

HEALTH TIP

OCTOBER

WOMEN'S HEALTH

2015



Women's Health Month!

October is Women's Health Month, and this month we want you to understand the main cancer checks you should be concerned with. Discuss these with your GP, family and friends.



What cancer checks do you need, and what symptoms should you look out for?

Breast Cancer: Symptoms can include new lumps or lumpiness, changes in the shape of your breast, changes in the colour of your breast, changes in the nipple, discharge from your nipple, and any persistent breast pain.

Cervical Cancer: Cervical cancer doesn't usually have any obvious symptoms, which is why a Pap smear test is so important.

Ovarian Cancer: Symptoms can include bloating, frequent urination (with no infection), back pain, heartburn, pain during intercourse, and unexplained bleeding.

Bowel Cancer: Symptoms can include a change in bowel habits, a change in appearance of bowel movements, blood in the stool, frequent gas pain or cramps, vomiting or unexplained anaemia.

Lung Cancer: Common symptoms of lung cancer include: a persistent cough or a new or changed wheeze, breathlessness, blood-streaked phlegm and chest pains when coughing or breathing.

Skin Cancer: Watch out for spots that are new or have changed in colour, size or shape, or non-healing sores.

Main health concerns for Australian women:

Heart disease and stroke: Stop smoking, eat clean and healthy, get moving, visit the doctor, and moderate your alcohol intake.

Cancer: Check your breasts, get tested, and protect your skin.

Depression: Seek help early, and keep open relationships and a strong support network.

Dementia and Alzheimers: Identify it, keep up your vitamin D and keep your brain busy, active and challenged.

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