

Lower your risk of cancer - get screening.

**ADD IT TO YOUR
calendar.**



The purpose of cancer screening is to find a disease in its early stages, before it causes symptoms, which increases the chance of successful treatment.

Add these checks to your calendar and be proactive about cancer:

Skin cancer - Monthly self-skin examinations, plus yearly check by a health professional.

Breast cancer - Monthly at home check for women 20 years and older. Breast screening is recommended for women aged 50-74 and should be repeated every two years. Women aged 40-49 and over 74 are also eligible.

Cervical cancer - If you're a woman or person with a cervix aged 25 to 74, your best protection against cervical cancer is regular cervical screening every 5 years.

Testicular cancer - Monthly, at home check for men aged 15 years and older.

Prostate cancer - Men over the age of 50, or over the age of 40 with a family history of prostate cancer, should talk with their doctor about testing for prostate cancer as part of a regular health check. Prostate cancer can be detected through a PSA blood test or digital rectal examination.

Bowel/colon cancer - People aged 50-74 will be sent a free home test kit by the Australian Government every two years.

