

Reducing cancer risk for Women

Simple steps
to reduce your
cancer risk:



Don't smoke

Call 13 QUIT (13 7848)



Be SunSmart

Slip, slop, slap, seek, slide



Move your body

Be physically active every day



Stay in shape

Aim for a healthy body weight



Eat for health

Eat a variety of foods and choose plenty of fruit and vegetables



Avoid or limit alcohol

Try alcohol free days and non-alcoholic drinks



Ask about screening

Detecting cancer early could save your life

Know your body and see
your doctor if you notice any
changes

Finding cancer early in women

One in two Queensland women will develop cancer before the age of 85

Breast cancer

It is important for women of all ages to be breast aware. Become familiar with the usual look and feel of your breasts and if you notice any changes, see your doctor as soon as possible. All women aged 50 to 69 are invited to have a free screening mammogram at BreastScreen Queensland every two years. Women aged 40 to 49 or 70 and over are also eligible. Book an appointment with BreastScreen Queensland by calling 13 20 50 or visit www.breastscreen.qld.gov.au

Cervical cancer

Women aged between 18 and 70 who have ever been sexually active, should have regular Pap smears every two years, even if you are no longer sexually active or have had the Human Papilloma Virus (HPV) vaccine. Routine screening is not recommended for women under 18 years of age even if they are sexually active. A pap smear can detect any changes caused by HPV which can then be monitored or treated to prevent cancer. This is the best way to reduce your risk of cervical cancer. For more information contact the Queensland Cervical Screening Program on 13 15 56 or visit www.health.qld.gov.au/cervicalscreening.

Bowel cancer

Everyone over 50 should complete a faecal occult blood test (FOBT) every two years to check for bowel cancer. Ask your doctor about obtaining a test. The National Bowel Cancer Screening Program currently invites all Australians of the ages of 50, 55 and 65 years to participate in the program. Those eligible for the program receive a free FOBT kit in the mail. For more information, contact the National Bowel Cancer Screening Program Helpline on 1800 118 868 or go to www.health.qld.gov.au/bowelcancer

The earlier cancer is detected,
the better the outcome.

Source (2010):
www.cancerqld.org.au/research/qcsol

www.cancerqld.org.au

 Cancer Council
Helpline
13 11 20