### What is a Cancer Screening Test?

Cancer screening is a test that helps find early signs of cancer, before any symptoms start. These tests check for changes in your body that might mean that cancer is present.

Early cancer can be cured. Diagnosing cancer early makes it easier to treat and gives you a better chance of having a good recovery than if cancer is diagnosed at a later stage. If a screening test is positive (finds something unusual), you will need further tests to see if it is cancer or not.

What does it test for?

The Australian Government offers three national cancer screening programs to help find early signs of:

* Bowel cancer
* Breast cancer
* Cervical (neck of womb) cancer

Many other cancers do not have a screening test. It is important to know what is normal for your body and if you notice any changes or have any worries,

Who is it for?

Every adult in Australia of an eligible age is encouraged to participate in screening testing. Participation in cancer screening is voluntary.

Cancer screening is for healthy people. A cancer screening test is for people who do not have any symptoms. If you have any symptoms you believe might be a sign of cancer, see your doctor.

The cost is free or reduced if you have a Medicare card or other health insurance.

# Cancer screening saves lives.

### For more information

Cancer (General Information)

[**https://www.health.gov.au/topics/cancer**](https://www.health.gov.au/topics/cancer)

Bowel Cancer

**National Bowel Screening Program**

[**bowelscreening.org.au**](http://bowelscreening.org.au/)

Phone 1800 627 701

Breast Cancer

**BreastScreen Australia Program**

[**www.health.gov.au/BSA**](http://www.health.gov.au/BSA)

Phone 13 20 50

Cervical Cancer

**National Cervical Screening Program**

[**www.health.gov.au/NCSP**](http://www.health.gov.au/NCSP)

Phone 1800 627 701

### About the Social Policy Group

SPG is a national, non-government, not-for-profit body with specialist expertise in social policy and program design with a particular focus on supporting culturally and linguistically diverse populations. This resource has been developed with funding from the Department of Health and Aged Care to help multicultural communities reduce their cancer risk and experience the best cancer outcomes.

Cancer Screening

Information on the early detection of cancer

ENGLISH



v 1.0 – 19 Sept 2024

This work is licensed under the CC BY-NC-SA 4.0 license. © 2024 Social Policy Group.

## Bowel Cancer Screening

Bowel cancer, also known as colorectal cancer, is the second most common cancer in Australian men and women.

### What is a Bowel Cancer Screening Test?

A Bowel Cancer Screening Test uses a simple test that you can do in your own home. It checks for small amounts of blood in your stool (poo), which can be an early sign of bowel cancer. If bowel cancer is found early, treatment works better.

Recommendation:

* All people aged 50–74 should do a free bowel cancer screening kit every two years.
* People aged 45-49 can do a free screening if they request.

If you have symptoms, like unusual bleeding, or a family history of bowel cancer, no matter your age, speak to your doctor.

For more information, visit **bowelscreening.org.au**

How do I book a test?

The National Bowel Cancer Screening Program sends free Bowel Screening kits by mail to eligible Medicare card holders. Complete and return the kit by mail.

If you have a Medicare card and have not been sent a screening kit, you can ask for a screening kit via the website [www.ncsr.gov.au/information-for-participants/request-a-free-bowel-test-kit.html](http://www.ncsr.gov.au/information-for-participants/request-a-free-bowel-test-kit.html) or **phone 1800 627 701**

If you do not have a Medicare card, speak to your doctor about having a screening for bowel cancer.

## Breast Cancer Screening

Breast cancer is the most common cancer in Australian women. It is more common in older women, with more than 75% of cases in women over 50.

What is a mammogram?

A mammogram is an x-ray that looks for changes in the breast tissue. It can find small changes that you cannot feel. It is the best way to detect breast cancer early. The x-ray used is a very safe test.

Recommendation:

* All women aged 50–74 should have a free screening mammogram every two years
* Women aged 40–49 and those over 75 can also have free screening if they request.
* Be ‘breast aware’ by regularly checking the look and feel of your breasts.

If you notice any unusual breast changes, like a lump or nipple discharge, at any age, speak to your doctor

For more information, visit **www.health.gov.au/BSA**

How do I book a mammogram?

A Breast Screening mammogram is free through your local state BreastScreen service.

If you have a Medicare card, you can book by contacting your state BreastScreen service via the website [www.health.gov.au/our-work/breastscreen-australia-program/having-a-breast-screen/book-your-free-breastscreen-mammogram-appointment](http://www.health.gov.au/our-work/breastscreen-australia-program/having-a-breast-screen/book-your-free-breastscreen-mammogram-appointment) or **phone 13 20 50**

If you do not have a Medicare card, speak to your doctor about having a screening for breast cancer.

## Cervical Screening

Cervical cancer is one of the easiest cancers to prevent because screening can find abnormal cells before they turn into cancer.

What is a Cervical Screening Test?

A Cervical Screening Test is a simple test to check the health of the cervix (neck of the womb). It can detect Human Papillomavirus (HPV), a virus that can cause changes to cervix cells which can lead to cancer. Early cervix changes can be treated to stop cancer from developing. HPV vaccination as a teenager or young adult helps prevent cervical cancer.

Recommendation:

* All women with a cervix aged 25–74 should have a cervical screening test every five years.

If you have any symptoms, like unusual bleeding or pain, at any age, speak to your doctor

For more information, visit **www.health.gov.au/NCSP**

How do I book a test?

All Cervical Screening Tests are arranged through a healthcare provider. You can book a test at most doctors' clinics, Community Health Centres, Women's Health Centres or at some Aboriginal Health Services.

In some cases, your healthcare provider may be able to support you to do the self-collected test at home. Speak to your healthcare provider to find out more about this option.

The service is the same for people with a Medicare card and those without.