



INTERNATIONAL
WOMEN'S DAY

#BalanceTheScales

Women's Health Check Schedule

This women's health screening checklist is a general guide. Make your own health check schedule with your doctor if you have an ongoing condition or a higher risk of a condition due to family history. If you have any symptoms at any time, see a doctor immediately.

Screen	When	Age range	Reason
Breast screen (mammogram)	Every 2 years	50-74	To detect breast changes and any abnormalities.
Cervical Screening	Every 5 years	25-74	To detect HPV infection which is a key risk factor in the development of cervical cancer.
Skin health	Once a year	Any age	To check for various skin conditions including skin cancers.
Bowel screen	Every 2 years	50-74	To screen for bowel cancer. You can request a free kit from age 45, call 1800 627 701.
Sexually Transmitted Infection (STI)	As required	Sexually active	To screen for sexually transmitted infections or disease.
Heart Health & Diabetes checks	45 years + or as required	Varies	Assess risk of heart disease, check BP, Cholesterol, Diabetes risk.



Women's Health Check Details

This checklist is a general guide. Make your own health check schedule with your doctor if you have an ongoing condition or a higher risk of a condition due to family history. If you have any symptoms at any time, see a doctor immediately.

Screen	Details	Where
Breast	A breast screen, also known as a mammogram, is a low-dose x-ray (image) of the breast that checks for breast cancer.	BreastScreen Victoria's service is free for women and trans and gender diverse people aged 50 to 74, without breast symptoms. Women in this age group are invited to have a breast screen every 2 years. It is also available to women aged 40 to 49 and over 74 years, we recommend those in this age group to speak to a doctor to see if breast screening is the right option for you based on overall personal risk for breast cancer. Swan Hill BreastScreen is located at Swan Hill District Health (Radiology Services), booking must be made via https://www.breastscreen.org.au/ Phone 13 20 50
Cervical	The National Cervical Screening Program reduces illness and death from cervical cancer. Women and people with a cervix aged 25 to 74 years of age are invited to have a Cervical Screening Test every 5 years through their healthcare provider.	You can access a Cervical Screening Test locally at: <ul style="list-style-type: none"> • Community Health Sexual & Reproductive Health (SRH) Clinic 5033 9337 • Swan Hill Primary Health Medical Centre 5033 9900 • Mallee District Aboriginal Health Service 5032 8600
Skin	Check your skin regularly and check with your doctor if you notice any changes.	Ask your doctor for a skin cancer check or a referral to a dermatologist. https://www.cancer.org.au/cancer-information/types-of-cancer/skin-cancer
Bowel	Australians receive a free home screening kit in the mail as part of the National Bowel Cancer Screening Program (50-74 yrs).	For people aged between 45 and 74. Simply follow the instructions and post the completed test in the envelope provided. For those aged 45-49 request a kit at this site: https://www.health.gov.au/our-work/national-bowel-cancer-screening-program?language=en
Heart health	A comprehensive heart health assessment for age 45+ to assess cardiovascular risk.	See your GP or healthcare provider who will check your blood pressure, cholesterol, and diabetes risk to assess cardiovascular risk.
STI check	Sexually transmissible infections (STIs) are common. Anyone who has sex can get an STI. Obtain STI screen yearly or if experiencing symptoms. Condoms are the best protection.	Not all STIs have obvious symptoms so you may not know you have one. Most STIs can be treated. You can get a STI Test locally at: <ul style="list-style-type: none"> • Community Health SRH Clinic 5033 9337 • Swan Hill Primary Health Medical Centre 5033 9900 • Mallee District Aboriginal Health Service 5032 8600