

OPTICAL HEALTH (Checks are free under Medicare every 2 years.)

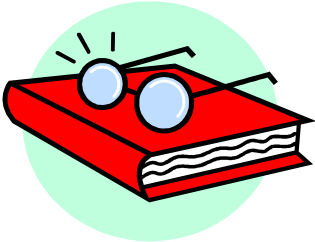
Glaucoma

Doctors recommend that people have the first eye check for glaucoma at age 40, and then regularly after that.



If you have a family history of glaucoma, or if you have diabetes, migraine, high blood pressure, short sightedness, or if you have ever injured your eyes or taken cortisone, you may be at risk of glaucoma and it is suggested that you have the first eye check aged 35 and then regularly after that.

Eye Checks



An optometrist can advise you about how often you need an eye check if you already wear glasses. People who are aged 50 or over are advised to have an eye test every 5 years, or earlier if their vision starts to deteriorate. People over 65 are advised to have an eye test

every 12 months.

TYPE 2 DIABETES

People with impaired glucose tolerance and people over 45 who have a family history of type 2 diabetes are advised to be tested once a year.

People who are obese or who have high blood pressure or have had a heart attack, angina or stroke, and women with polycystic ovary syndrome should ask their doctor about how often they need to be tested.

The information provided in this pamphlet is not intended to give medical advice. It provides general information only. If you have any health concerns you should ask your own doctor.



Health Checks for Women

There are a number of health checks all women should have to stay healthy. This pamphlet outlines some of the checks women should have and how often they should be done.

MENTAL ILLNESS

People who take psychiatric medications maybe at increased risk of physical health problems.



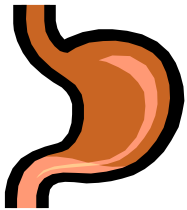
Tell your doctor which psychiatric medications you take and ask him/her if there are any tests you should have, and how often you should have them.

CANCER

Many types of cancer are now treatable with good outcomes, especially if detected and treated early. Some common cancers are:

Bowel Cancer

Doctors advise that people with a family history of bowel cancer should ask their doctor about screening options and how often they should be checked.



People over 50 are advised to get checked every 2 years.

Whatever your age, if you experience any symptoms such as bleeding from the anus, change in bowel habit or abdominal pain talk to your doctor about it as soon as you notice the change.

Breast Cancer

Doctors advise that all women be familiar with the normal look and feel of their breasts. See a doctor immediately if you notice any unusual breast changes.

You can have free access to a breast screening mammogram if you are over 40. Mammograms are recommended every 2 years if you are aged between 50 and 69.

Talk to your doctor about how often you need to be screened if you have a family history of breast cancer.

Cervical Cancer



Doctors advise a Pap Smear every 2 years for any woman who has ever had sex and not had a hysterectomy. Your doctor may recommend that you have more frequent screening if you are at an increased risk of cervical cancer.

Skin Cancer (MELANOMA)

Everybody is advised to do a skin self-examination every 3 months.

If you have moles that look unusual or have moles that change in shape or colour, ask a doctor to examine your skin .

If you have had melanomas yourself or have a close relative who has had melanoma, ask your doctor to examine your skin regularly.



DENTAL HEALTH



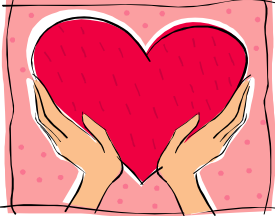
Everyone should have regular dental check-ups. Talk to a dentist about the timing of dental examinations.

HEART AND VASCULAR DISEASES

Coronary Artery Disease (angina and heart attacks)

It is recommended that everyone over the age of 45 is tested every 5 years. If you are younger than 45 and have a family history of coronary artery disease ask your doctor about how often you need testing.

Doctors advise testing every 5 years for people at risk of cardiovascular disease, because of family history, smoking, obesity, high cholesterol, high blood pressure or inactivity.



Vascular Disease (such as heart disease or stroke)

Doctors advise that everyone over 18 be checked every 2 years.

It is a good idea to ask your doctor about how often testing is recommended if you are over 50, have a family history of heart attacks or stroke, smoke, have high cholesterol or high blood pressure, as these are risk factors.

OBESITY



Doctors advise that everyone over 18 be checked every 2 years.

People who take some types of psychiatric medication are advised to be examined every year.