

WHAT IS SCREENING?

Cancer screening can help protect your health through early detection (finding it early), even if you don't have any symptoms of the disease.

Simple screening tests look for particular changes and early signs of cancer before it has developed or before any symptoms emerge.

The benefits of screening is finding cancer early when it's easier to treat, meaning more effective treatment options and better outcomes.

A simple test can save your life!

HUNTER NEW ENGLAND LOCAL HEALTH DISTRICT

ABORIGINAL HEALTH UNIT CONTACTS

To find out about Aboriginal Health Unit services and programs in your area, contact staff via the contact details below or email:

HNELHD-AboriginalHealth@health.nsw.gov.au

Hunter Valley, Lower Hunter & Lower Mid North Coast Sectors

(Maitland, Cessnock, Muswellbrook, Singleton, Taree, Forster and surrounds)
Cessnock Aboriginal Health Unit
19 Foster Street, Cessnock
Phone: (02) 4991 0354

Tablelands & Peel East Sectors

(Tamworth, Armidale, Inverell, Tenterfield, Glen Innes, Guyra and surrounds)
Inverell Community Health
Swanbrook Road Inverell
Phone: (02) 6721 9634

Mehi & Peel West Sectors

(Moree, Narrabri, Toomelah, Gunnedah, Quirindi, Wee Waa, Mungindi and surrounds)
Moree Aboriginal Health Unit
13 Frome Street Moree
Phone: (02) 6757 0307

Greater Newcastle Sector

(Newcastle, Port Stephens, Lake Macquarie and surrounds)
Wallsend Health Campus, Walker Building
Longworth Avenue Wallsend
Phone: (02) 4924 6414



Cancer Screening

Reduce the risk of cancer.

Get screened!

INFORMATION FOR MEN AND WOMEN ON THE BENEFITS OF CANCER SCREENING AND WHERE TO GO

Aboriginal Health Unit

Hunter New England Local Health District



Healthy Aboriginal People - Now and into the Future



WOMEN'S HEALTH NURSE

HNE Health's Women's Health Nurses provide health checks and cervical screening, as well as information and advice on health problems experienced by women. For more information or to book an appointment call your local community health service.

Tamworth and surrounds including Walcha, Nundle and Barraba
Appointment phone: 6767 8100

Narrabri and surrounds
Phone: 6799 2000

Gunnedah and surrounds
Phone: 6741 8000

Armidale and surrounds
Phone: 6776 9780

Upper Hunter region, including Muswellbrook,
Phone: 6542 2050

Maitland and surrounds
Phone: 4931 2000

Taree and surrounds
Phone: 6592 9315

SCREENING

CERVICAL SCREENING:

Women over 18-74 years: Cervical screening replaced the Pap test and should be done every 5 years (2 years if your last test was a Pap). See your GP or women's health nurse.

BREAST SCREENING:

Women 50 to 74 years should be screened every 2 years. BreastScreen NSW centres are located at Waratah and Tamworth and the BreastScreen mobile unit visit many communities on a regular basis. Women aged over 40 can be screened for free, speak to your doctor to find out if suitable for you. For BreastScreen appointments call 13 20 50.

BOWEL SCREENING:

Men and Women 50 to 74 years should be screened every 2 years. National Bowel Cancer Screening Program mail a free bowel cancer screening kit to eligible people to the address linked to your Medicare card. If not eligible bowel screening kits can be obtained from your doctor.

PROSTATE SCREENING:

Men 50 to 69 years. While there is no national screening program for the early detection of prostate cancer you can see your doctor for a Prostate Specific Antigen (PSA) test. The general recommendation is to have a PSA blood test every 2 years from age 50 to age 69

WHAT CAN I DO?

1. Get screened regularly
2. National screening programs
 - BreastScreen NSW find a service near you and book by calling 13 20 50
 - Cervical screening see your doctor or Women's Health Nurse
 - Bowel screen kit is mailed to the address linked to your Medicare card or see your doctor
3. See your doctor for
 - 715 health check
 - Regular skin checks
 - Prostate check
4. Self-check regularly, any changes or concerns see your doctor
5. Yarn to an Aboriginal Health Worker about:
 - Better Health Assessment
 - Healthy lifestyle programs
6. Exercise and eat healthy
7. Yarn to family about the benefits of screening and early detection

SKIN CHECK

SLIP, SLOP, SLAP, WRAP & CHECK
Reduce your risk of skin cancer by protecting your skin, check your skin for new spots or changes and see your doctor for a skin check every year.

This is general information only. If you have a family history of cancer OR have symptoms OR concerns speak to your doctor

We acknowledge the traditional custodians of the lands we work on and pay respect to Elders, past, present and emerging.