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| Preventive health checks | |
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|  | **Preventive health care** are things that support people to   * Stay healthy * Get better quickly when they are sick |
|  |  |
| A person wearing a birthday hat  Description automatically generated with medium confidence | Getting a health check can help you find out if you are sick so you can get support.  **Health checks** are tests that can help you find out if you are sick. |
|  |  |
|  | Some health checks |
|  | * You could do yourself |
|  | * Other people or organisations can do |
|  |  |
|  | A **GP** is the doctor that you see when you   * Are sick * Need a health check |
|  |  |
| A person holding a wine glass  Description automatically generated with low confidence | There are different types of tests for different types of sicknesses. |
|  |  |
| A person wearing a red shirt  Description automatically generated with low confidence | These find out if   * Anything has changed in your body * Your body is doing things it does not normally do |
|  |  |
| Icon  Description automatically generated | Some tests are done with machines. |
|  |  |
| A picture containing person, hand  Description automatically generated | Some checks are done with hands. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | For tests done with hands you can ask your GP to   * Do this type of check * Show you how to do it yourself |
|  |  |
| Things you could do yourself | |
|  |  |
| Background pattern  Description automatically generated with medium confidence | **Cancer screening**  **Cancer screening** are tests to check if a person has cancer. |
|  |  |
| A picture containing person, person, male  Description automatically generated | There are different types of tests for different types of cancer.  It is done to find out if a person has cancer. |
|  |  |
| A picture containing person, blue  Description automatically generated | Some examples of common checks are breasts or testicles.  Breasts are sometimes called boobs.  Testicles are sometimes called balls. |
|  |  |
| Icon  Description automatically generated | These checks might look for changes in   * Shape * Colour * Size * Feeling |
|  |  |
| Two people sitting at a table with computers  Description automatically generated with medium confidence | You or your GP can do these checks.  You can ask your GP to show you how to do a check.  If you notice anything change you should see your GP |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | To find out more about these checks go to CIDs factsheets about types of health checks [**www.cid.org.au/resource/types-of-health-checks-fact-sheet/**](http://www.cid.org.au/resource/types-of-health-checks-fact-sheet/) |
|  |  |
|  | Another common type of check is a skin check.  A mole is a dark mark on your skin.    Moles are normally round in shape. |
|  |  |
| A person looking through a magnifying glass  Description automatically generated with medium confidence | Many people have moles.  Some moles change as we get older.  Some changes are OK. |
|  |  |
| A picture containing person, indoor, close  Description automatically generated | Some changes might mean you have cancer.  This is why it is important to do skin checks. |
|  |  |
| Icon  Description automatically generated | A skin check looks for changes in your moles   * Shape * Colour * Size * Feeling |
|  |  |
|  | For example it feels rough or dry when you touch it. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | To find out more about mole checks go to the Cancer Council  [**www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/check-for-signs-of-skin-cancer**](http://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/check-for-signs-of-skin-cancer) |
|  |  |
| Things your GP could do | |
|  |  |
| Two people sitting at a table with computers  Description automatically generated with medium confidence | **Cancer screening**  Some cancer screening tests can be done by your GP. |
|  |  |
| A picture containing person, person, male  Description automatically generated | Your GP might also send you to get a test somewhere else to do a cancer screen. |
|  |  |
| A picture containing person, posing, person, standing  Description automatically generated | Some examples of common cancer screens are a   * Cervical screening test * Mammogram * Prostate screening test |
|  |  |
| A doctor attending to a patient  Description automatically generated with medium confidence | A **cervical screening test** is when a doctor like your GP checks your cervix for a   * Type of cancer called cervical cancer      * A sexually transmitted disease |
|  |  |
| A picture containing person, clothing  Description automatically generated | Your **cervix** is inside your body.  It is above your vagina. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | To find out more go to [**www.fpnsw.org.au/justchecking/easyenglish**](http://www.fpnsw.org.au/justchecking/easyenglish) |
|  |  |
| A picture containing person  Description automatically generated | Your GP might send you somewhere to get a **mammogram.**  A **mammogram** is a machine that checks your breasts for cancer. |
|  |  |
| A picture containing text, indoor, person, electronics  Description automatically generated | This test is mostly done by someone who knows a lot about different types of scans.  A scan takes pictures of the inside of your body. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | To find out more go to [**www.fpnsw.org.au/justchecking/easyenglish**](http://www.fpnsw.org.au/justchecking/easyenglish) |
|  |  |
| A picture containing person, person, male  Description automatically generated | There are different types of prostate screening tests.  For example a   * Blood test * Test called a digital rectal examination |
|  |  |
| A picture containing person, blue  Description automatically generated | A digital rectal examination is done by your doctor.  The test is mostly done by a specialist doctor called a urologist. |
|  |  |
| A person using a computer  Description automatically generated with medium confidence | **Specialists** are people who know a lot about a certain area. |
|  |  |
| A picture containing person, standing, person, suit  Description automatically generated | A **urologist** is a doctor who knows a lot about the body parts that make, hold and get rid of urine from the body.    Urine is sometimes called wee. |
|  |  |
| A picture containing silhouette  Description automatically generated | **Tests for your heart health**  There are some tests that let your GP know that you might have a heart health problem. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | For example   * Blood tests * Blood pressure * Scans |
|  |  |
| A picture containing appliance, person  Description automatically generated | A scan takes pictures of the inside of your body.  For example CT scans takes 3D pictures of a part of your body. |
|  |  |
| A person and person hugging  Description automatically generated with low confidence | **Tests for your sexual health**  Sexual health is about staying safe before, during and after sex. |
|  |  |
| A doctor attending to a patient  Description automatically generated with low confidence | The tests for sexual health look for sexually transmitted diseases. |
|  |  |
| A picture containing flower, window  Description automatically generated | **Sexually transmitted diseases** are sometimes called STDs.  There are different types of STDs.  For example HIV and Chlamydia. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | To find out more about sex, STDs and sexual health go to   * NSW Family planning Easy Read Factsheets  1. **[www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex](https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex )**  * Easy Read leaflets from the UK   [**www.icash.nhs.uk/contraception-sexual-health/easy-read-leaflets**](http://www.icash.nhs.uk/contraception-sexual-health/easy-read-leaflets) |
|  |  |
| A group of people posing for a photo  Description automatically generated with medium confidence | **Tests for your bones**  As people get older their bones can become weak.  Weak bones can be hurt more easily. |
|  |  |
| A picture containing person  Description automatically generated | Your GP might want to find out if you have weak bones so they can help you avoid bad injuries. |
|  |  |
| A picture containing person, suit, posing, dark  Description automatically generated | To find out if you have weak bones your GP might ask you to do a heel ultrasound. |
|  |  |
| A picture containing person, controller, game, holding  Description automatically generated | A **heel ultrasound** is a machine that looks at how strong your bones are. |
|  |  |
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| Other health checks | |
|  |  |
| A person using a computer  Description automatically generated with medium confidence | You might go to a specialist.  **Specialists** are people who know a lot about a certain area.  For example an audiologist or optometrist. |
|  |  |
| A person taking a selfie with another person  Description automatically generated with medium confidence | An **audiologist** looks after the health of your hearing and ears.  An audiologist might give you hearing aids. |
|  |  |
| A picture containing person  Description automatically generated | An **optometrist** looks after the health of your eyes.  An optometrist might give you glasses. |
|  |  |
| A person sitting at a table  Description automatically generated with medium confidence | You might get a cancer screen sent to your home in the mail.  For example bowel screening tests are sent to Australians after they turn 50. |
|  |  |
| A picture containing text  Description automatically generated | Bowels are inside your tummy.  They are sometimes called your guts.  Your bowel makes your poo.  Bowel screening tests your poo to find out if you have bowel cancer. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | To find out more go to [**www.fpnsw.org.au/justchecking/easyenglish**](http://www.fpnsw.org.au/justchecking/easyenglish) |
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| Text  Description automatically generated | Who wrote this Easy Read  Tahli Hind, Bela Laginha, Dominique Abagi, Julian Trollor, and Janelle Weise.  Where these people work  Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN. |
| A group of people sitting around a table  Description automatically generated | The information in this part of a series of easy read resourcs about   * Different types of preventive health care * Who can provide this care |
|  | For information on how to support people to use Easy Read go to [**www.3dn.unsw.edu.au/professionals\_toolkit**](http://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 10.08.23 v3  No changes can be made without asking the people who wrote this sheet. |

