



Wise Womens' Health Reversed!



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Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family.

Click for breast health video to start



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Wise womens' health

Chapter Seven

We will cover:

- Breast health
- Reproductive health
- Continenence



Video Presentation:
For me and my family

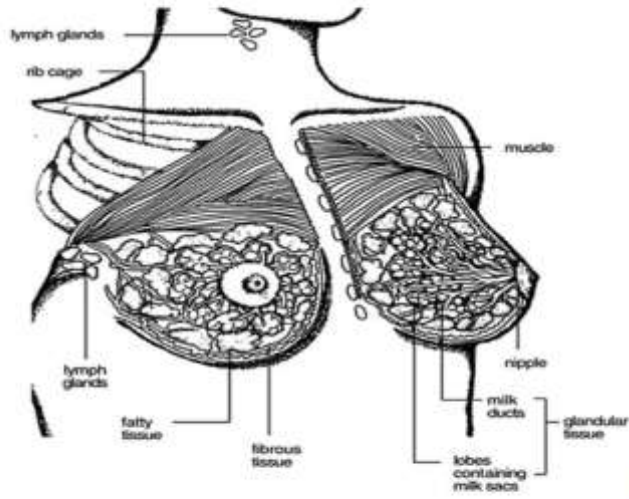


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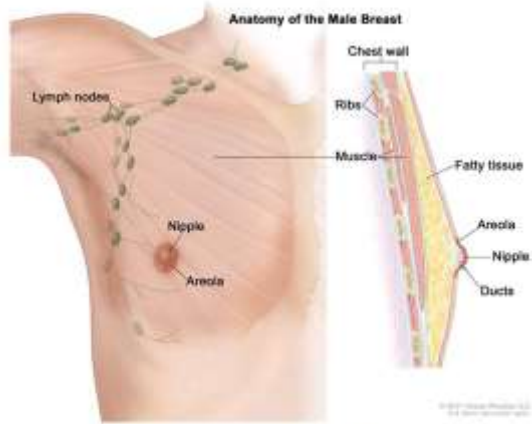
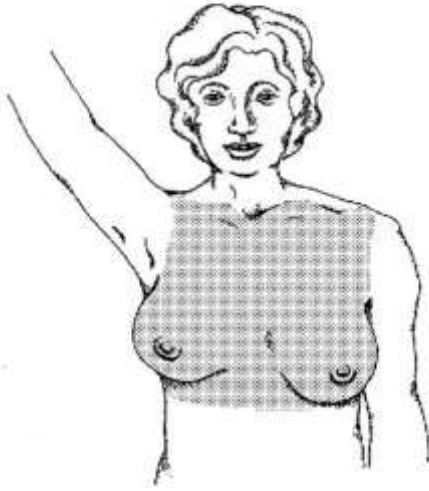


What's in the breasts?





The breast tissue





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What makes the breasts grow and change?

- Puberty
- Menstrual Cycle
- Pregnancy
- Breast Feeding
- Menopause



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Breast cancer

- The most commonly diagnosed cancer in Australia women (excl skin)
- The second most common cause of death from cancer in Australian women (lung is the highest since 2005).



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Risk factors for breast cancer

For which there is strong evidence:

- being a woman
- increasing age
- family history
- previous breast cancer
- certain breast diseases



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Other risk factors

- **Reproductive**
 - early onset of periods
 - later menopause
 - later childbirth
 - no full term pregnancies
- **Hormonal**
 - the contraceptive pill
 - hormone replacement therapy (more than 5 years)
- **Diet and body size**
- **Alcohol**
- **Environmental**
 - active and passive smoking



Unusual breast changes

- lump/ lumpiness
- change in the shape, or dimpling of the skin
- area that feels different from the rest
- discharge from the nipple
- nipple inversion or retraction
- pain
- swelling or inflammation





Mammograms

Breastscreen Mammogram

- for women without breast symptoms
- for women 50-65 years
- no doctor's referral
- free service
- women reinvited every two years
- one number 13 20 50

Diagnostic mammogram

- for women with breast symptoms
- for women of any age
- doctor's referral needed
- not a free service
- future mammograms at doctor's recommendation
- organised through local doctor





Common tests

- personal history
- clinical breast examination and taking a personal history
- imaging tests
- non-surgical biopsy





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The purpose of screening

- for well people with no specific health problems
- detects a medical condition early to improve the chance of successful treatment.



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Breast awareness

- Become familiar with the normal *look* and *feel* of your breasts.
- Know what is normal you may be better noticing unusual changes.
- There is no right or wrong way to examine your breasts.





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What if I find a change?

Remember

- Nine out of 10 changes are not cancer
- Early detection makes a difference



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Breastscreen

- Call 13 20 50 for an appointment
- Set sites and mobile services to rural areas
- To check for your nearest services log on to www.breastscreen.org.au (Victoria)
- 13 20 50 is an Australian wide number



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