

## Tests to find cancer early

Australia has three cancer screening programs. These programs use simple tests to find early signs of bowel, breast and cervical cancer. Finding cancer early makes it easier to treat, and the chances of surviving are higher.

The tests are for people who do not have signs of cancer. If you have signs of cancer, tell your doctor.

The three tests are free if you have a green or blue (interim) Medicare card. If you do not have a Medicare card, talk to your doctor about how much the tests will cost.

Screening for cancer could save your life.

If you would like more information about bowel, breast or cervical cancer screening, visit

- [cancersa.org.au](http://cancersa.org.au)
- [breastscreen.sa.gov.au](http://breastscreen.sa.gov.au)
- [ncsr.gov.au](http://ncsr.gov.au)

If you need support after being diagnosed with cancer, call **Cancer Council SA** on **13 11 20**.



This resource was created by Cancer Council SA and BreastScreen SA.



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Information about Australia's cancer screening programs



For free\* and confidential information and support about cancer, Monday to Friday 9.00 am – 5.00 pm:

- call Cancer Council **13 11 20**
- chat online at [cancersa.org.au](http://cancersa.org.au)
- email [askanurse@cancersa.org.au](mailto:askanurse@cancersa.org.au)

Free\* interpreting service is available on **131 450**.

\*Cost of a local call

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Information and support

**13 11 20**

[cancersa.org.au](http://cancersa.org.au)



## Finding bowel cancer early

Australia has a National Bowel Cancer Screening Program. The program uses a simple test to find early signs of bowel cancer, often before the signs are noticeable to you. The test will be mailed to your home.

All Australians aged 45–74 should do the bowel cancer test every two years.

**Ages 45–49:** Order your first bowel cancer test online. After that, you will get a new test every two years automatically.

**Ages 50–74:** You will be sent a bowel cancer test every two years without needing to order it.

### Cancer Council SA recommends:

- Completing and returning your test kit when it arrives in the post.
- Seeing your doctor if you have signs of bowel cancer. Signs include bleeding from your rectum, seeing blood in the toilet or on the toilet paper after emptying your bowels, unexplained constipation or diarrhoea, or unexplained fatigue.
- Seeing your doctor if you have a family history of bowel cancer.

### Scan the QR code to:

- Order your first test kit, or a replacement test.
- Find information in your language.



## Finding breast cancer early

BreastScreen SA offers free screening mammograms to find breast cancer early. A mammogram is an x-ray of the breasts.

Screening mammograms are for women aged 40 and older, especially those aged 50–74.

Scan the QR code or call BreastScreen SA on 13 20 50 to book your free mammogram. They can book a female interpreter for your appointment at no cost.

All the staff are female. You do not need a referral from your doctor to attend.

### Cancer Council SA and BreastScreen SA recommend:

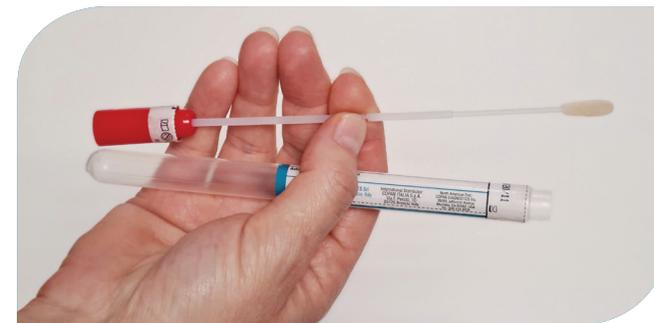
- Having a free screening mammogram every two years.
- Knowing the normal look and feel of your breasts so you notice any changes. Changes include a lump, nipple discharge, or any other change that is not normal for you.
- Seeing your doctor if you notice any changes, as a screening mammogram is not appropriate for you.

### Visit [breastscreen.sa.gov.au](https://breastscreen.sa.gov.au):

- For more information about having a mammogram.
- For information in your language.

### Scan the QR code to:

- Book your mammogram appointment online.



## Finding cervical cancer early

Being immunised against the human papillomavirus (HPV) and doing a regular cervical screening test can stop cervical cancer.

Women and people with a cervix aged 25–74 should do the test every five years at a medical clinic. You can choose to do the test yourself (self-collection), or a doctor or nurse can do the test for you.

### Cancer Council SA recommends:

- Being immunised against HPV. The vaccine is free for people aged 12–25. Get the vaccine at a pharmacy or medical clinic. Children in Year 7 are offered the vaccine at school.
- Having a Cervical Screening Test from the age of 25.
- When you make your appointment, ask for an interpreter if you need one. You can also request a female doctor or nurse if you prefer.
- Seeing your doctor if you have any signs of cervical cancer. Signs include bleeding in between your period or pain during sex.

Scan the QR code for more information about cervical screening, including the self-collection option.

