



# Gippsland Women's Health Service

**Valuing Diversity,  
Inclusion & Equity**

## **Our Vision**

*To engage with women, communities, service providers and government to promote and enhance the health and wellbeing of women across Gippsland.*

## **Health Promotion**

Prevention of Violence Against Women  
Sexual and Reproductive Health  
Promoting Mental Health and Wellbeing  
Health Information and Education

## **Family Violence Reform**

Implementation of Regional  
& Statewide Strategies

## **Support Services**

McGrath Foundation Breast Care Nurse  
Wig Bank



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REG. NO. A0024460W ABN 21 214 835 436



**HEALTH CHECKS**

# Health Checks for Women

## How long is it since you had a health check?

Some of the ways in which a healthy lifestyle can be achieved is by eating a balanced diet, regular exercise, not smoking, drinking alcohol within safe limits and looking after your emotional health.

Additionally, having the right health checks throughout your life can help you identify existing or future health conditions.

### Regular health checks you may wish to consider are:

- Skin examination - screening for skin cancer
- General physical examination including blood pressure, height and weight, waist measurement every 2 years
- Pap smear every two years from age 18 (or two years after first sexual intercourse) to 70 years. Consider a regular chlamydia test at the same time
- Sexually Transmitted Infection (STI) check prior to new sexual relationship/partner. Possibly repeat annually. Human Papillomavirus (HPV) vaccination may be appropriate, discuss with your health provider
- 'Breast awareness' (being familiar with the normal look and feel of your breasts)
- Oral/dental health check - dental examination and cleaning every year

### Additional tests that may be required as a woman ages:

- Blood cholesterol, triglyceride, vitamin D and blood glucose check - may be required based on risks
- Bone health review for osteoporosis (includes history, examination, risk factor evaluation, +/- tests)
- Mammogram for women between the ages of 50-69, otherwise 'breast awareness'
- Bowel cancer screening every 2 years (50+) - refer to your doctor
- Regular eye and hearing examinations
- Adult Immunisation review

**You know your body better than anyone!**

**Remember to let your health provider know if you are concerned about any changes.**