

Cancer Screening



What is cancer?

Cancer occurs when normal cells grow and multiply in an uncontrolled way. These may spread to other parts of the body. When cells form a mass they are called tumours, either benign or malignant.

Benign tumours

Benign tumours are not cancerous, do not spread, can be removed and usually do not return

Malignant tumours

Malignant tumours are cancerous, grow uncontrollably, can spread, and may require many types of treatment or management

Early detection increases the chances of successful treatment

A screening test cannot diagnose cancer and further investigation may be necessary.

#talktoyourgp



Cancer screening can help protect your health through early detection, even if you do not have any symptoms of the disease

Simple screening tests will look for particular changes, early signs of cancer, or the likelihood a person could develop the disease in the future.

In many cases, early detection increases the chances of successful treatment.

Tests are offered to people who may have a risk of a particular disease because of their age, gender or other factors.



Handy websites

South Western Sydney PHN swsphn.com.au

National Bowel Cancer Screening Program cancerscreening.gov.au

Bowel Cancer Australia bowelcanceraustralia.org

National Cervical Screening Program cancerscreening.gov.au

Cervical Screening NSW csp.nsw.gov.au

Cancer Institute NSW cancerinstitute.org.au

Cancer Council cancercouncil.com.au

Family Planning NSW fpnsw.org.au

BreastScreen NSW breastscreen.nsw.gov.au



Questions to ask your GP

1. I've had my HPV vaccination, do I still need a Pap test?

A: _____

2. Am I at risk of developing cancer if I have a family history?

A: _____

3. What are the risk factors for cancer?

A: _____

4. What changes should I look for?

A: _____

5. What happens if changes are detected in a screening test?

A: _____

GP Name: _____

Ph: _____

Address: _____

Join the conversation online

Use the **#talktoyourgp**
Find us at **facebook.com/swsphn**

Follow us on Twitter **@SWSPHN**
Visit **www.yourhealthyourtimeyourway.com.au**

Bowel cancer

The National Bowel Cancer Screening Program aims to reduce illness and death from bowel cancer through early detection or prevention of the disease. Bowel Cancer is the second most common cause of death in Australia and around 80 Australians die from the disease every week.

South Western Sydney Bowel screening rates as at 2017: 34.3%

National Bowel Screening Program is inviting eligible people aged between 50 and 74 years to screen for bowel cancer. Participants are sent a free, clean, easy to use test kit to complete at home. By 2020 all Australians aged between 50 and 74 years will have been invited to complete the free bowel screening test every two years. As part of the phasing in of the Program, the following age groups are being invited to participate:

2018: 50, 54, 58, 60, 62, 64, 66, 68, 70, 72 and 74

2019: 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72 and 74

Bowel Screening Register

A combination of the National Bowel Cancer Screening Program (NBCSP) and the National Cervical Screening Program (NCSP), the National Cancer Screening Register enables a single electronic record for each person in Australia participating in cervical and bowel screening.

The role of your GP

Having a regular GP is important as they provide education, screening information and can arrange a bowel cancer screening test or speak to you about your home test kit. Your GP will advise or refer you for further investigation or treatment if needed.

Cervical cancer

Pap test has been replaced with the Cervical Screening Test (CST).

The CST is due two years after the last Pap test. All women aged 25-74 years of age who have ever been sexually active are invited to have the CST done every 5 years.

Testing for HPV will detect Cervical Cancer earlier, it takes between 10-15 years for HPV to develop into cancer.

High school program

HPV vaccinations are offered to Year 7 students through a school-based program run throughout South Western Sydney. All women whom have had the HPV vaccination must still have regular CST's.

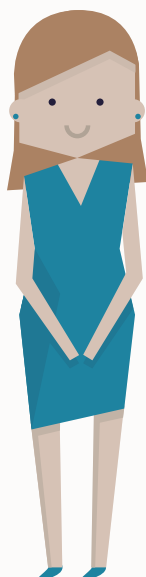


Breast cancer

Breast cancer is the most common cancer affecting women, with one in eight women in NSW developing breast cancer in their lifetime.

Having regular mammograms is the best way to find breast cancer early, when treatment is likely to be most successful.

Yet only 46.3% percent of eligible women in South Western Sydney have regular mammograms.



BreastScreen NSW

BreastScreen NSW is a free breast screening service for women aged 40 years and over. The service targets women aged 50 to 74 years to have a mammogram every two years. Women aged 40-49 and those above 75 years are also welcome.

BreastScreen NSW provides mammograms at various fixed and mobile locations all around Australia.

To find your closest mobile van visit www.breastscreen.nsw.gov.au

BreastScreen NSW fixed locations in South Western Sydney:

- **BANKSTOWN:** Ground Flr, Civic Tower Building, Cnr Rickard Rd and Jacobs St
- **LIVERPOOL:** 157 - 161 George St, (Unit 5) and also at 102 Bigge St
- **CAMPBELLTOWN:** Mawson Centre, 4 Browne St
- **BOWRAL:** Bowral Specialist Centre Ground Floor, Suite 4, 70 Bowral St Bowral
- To make an appointment call **13 20 50** or for the free telephone interpreter service call **13 14 50**. Women are also welcome to visit the mobile van or fixed locations to book an appointment. Limited walk-in appointment slots are available.
- All staff members at the van are female.
- Online appointments available if you have received a letter from BreastScreen and/ or you have your registration number.