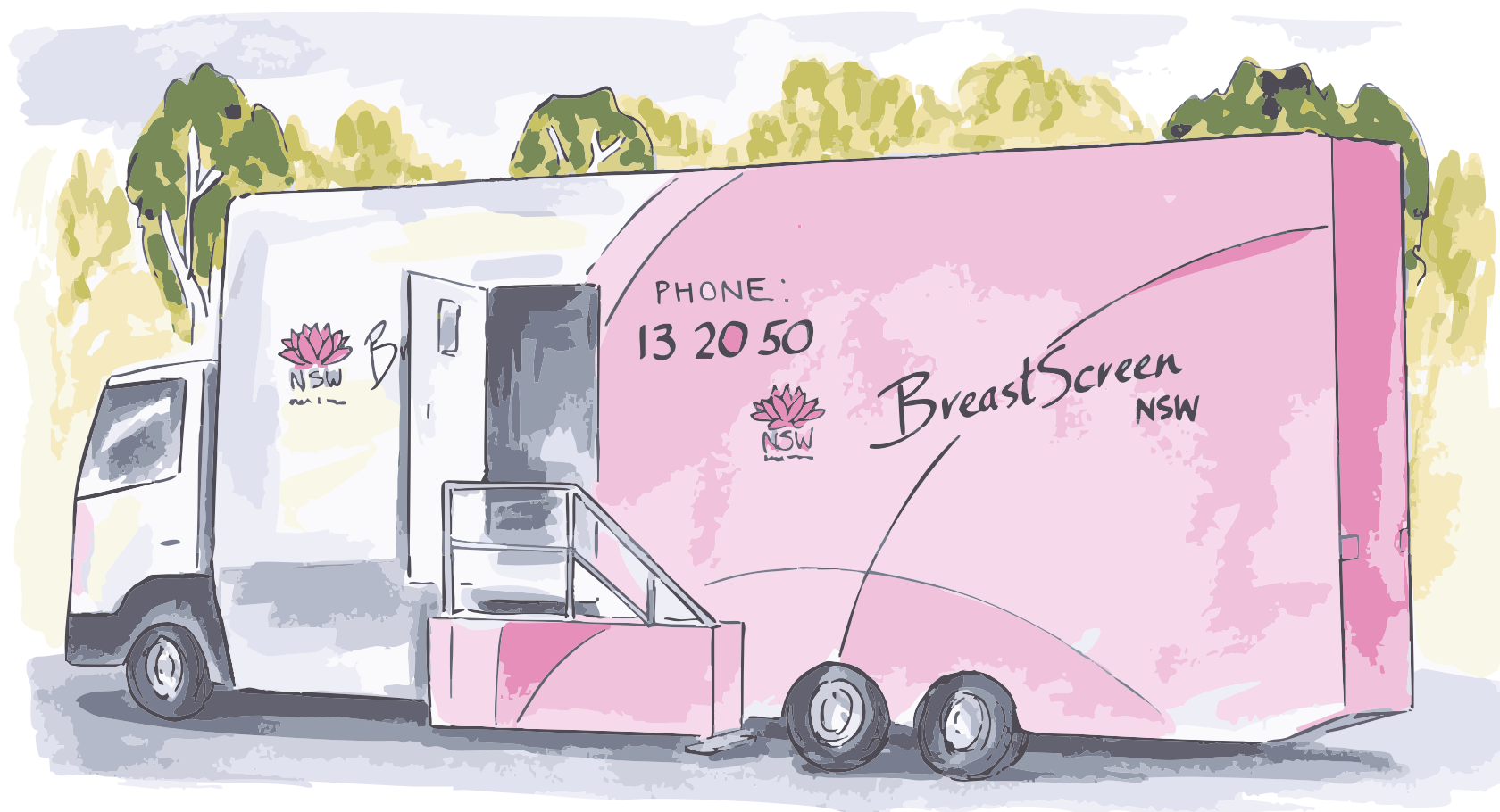
غربالگری سینه

BreastScreen NSW (غربالگری سینه نیو ساوت ولز) رایگان است و
نیازی به ارجاع پزشک نیست.

همه زنان بالای 40 سال واجد شرایط غربالگری سینه با
BreastScreen NSW هستند.

با شماره **13 20 50** تماس بگیرید یا به صورت آنلاین در
www.breastscreen.nsw.gov.au رزرو کنید.

برای استفاده از مترجم به شماره **13 14 50** تلفن بزنید



Cervical screening

- Cervical cancer can be prevented by having the Cervical Screening Test, because it looks for an infection called Human Papillomavirus (HPV) which causes almost all cervical cancers.
- Women aged 25–74 who have ever been sexually active -even if you have had the HPV vaccine -should have a Cervical Screening Test every 5 years.
- You can book a Cervical Screening Test with your local doctor or nurse. You don't need to go to a specialist doctor.
- There are two options for having a Cervical Screening Test: to take your own sample from your vagina using a swab or have a doctor or nurse collect your sample with a speculum. Speak to your doctor or nurse to discuss your options.
- The Cervical Screening Test is free when you're due but your doctor may charge a consultation fee.
- You can ask for a female doctor or nurse to perform the test.
- Most people will be asked to have another Cervical Screening Test in 5 years. This means the result is normal and no HPV infection was found.
- **Book an appointment with your doctor or nurse.**

Note: If it's been more than 5 years since your last test or you have never had a test before, you should book an appointment as soon as possible.

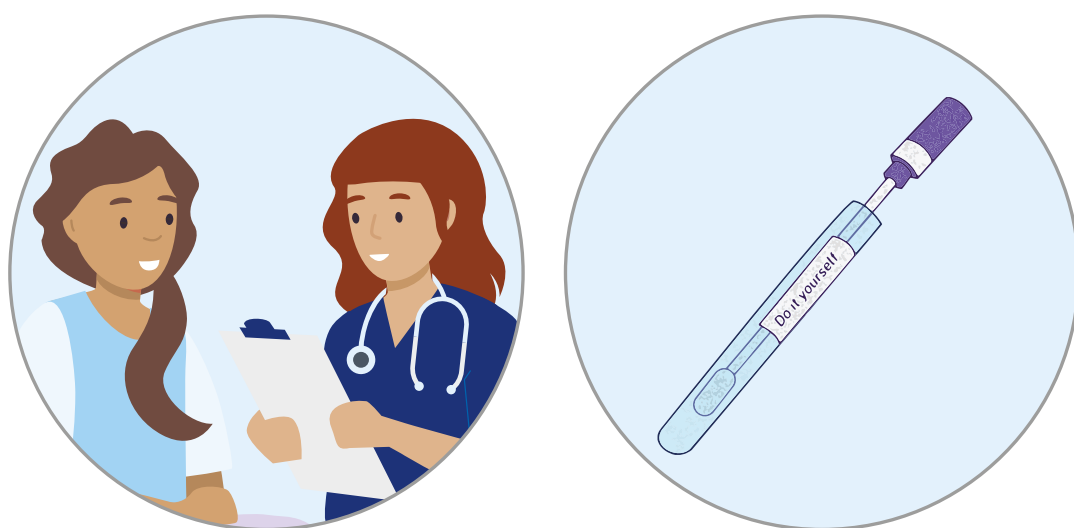
زنان 25-74 ساله باید هر 5 سال
یکبار غربالگری دهانه رحم را
انجام دهند

غربالگری دهانه رحم

غربالگری دهانه رحم با یافتن عفونت HPV که باعث ایجاد آن می شود از سرطان دهانه رحم جلوگیری می کند

برای انجام آزمایش غربالگری دهانه رحم دو گزینه دارید:

- شما می توانید نمونه خود را با استفاده از سواب از واژن تان جمع آوری کنید
 - پزشک یا پرستار شما می تواند نمونه شما را با اسپکولوم جمع آوری کند
- یک وقت ملاقات با پزشک یا پرستار خود بگیرید تا در مورد این دو گزینه صحبت کنید.



Lung screening

- A National Lung Cancer Screening Program commences in Australia in July 2025.
- The program aims to increase early diagnosis and improve survival from lung cancer.
- The program will use low-dose CT (computed tomography) scans to look for lung cancer in people aged 50–70 who:
 - Have no symptoms of lung cancer
 - Have a ‘30-pack year’ history of smoking and still smoke cigarettes or have stopped smoking in the last 10 years.
- The term ‘pack-year’ is a way of measuring the number of cigarettes a person has smoked in their lifetime. Pack-years are calculated by multiplying the number of cigarette packs smoked per day by the number of years the person has smoked. For example, 30 pack-years is equal to smoking 20 cigarettes (1 pack) per day for 30 years.
- A doctor can check eligibility based on your age and smoking history.
- For more information visit **www.health.gov.au/nlcsp**.
- For help to stop smoking or vaping call NSW Quitline on **13 7848**.

Note on symptoms: Whether they smoke or not, participants should speak to a doctor as soon as possible if they have a cough or chest infection that won’t go away, breathlessness, a change in their voice or are coughing up blood.

غریبالگری ریه

یک برنامه ملی غریبالگری سرطان ریه در جولای 2025 در استرالیا آغاز می شود.

این برنامه از سی تی اسکن با دوز کم (توموگرافی کامپیوتری) برای جستجوی سرطان ریه در افراد 50 تا 70 ساله واجد شرایط زیر استفاده خواهد کرد:

- هیچ علامتی از سرطان ریه ندارند
 - سابقه سیگار کشیدن '30-pack year' دارند و هنوز سیگار می کشند یا در 10 سال گذشته سیگار را ترک کرده اند.
- سابقه سیگار کشیدن با ضرب تعداد پاکت های سیگار در روز در تعداد سال هایی که فرد سیگار کشیده است محاسبه می شود. برای مثال، '30-pack year' برابر است با کشیدن 20 نخ سیگار (1 پاکت) در روز به مدت 30 سال.
- پزشک می تواند با پرسیدن سن و سابقه مصرف سیگار بررسی کند که واجد شرایط هستید یا خیر.

برای کمک به ترک سیگار یا ویپ با NSW Quitline به شماره **13 7848** تماس بگیرید.



Cancer Institute NSW

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