

Women
Over
40

Helping mob live healthy and prevent cancer

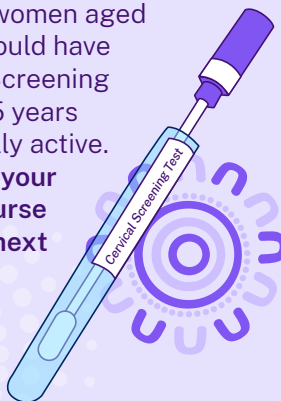
There are many ways to reduce the risk of cancer and detect it early. As a woman over 40, here are some small steps to take that make a big difference.

Do the free bowel cancer screening test every 2 years once you turn 45. **Check with your health worker when your next test is due.**

Call 1800 627 701



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.**



Aboriginal women aged 40–74 can have a free breast screen every 2 years.



Talk to your GP or health worker or call 13 20 50.

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

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.**

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.**

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.**



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.

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

