

Cancer screening can help prevent the spread of cancer through early detection and treatment. Cancer is a disease of the body's cells. Normally cells grow and multiply in a controlled way, however, if something causes a mistake to occur in the cells' genetic blueprints, this control can be lost

Cancer Screens

- **For women**, the most common cancers are skin, breast, bowel, melanoma, lung, uterine, ovarian.
- **For men**, the most common cancers are skin, prostate, bowel, melanoma lung, anal and testicular.

If you are concerned about anything abnormal or changes in your breasts, testicles, breathing, skin, etc. see your doctor.



Anal Screening

Gay men over 50 years old are at higher risk of anal cancer and should have annual rectal examination.

Risk factors that can increase your chances of anal cancer include:

- Family history of anal cancer.
- Human papillomavirus (HPV) infection.
- Human Immunodeficiency Virus (HIV).
- Multiple sexual partners.
- Anal intercourse.
- Frequent anal redness, swelling and soreness.
- Tobacco use.
- Immunosuppression, including taking immune-suppressing drugs after an organ transplant.

If you can identify any of these risk factors, it's a good idea to discuss them with your doctor. If you have risk factors, talk to your doctor about other tests including an anal Pap test. In this test, much like the Pap test for cervical cancer, cells from the anus are removed and looked at under a microscope.

Prostate Screening

For men, prostate cancer is the most common cancer diagnosed in Australia. It is more common in older men with 85% of cases diagnosed in men over 65 years of age. There are three different types of scans used: Digital Rectal Examination, Prostate Specific Antigen and Transrectal Ultrasound. If you have anyone in your family who has had prostate cancer, particularly if it was picked up before they turned 60, it's a good idea to talk to your doctor in case you have a higher risk of prostate cancer.



Breast Screening

You can check your breasts yourself by feeling them for any irregularities or lumps or call Breast Screen NSW on **13 20 50** for a free breast screen. It is recommended women, trans men and trans women over 50 get a mammogram every two years or as advised by your doctor. Where there is a family history or other risk factors it is important to discuss this with your doctor. It is also important to get to know your breasts so that you can notice changes more easily. Things to look for include changes in the size or shape of the breast or nipple, changes in the skin over the breast such as redness or dimpling, lumps or lumpiness.

Cervical Screening

Several factors put lesbian and bisexual women at higher risk for developing some cancers. Lesbians are less likely than heterosexual women to have had a full-term pregnancy. Hormones released during pregnancy and breastfeeding are thought to protect women against breast, endometrial, and ovarian cancers.

Lesbians and bisexual women are less likely to get routine screenings, such as a Pap test, which can detect changes in the cells allowing for early treatment. This can be due to a number of reasons including misconceptions by women and even some health professionals, they are not at risk.

Trans men also have a risk of cervical cancer, uterine cancer, breast cancer, and cervical cancer. Trans women still require prostate checks along with breast checks.

Bowel Screening

Research has shown bowel cancer risk rises significantly from the age of 50. Bowel cancer screening generally involves a test for blood in the stool, which can be an early warning sign of bowel cancer. Screening is usually carried out through a bowel screen kit which involves a simple test that you can use at home and then send to a laboratory for analysis.

If you have a positive result your doctor may investigate further, often with a colonoscopy. Bowel screen kits can be purchased online and in pharmacies.

Other Screens

You may also want to have screens for other types of cancers such as skin, melanoma, lung, liver, and other less common types of cancers. Speak to your doctor if you are concerned. For a list of gay friendly GP's follow this link: www.acon.org.au/gay-friendly-GP

Resources

ACON
www.acon.org.au

NSW Sexual Health Infolink
shil.nsw.gov.au
1800 451 624

Bowel Cancer Australia
bowelcanceraustralia.org

Prostate Cancer Foundation of Australia
prostate.org.au

Breast Screen NSW
bsnsw.org.au

Boob Check
coppafeel.org/boob-check

Gay men, HPV and Anal Cancer
thebottomline.org.au

Organisation Intersex Australia
oiiaustralia.com

The Gender Centre
gendercentre.org.au

Androgen Insensitivity Syndrome (AIS) Support Group Australia
aissga.org.au

National LGBTI Health Alliance
lgbthealth.org.au

q-life
qlife.org.au

Australasian Society for HIV Medicine (ASHM)
ashm.org.au

Cancer Council NSW
cancerCouncil.com.au

Quitline
icanquit.com.au
13 7848