

# Cancer screening saves lives.

Don't delay, when you get a reminder letter or kit in the mail, do it straight away.

For cancer information and support:



13 11 20



cancervic.org.au

## For more information

For cancer information and support call **13 11 20**, or visit **cancervic.org.au**. You can also use a translator service by calling **13 14 50** and asking for Cancer Council Victoria.

## Book an appointment

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**Do the free bowel cancer screening test kit or speak to your doctor about bowel cancer screening**

Contact the National Bowel Cancer Screening Register for support on **1800 627 701**

Date: \_\_\_\_\_

Location: \_\_\_\_\_

☐

**Book your breast screen**

Visit **breastscreen.org.au** or call **13 20 50**

Date: \_\_\_\_\_

Location: \_\_\_\_\_

☐

**Book your Cervical Screening Test**

Find a provider near you at **cancervic.org.au/cervicaldirectory** or call Cancer Council on **13 11 20** for support

Date: \_\_\_\_\_

Location: \_\_\_\_\_



# Cancer screening saves lives.

Make sure you are up to date with:

- > Bowel cancer screening
- > Breast cancer screening
- > Cervical screening



## Bowel cancer screening

If you're aged 50–74, the National Bowel Cancer Screening Program will send you a free bowel cancer screening test kit every two years in the mail.

The test can be done at home and it looks for blood in your bowel movement (poo). This test can find a sign of bowel cancer before you notice any symptoms and when it is easier to treat.

The test can save your life, and is important for all adults aged 50–74, even if you have no family history of bowel cancer.

Doing the bowel testing kit is simple, easy, clean and takes a few minutes to complete.

Learn more about bowel cancer screening:

[www.cancervic.org.au/bowel](http://www.cancervic.org.au/bowel)



**90 per cent of bowel cancers can be successfully treated if found early.**

## Breast cancer screening

If you're aged 50–74, you should have a free breast screen (mammogram) every two years.

A breast screen is a low-dose x-ray of the breast, used to look for early signs of breast cancer.

Breast screens are with a female radiographer and only take about 10 minutes.

You can bring a friend or family member to your appointment if it makes you feel more comfortable.

BreastScreen Victoria provides free breast screens to women, and eligible trans and gender diverse people.

Learn more and book an appointment:

[www.breastscreen.org.au](http://www.breastscreen.org.au)



**The sooner breast cancer is found, the more successful treatment will be.**

## Cervical screening

If you're aged 25–74 and have ever been sexually active with anybody of any gender, you should have a Cervical Screening Test every five years.

The Cervical Screening Test looks for the human papillomavirus (HPV), which causes most cervical cancers.

You have two options for your Cervical Screening Test. You can pick what's right for you. All methods are just as safe and effective at detecting HPV.

**Option 1:** You can use a self-collection swab to collect a sample of cells from your vagina. Your doctor or nurse will give you a private space for you to collect your own test sample. They can explain how to do the test and help you if you need it.

**Option 2:** Your doctor or specially trained nurse can do a Cervical Screening Test for you using a speculum and a small brush to take a sample of cells from your cervix.

The Cervical Screening Test is for women and people with a cervix with no signs or symptoms of cervical cancer.

You still need a Cervical Screening Test if you:

- have had the HPV vaccine
- are past menopause
- have only had one sexual partner
- have experienced female traditional cutting/circumcision
- have had a baby
- are married, divorced or widowed.

You must see a health provider for your Cervical Screening Test. Check the cost when making your appointment.

Learn more: [www.cancervic.org.au/cervical](http://www.cancervic.org.au/cervical)

**Cervical screening could save your life.**