

Women's Health:

Embracing Equity

Armed with a mission to assist every woman to make informed decisions about their health, this year's International Women's Day theme is "Embrace Equity". Ensuring women receive quality, timely health care has a ripple effect on their families and communities.

Heart-felt Action

Heart disease is the leading cause of death for women in Australia and across the world. Every day, 109 Australian women have an acute coronary event, such as a heart attack or stroke, and every year, 22,000 women die from cardiovascular disease (CD).

To change these statistics, it's important to have regular heart health checks with your doctor. The earlier that heart disease is detected, the earlier that it can be treated and managed. In Western Sydney, the Cardiology in Community initiative provides access to GPs, specialists, pharmacists and health care tools, to deliver early interventions and cardiology management to support your needs.

Speak to your GP about a heart health check today.

Heart Health Tips for Women

- ✓ Eat a heart-healthy diet: fruit, vegetables, wholegrains and healthy protein
- ✓ Avoid sugary drinks and drink plenty of water instead
- ✓ Make exercise or physical activity a regular part of your day
- ✓ Limit alcohol intake
- ✓ Quit smoking



Life-saving Scans

Free Mammograms

Breast cancer is the most commonly diagnosed cancer amongst women in Australia and more than one in seven women in NSW will be diagnosed with breast cancer in their lifetime. Despite this, half of women aged 50-74 are not having their recommended two-yearly mammograms.

Early detection and treatment significantly improves breast cancer survival rates. The most effective screening tool for detection is a mammogram. BreastScreen NSW offer free mammograms to women aged 40 years and over, particularly targeting women aged 50-74 years.

A GP referral is not required.

Visit wentwest.com.au/breast-cancer to find out more.

Cervical Screening

Cervical cancer is one of the most preventable cancers and the best way to stay healthy is to have regular cervical screening tests as part of your women's health checks. The five-yearly Cervical Screening Test is a simple procedure and free to all women.

Find out more at wentwest.com.au/cervical-screening

Navigating Motherhood

Becoming a mother is life-changing, and while it is a time of great joy, it also introduces new stressors and challenges. One in five mothers with children aged 24 months or less has been diagnosed with depression, and more than half were diagnosed during the perinatal period.

Getting help early is the key to developing a healthy bond between a parent and baby and moving towards a more enjoyable and fulfilling parenting experience.

WentWest, the Western Sydney Primary Health Network, commissions St John of God's Raphael Services, a perinatal program that includes psychiatry-led therapy and support for parents from conception through to their baby's second birthday. The program provides free counselling and support for parents and families through the emotional challenges of pregnancy and early parenthood. Their services are also available for parents going through prenatal testing and pregnancy loss.

Read more at wentwest.com.au/support-for-parents



Find out more

To find out more about commissioned services that support Western Sydney women, visit wentwest.com.au/community/services-and-programs/