

## Lung screening

Lung cancer is the most common type of cancer among Aboriginal and Torres Strait Islander people.

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

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

You may be eligible for a free 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.

**How to get screened:** If you think you may be eligible, speak to your doctor or Aboriginal Health Worker.

**Cost:** Free under the national program.

Learn more: [lungcancerscreen.org.au/en/for-first-nations-people](http://lungcancerscreen.org.au/en/for-first-nations-people)

**When found early, over 65% of lung cancers can be successfully treated.**



**“Over the years, we have lost too many of our people to preventable diseases, particularly cancer. With all my time in Aboriginal health, fighting for equality and better outcomes, I urge my people to talk to an Aboriginal Health Worker or doctor today and get screened for cancer.**

**Early detection of cancer means more successful treatment and you can have a healthy quality of life.**

**Be a leader in your family. Support each other to get this important check-up.”**

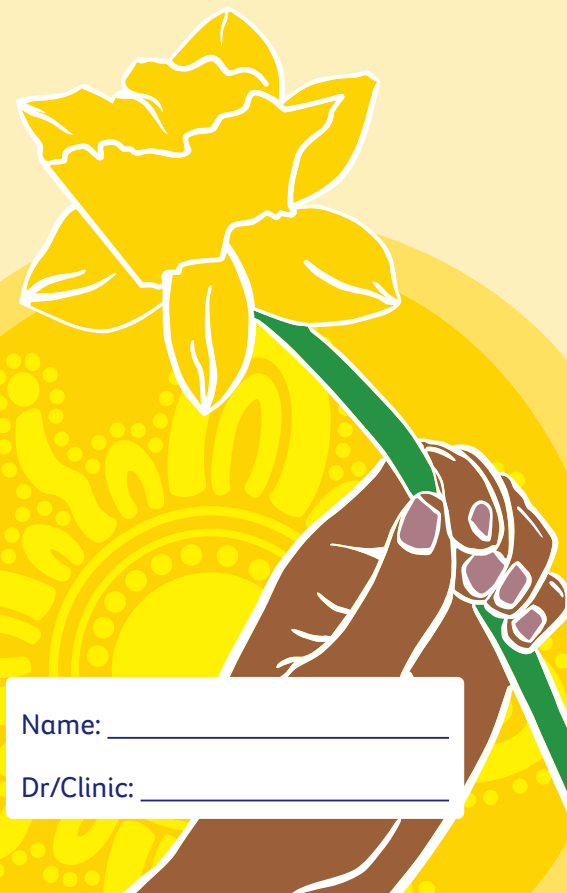
– Aunty Alma

Cancer Council Victoria and the Victorian Aboriginal Community Controlled Health Organisation would like to acknowledge proud Wemba Wemba and Mutthi Mutthi artist Talitha Podger for her artwork, 'Empowerment through knowledge', which appears throughout this brochure.



# Cancer screening saves lives

Protecting our Mob through cancer screening and early detection.



Name: \_\_\_\_\_

Dr/Clinic: \_\_\_\_\_

## Bowel screening

If you're aged 45 to 74 you are eligible to do a bowel screening test every two years through the National Bowel Cancer Screening Program.

Early detection of bowel cancer can save your life, so it is important to do this free test, even if you have no family history.

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.

People aged 50 to 74 will automatically receive the bowel screening test kit in the mail every two years. Make sure the address on your Medicare card is up to date.

People aged 45 to 49 can request their first bowel screening kit at [www.ncsr.gov.au/boweltest](http://www.ncsr.gov.au/boweltest) or by calling 1800 627 701.

**How to get screened:** Yarn with your Aboriginal Health Worker or doctor, or contact the National Cancer Screening Register on **1800 627 701**.

**Cost:** Free through the national program.

**Learn more:** [www.cancervic.org.au/bowel](http://www.cancervic.org.au/bowel)



**More than 90% of bowel cancers can be successfully treated if found early.**

## Breast screening

Breast cancer is the most common cancer in Aboriginal and Torres Strait Islander women.

Aboriginal and Torres Strait Islander women and eligible trans and gender diverse people aged 40+ can have a free breast screen (mammogram) every two years.

A breast screen is a low-dose x-ray of the breast, which 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 make you feel more comfortable.

**How to get screened:** Visit [breastscreen.org.au](http://breastscreen.org.au) or call **13 20 50** to book an appointment.

**Cost:** Free through BreastScreen Victoria.

**Learn more:** [www.breastscreen.org.au](http://www.breastscreen.org.au)

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



## Cervical screening

It's important for all Aboriginal and Torres Strait Islander women and people with a cervix to have regular cervical screening.

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

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

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

**Option 1.** You can self-collect your test using a small swab. Your doctor or specially trained 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.

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

**How to get screened:** If you think you are due for a Cervical Screening Test, book in with your doctor or Aboriginal Health Worker.

**Cost:** Free under the National Cervical Screening Program. You may need to pay for the appointment if your clinic doesn't bulk bill. Call your local Aboriginal Health Service or local clinic to see if there are any appointment-related costs.

**Learn more:** [www.cancervic.org.au/cervical](http://www.cancervic.org.au/cervical)