



## Important information from BreastScreen WA

- The most important risk factors for developing breast cancer are being a woman and getting older.
- It is important women 50 years or over have a FREE screening mammogram at least every two years.

To make an appointment for a FREE screening mammogram at BreastScreen WA phone **13 20 50** (for the cost of a local call).

In addition to having a screening mammogram at least every two years, it is important to be breast aware:

- Look and feel for any changes in your breasts that are not normal for you.
- See your GP promptly if you notice any changes in your breasts, even if your last mammogram was normal.

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# Women's health check card

National Cervical Screening Program  
A joint Australian, State and Territory Government Initiative



Department of Health

## Pap smear and mammogram diary

2014	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2013	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2012	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2011	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2010	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2009	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2008	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2007	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Mark Pap smears with ✕  
Mark mammograms with ○

## Important information from the WA Cervical Cancer Prevention Program

The Cervical Cytology Registry (CCR) is part of the Department of Health's WA Cervical Cancer Prevention Program (WACCCPP). It compiles and maintains a confidential database of all WA women's cervical test results. These include: Pap smears, cervical biopsies and HPV DNA results. It acts as a "safety net", providing a reminder to women and medical practitioners when Pap smears and follow-up cervical investigations are over due.

- Every woman over 18 years of age who has ever had sexual contact should have regular Pap smears every two years.
- Regular Pap smears every two years can prevent up to 90% of the most common type of cervical cancer.

For more information about the CCR or Pap smear Services, contact your local GP, women's health centre or telephone:

**13 15 56** (for the cost of a local call)