



Types of Health Checks

Health Fact Sheet



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Warning – This fact sheet has some nude pictures.

Preventative health



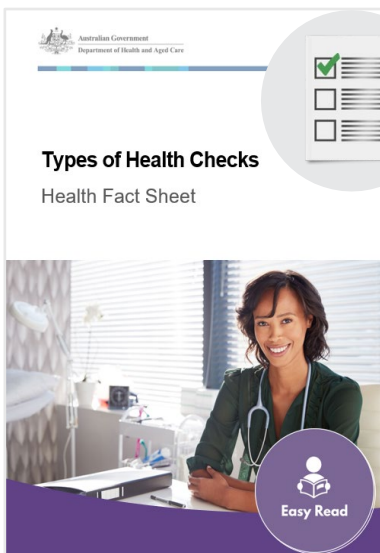
Preventative health means health care that keeps you healthy.



It is what you do to find sickness early.

That way it will not get worse.

Things like getting a health check.



This fact sheet tells you about different health checks.

Yearly health check



A **yearly health check** is when a doctor checks your health 1 time each year.



Your doctor will check different parts of your body.



You might need to see someone else for extra checks like

- Blood tests
- Skin check
- Bone check



Your doctor can tell you what checks you need.



Call your doctor to get a yearly health check. Ask for a long booking.



Your doctor may ask you to fill out a form before your yearly health check.

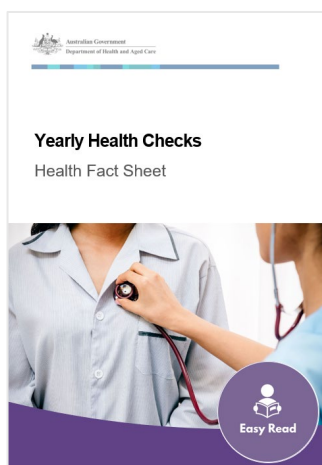
You do it at home.

You can ask someone to help you with it.



You should have a health check every year.

You should do this even if you feel well.



Here is more info on yearly health checks

<https://www.health.gov.au/resources/publications/yearly-health-checks-easy-read?language=en>

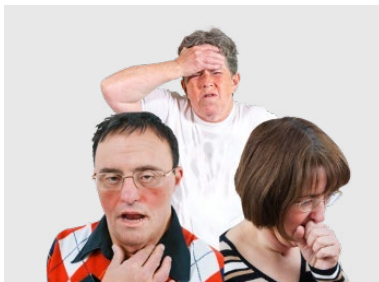
Vaccine



A **vaccine** is a medicine to stop you getting sick.

A **vaccine** helps your body fight a sickness.

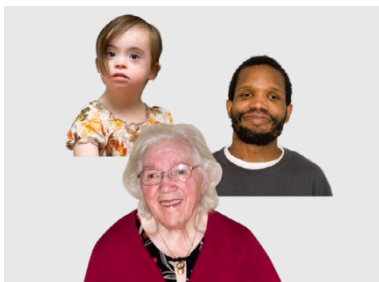
Many vaccines are given with a needle.



There are different vaccines for different illnesses.

The Flu vaccine is 1 type.

There are lots of other vaccines.



Some vaccines are for children.

Some vaccines you get 1 time a year.

Some vaccines you get every now and then.



It is important to get the vaccines you need.

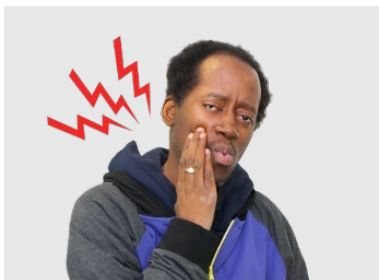
This will help you to stay healthy.

Your doctor can tell you the vaccines you need.

Dentist



A **dentist** can keep your teeth and mouth healthy.



Teeth problems can cause other health problems.

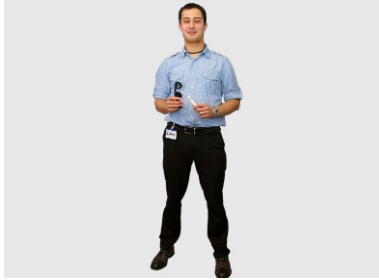


It is good to find teeth problems early.



It is good to see the dentist every 6 months.

Eyes



An **optometrist** is a health worker who knows a lot about eyes.

An **optometrist** can check your eyes.



They can check your eyes for problems.

They can tell you if you need glasses.



They can let you know if you need other help with your eyes.



It is good to get your eyes checked every 2 years.

Hearing



An **audiologist** is a health worker who knows a lot about hearing.



An audiologist can check your hearing.



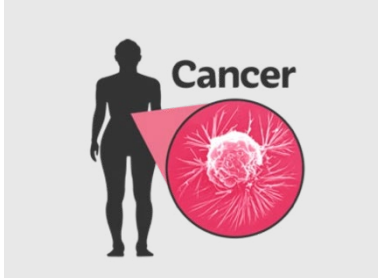
The audiologist can help if you have hearing problems.

They can tell you if you need hearing aids.



Ask your doctor if you should have your hearing checked.

Cancer screening



It is important to check your body for signs of cancer.

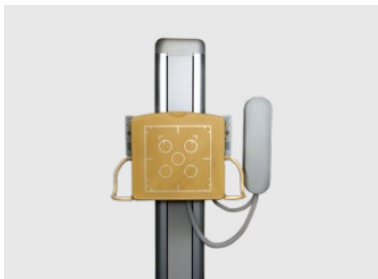
This is called **cancer screening**.



Some cancer screening is done using your hands.

You can ask your doctor to do it.

Ask your doctor to show you how to do it.



Some cancer screening is done with machines.



We explain the different kinds of cancer screening below.

Breast screening



It is important to check your breasts to see if they change.

Changes in your breasts might be cancer.

But not all changes are cancer.



You can check your breasts with your hands.

Your doctor can check your breasts for you.

Your doctor can show you how to check your breasts.



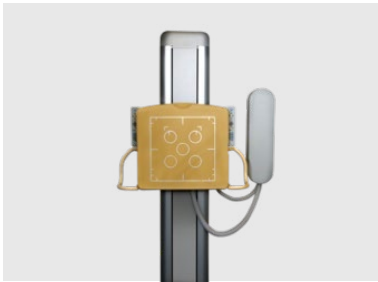
It is good to check your breasts 1 time every month.



Tell your doctor if you find a change.



When you are over 50 there are extra checks for your breasts.



This is called a **mammogram**.

A **mammogram** is when a machine checks your breasts.



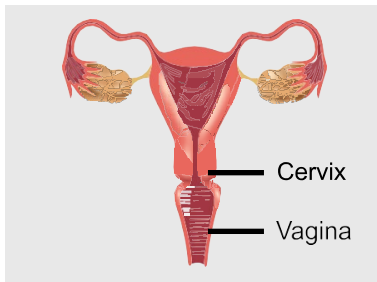
You should have a mammogram every 2 years when you are over 50.



More information on mammograms is here.

<https://www.fpnsw.org.au/justchecking/easyenglish>

Cervix screening



Your **cervix** is inside your body at the top of your vagina.

Your cervix needs to be checked for cancer.



Your doctor can check your cervix for cancer.

This is called a **cervical screening test**.

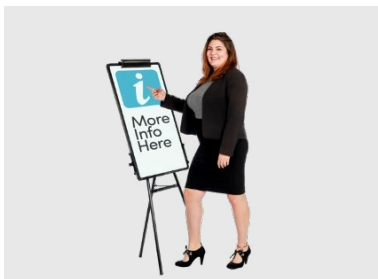
Some people call this a **pap smear**.



To have the test you lie on your back.

Your doctor will look inside your vagina at your cervix.

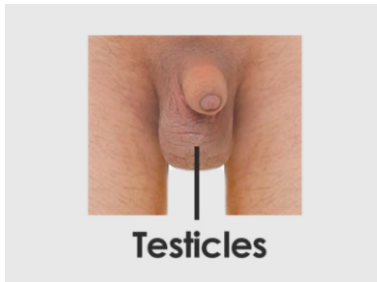
They will take a swab of your cervix.



More information on cervix screening is here.

<https://www.fpnsw.org.au/justchecking/easyenglish>

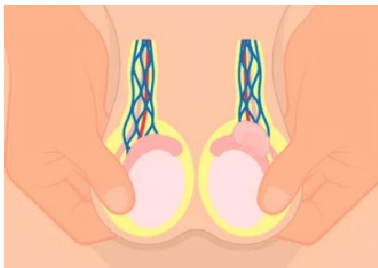
Testicle screening



Testicles are also known as **balls**.

It is important to check your **balls** to see if they change.

Ball changes might be cancer.



You can check your balls with your hands.

Your doctor can check your balls for you.

Your doctor can show you how to do it.



You should check your balls once a month.

Tell your doctor if you notice any changes.



More information on how to check your balls is here.

<https://be.macmillan.org.uk/be/p-25997-how-to-check-your-balls-testicles.aspx>

Bowel screening



Your **bowels** are also known as your guts.

Your bowels make poo.



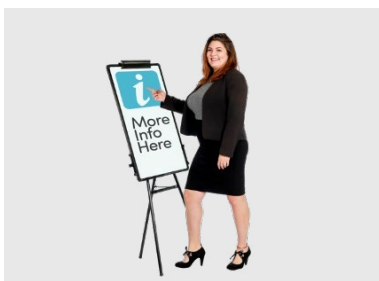
You should check your bowels for cancer after you turn 50.



You will get a test in the mail.

You collect a small bit of your poo.

You send it back for testing.



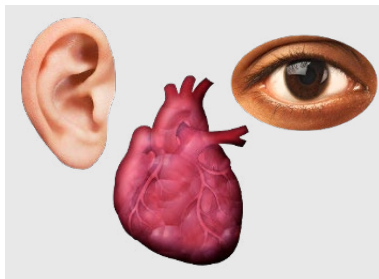
More information on bowel screening is here.

<https://www.fpnsw.org.au/justchecking/easyenglish>

Summary



There are lots of things you can do to stay healthy.



It is good to check different parts of your body.

It is good to check your health often.



Checks can find sicknesses early.

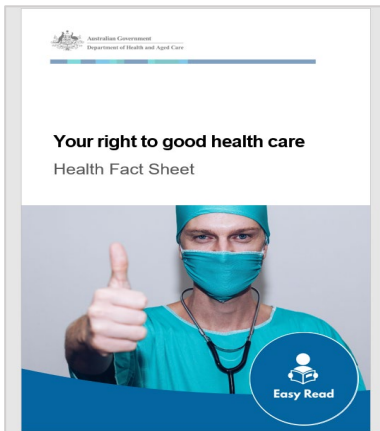
They can help you stay healthy.



Talk to your doctor about health checks.

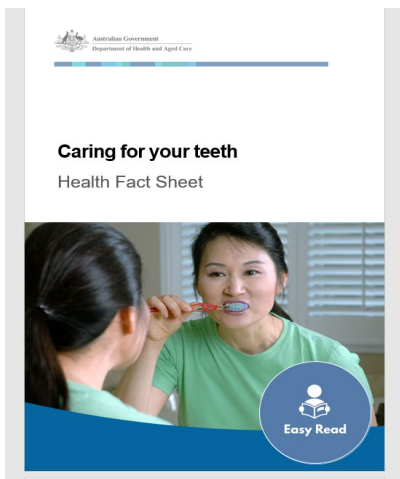
Have a health check at least 1 time a year.

Health fact sheets



We have info about **your right to good health care here.**

<https://www.health.gov.au/resources/publications/your-right-to-good-health-care-easy-read?language=en>



We have info about **caring for your teeth here.**

<https://www.health.gov.au/resources/publications/caring-for-your-teeth-easy-read?language=en>

Resources



There are other health fact sheets and resources for health professionals managing patients with intellectual disability here.

<https://www.health.gov.au/our-work/primary-care-enhancement-program-for-people-with-intellectual-disability>

Other health fact sheets

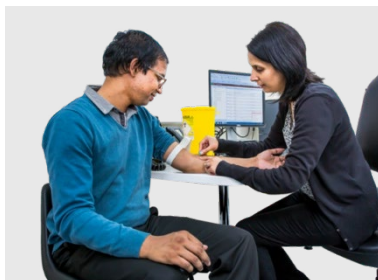


Here are some other easy read fact sheets



More info about cancer checks is here.

<https://www.fpnsw.org.au/justchecking/easyenglish>



More info about blood tests is here.

<https://aci.health.nsw.gov.au/resources/intellectual-disability/hospitalisation/say-less-show-more>



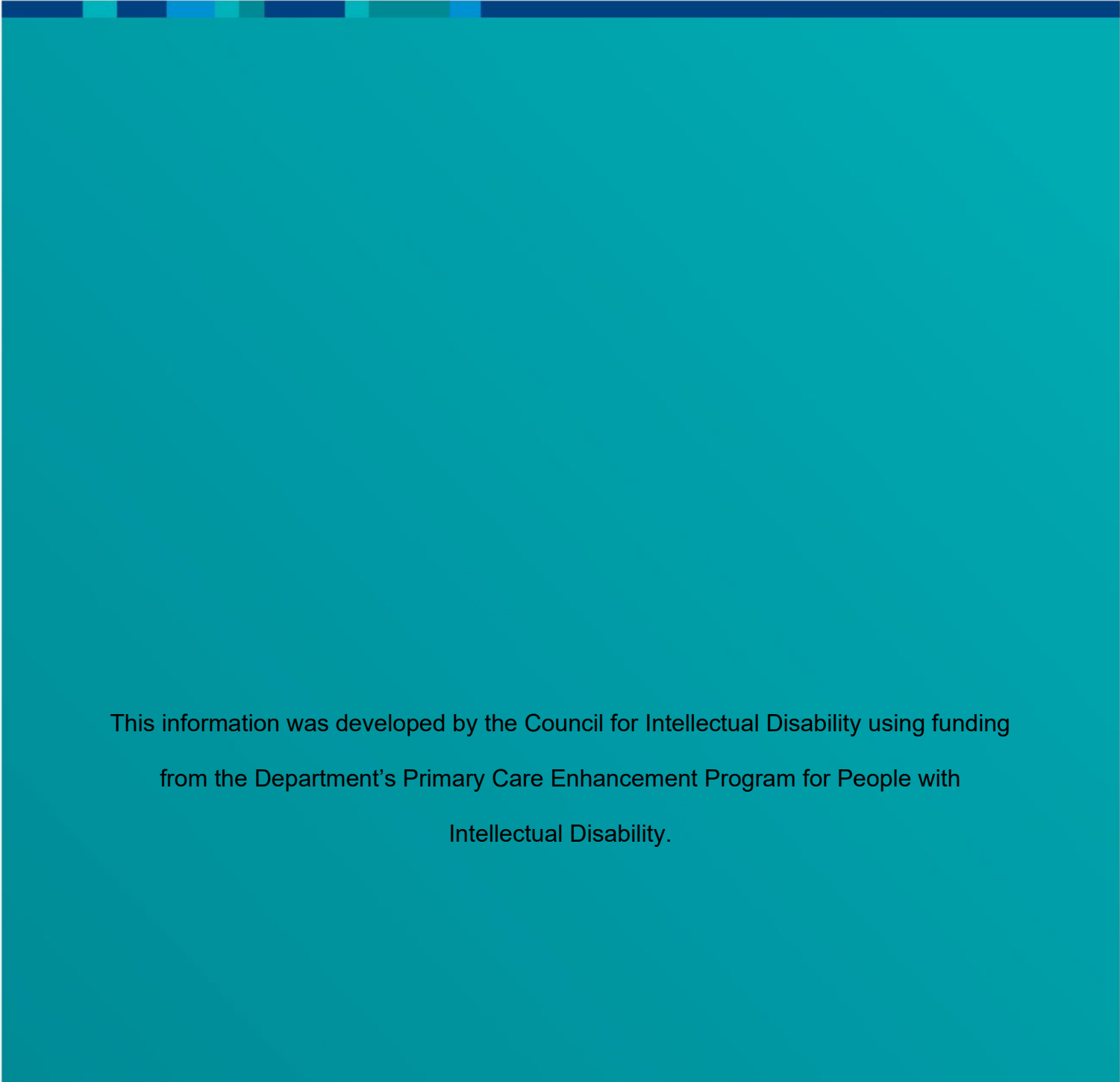
More info on x-rays and other tests are here

<https://aci.health.nsw.gov.au/resources/intellectual-disability/hospitalisation/say-less-show-more>

Health.gov.au

All information in this publication is correct as at June 2023.

1 picture on page 11 was used with permission from Family Planning NSW.



This information was developed by the Council for Intellectual Disability using funding from the Department's Primary Care Enhancement Program for People with Intellectual Disability.