

# MOONTA MEDICAL CENTRE

Dear Patient,

Proactive health activities help prevent illness, detect diseases early, and promote maintenance of good health. We invite you to participate in the ticked preventative activity, based on your age eligibility. If you have had this test/check at another clinic, please let us know so we may keep your medical records updated. For more information, please speak with your GP at your next appointment

## Cervical Cancer Screening

Cervical cancer is one of the most preventable cancers. The screening tests for the HPV virus (which is the cause of 99% cervical cancer), and cell changes.



The new Cervical Screening Test is recommended **every 5 years for women aged 25 to 74** available at the practice (by a female nurse if requested). Even if you have no signs or symptoms, early changes to the cells of the cervix can be found and treated before they turn to cancer. If you have abnormal bleeding, abnormal discharge or pelvic/abdominal pain please see the doctor to as you are welcome to have a repeat test before the 5 year interval.

## Bowel Screening

Bowel cancer is the second most common cause of cancer-related death after lung cancer in Australia. The good news is that if found early, 90% of bowel cancer can be successfully treated.



**Every 2 years, people aged 50-74 years** are sent a free Home Test Kit (an iFOBT) by mail to complete at home and send back to a laboratory for analysis. This is the most effective way of detecting changes in the bowel, even when you don't feel any symptoms.

## Breast Screening

Breast cancer is the most common cancer affecting Australian women. Screening mammography detects unsuspected cancer at an early stage so that prompt treatment can reduce illness and death from breast cancer.



BreastScreen invites **women aged 50-74** to have free mammogram **every two years** by calling **132050**. Women aged 40-49 and 75+ are eligible too but do not receive an invitation.

## Pneumococcal vaccination

Pneumonia is a life-threatening infection by pneumococcal bacteria which can cause lung infection, meningitis, and bacteria in the blood. Infection is more common among older people and complications can also be more serious.



From July 2020 the new "*Pneumococcal 13*" vaccine is a one-off vaccine, free for **patients aged over 70**, available at the practice. If you had the old "*Pneumococcal 23*" vaccine, you are still eligible for the new vaccine 12 months after the last vaccination.

## Osteoporosis Screening

Osteoporosis is the deterioration of bone density which causes poor bone strength, bone fragility and increased risk of fracture. Bone density drops after menopause in women, and significantly for all people over 70 years of age.



We invite people aged **over 70 years** to take free a Bone Mineral Density scan to assess their bone health. People over 50 who have major risk factors for poor bone health may be eligible for a free scan. Ask your doctor for a referral for a scan or more information.

## Shingles Vaccination

Shingles (herpes zoster) is the reactivation of the chickenpox virus. It can be a very painful nerve and skin condition and is more common among older people. The Zostavax vaccine can reduce your chance of getting shingles, or, if you do get shingles, it can reduce how severe or long the symptoms last.



The vaccine was previously \$200, but is now funded for free for **people aged 70-79**, available at the practice. This is a one-off vaccine and you only need it once in your lifetime.