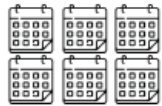




Of cervical cancers are diagnosed in women under 60 years old.

Time it takes cervical cancer to occur after HPV infection.



10-15 years

A 5 yearly cervical screening detects HPV virus before it develops into cancer.

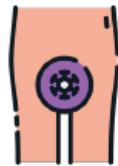


After 60, 1 in 2 Women will have a fracture related to osteoporosis.

When Women go through menopause there is a significant fall in oestrogen (up to 90%), which means rapid bone loss in the first few years.

Chlamydia rates are highest among 15-29yr olds.

Often showing no symptoms



Smoking is a major risk factor in the development of cervical cancer.

To make an appointment with the Women's Health Nurse or Doctor ring **1800 654 324**



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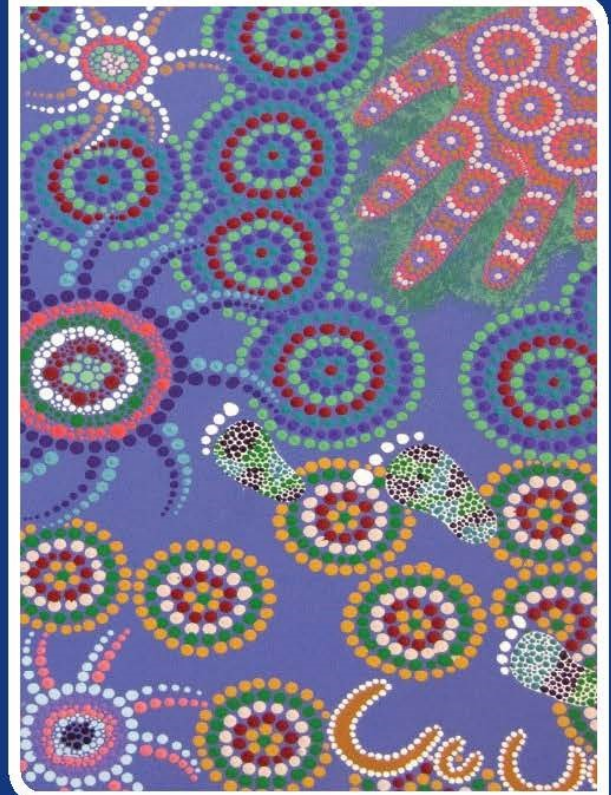


MURRUMBIDGEE
Local Health District



Women's Health

Services for women



Our Services

- cervical screening
- STI screening
- contraception including long acting reversible contraceptives
- breast health and pelvic floor education
- menopause education
- pregnancy testing, counselling and referrals
- medical termination of pregnancy (phone 0439 525 496)



Women's Health Nurses provide a free, confidential and culturally respectful service to women living in Murrumbidgee Local Health District

Regular Women's Health Doctor clinics are held in Wagga and Young

Services are provided to women by women

Ring **1800 654 324** for an appointment

There are plenty of ways you can improve your health every day



Reduce or quit smoking



Get regular sexual health screenings



Limit alcohol intake to no more than 2 standard drinks per day, limited to 10 per week



Eat a healthy and balanced diet



Get annual skin checks



Form good sleeping habits - aim for between 7-9 hours a night

