

Lung screening

If you're aged 50 to 70 with a history of smoking, you may be eligible for a free lung screening scan.

Lung screening involves a simple CT scan of the lungs to look for early signs of lung cancer.

You may be eligible for a free lung scan every two years if you:

- are aged 50 to 70, and
- smoke tobacco cigarettes or have quit in the last 10 years, and
- have no symptoms of lung cancer (e.g. coughing up blood, wheezing, shortness of breath), and
- have a smoking history of 30 pack-years or more (your doctor can help you calculate this).

The scan is quick, free and it could save your life.

If you think you may be eligible, speak to a doctor or healthcare provider.

Find out more at: lungcancerscreen.org.au

When found early, over 65 per cent of lung cancers can be successfully treated.

Cancer screening saves lives.

Don't delay! When you get a reminder text message, letter or kit in the mail, do it as soon as you can.

For more information

For cancer information and support call **13 11 20**, or visit cancervic.org.au.

You can also use an interpreter service by calling **13 14 50** and asking for Cancer Council Victoria.



Cancer screening saves lives.

Make sure you are up to date with:

- > Bowel screening
- > Breast screening
- > Cervical screening
- > Lung screening



Bowel screening

If you're aged **45 to 74 years old**, you should do a **free** bowel screening test every two years through the National Bowel Cancer Screening Program.

The test can be done at home and looks for blood in your poo. It can find signs of bowel cancer before you notice any symptoms and when it is easier to treat.

The test is simple, easy, clean and takes a few minutes to complete.

Finding bowel cancer early can save your life. It is important for people aged 45 to 74 to do this **free** test every two years, even if you have no family history of bowel cancer.

People aged 45 to 49 can request their first bowel screening kit at www.ncsr.gov.au/boweltest.

People aged 50 to 74 will automatically receive the bowel screening test kit in the mail every two years to the address linked to their Medicare account.

Learn more: www.cancervic.org.au/bowel
You can also contact the National Bowel Cancer Screening Register for support on **1800 627 701**.



More than 90 per cent of bowel cancers can be successfully treated if found early.

Breast screening

If you're aged **50 to 74 years old**, you should do a **free** breast screen (mammogram) every two years.

A breast screen is a low-dose x-ray of the breast, that looks for early signs of breast cancer.

Breast screens are done by a female radiographer and only take about 10 minutes.

You can bring a friend or family member to your appointment if it makes you feel more comfortable.

BreastScreen Victoria provides free breast screens to women, trans and gender diverse people.

Learn more and book an appointment:

www.breastscreen.org.au or call **13 20 50**.



The sooner breast cancer is found, the more successful treatment will be.

Cervical screening

If you're aged **25 to 74 years old** and have ever been sexually active, you should do a Cervical Screening Test every five years.

The Cervical Screening Test looks for the human papillomavirus (HPV), which causes most cervical cancers.

You have two options for your Cervical Screening Test. You can pick what's right for you. Both methods are just as safe and accurate.

Option 1: You can collect your own sample using a small swab. Your doctor or nurse will give you a private space for you to collect your own sample. They can explain how to do the test and help you if you need it.

Option 2: A doctor or specially trained nurse can do a Cervical Screening Test for you using a speculum and a small brush.

The Cervical Screening Test is for women and people with a cervix with no signs or symptoms of cervical cancer.

If you're due for a Cervical Screening Test, book in with a doctor or trained nurse today.

Learn more: www.cancervic.org.au/cervical

Cervical cancer is one of the most preventable cancers and can be successfully treated if detected early.