

## Staying safe in Australia

### Emergency and crisis

- for Police, Fire and Ambulance services, call **000**

### For family or carer violence

- call Safe Steps 24 hours, 7 days a week on **1800 015 188** (free call)

### Do you want to talk to someone?

- Lifeline 24 hour counselling service: **13 11 14**
- Sexual Assault Services Victoria crisis line: **1800 806 292**

You can always speak to an IPC Health staff member or contact your family doctor.

## Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.



This brochure was created in collaboration with Cancer Council Victoria.

### IPC Health Corporate Office

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**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

**1300 472 432**

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## Cancer Prevention



## Breast health awareness

Breast cancer is the most common cancer affecting women. The earlier it is found, the higher the chance of successful treatment.

Get to know the look and feel of your breasts by checking them. If you notice any changes, notify your health provider as soon as possible.

Women between the ages of 40 and 74 should have a breast screening (called a mammogram) every two years.

If you have a family history of breast cancer, see your doctor for an earlier screening.

The mammogram is free at BreastScreen Victoria clinics and is given by a female worker. Call BreastScreen Victoria on **13 20 50** to make an appointment.

For more information, call IPC Health on **1300 472 432** and ask to speak with a Youth and Women's Health nurse, or speak with your family doctor.

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## Bowel cancer screening

Bowel cancer is the third most common cancer in Australia. If detected early, there is a very high survival rate.

It is recommended that people aged 50 and 74 should be tested for bowel cancer every two years.

The National Bowel Cancer Screening program uses the faecal occult blood test to detect hidden blood in your stool (poo).

When you turn 50, a free screening kit will be sent to you in the mail.

## Cervical screening test

A cervical screening test (formerly known as a pap smear) helps reduce your risk of cervical cancer.

Women and people with a cervix between the ages of 25 and 74 should have a cervical screening test every five years.

A cervical screening test looks for the presence of human papillomavirus (HPV), which is linked to cervical cancer.

Women and people with a cervix should have a cervical screening even if they have received the HPV vaccine, are undergoing menopause or are no longer sexually active.

Self-collect cervical screening tests are available.

Talk to your health provider about self collection as most people are eligible.

## How to reduce your cancer risk

- stop smoking – lung cancer is one of the leading causes of cancer death for Australians
- be SunSmart – protect yourself in the sun and take care not to burn
- move your body – be physically active for at least 30 minutes on most or all days
- eat healthily – choose a varied diet with plenty of fruit and vegetables, and limit your intake of red meat
- limit your alcohol intake – try to have no more than two standard drinks a day

