

SERVICES

The funds raised through Girls' Night In will go towards supporting women impacted by cancer. Our services include emotional support, practical support and cancer information and advice.



PRACTICAL SUPPORT

- Accommodation
- Transport to Treatment
- Legal and Financial
- Wigs & Turbans
- Temporary Breast Prostheses



RESEARCH

Cancer Council Queensland conducts lifesaving cancer research at the Viertel Cancer Research Centre and funds ground-breaking cancer research projects.



CANCER INFORMATION AND ADVICE

- **13 11 20** Information and Support Line
- Resources
- Support and information sessions



EMOTIONAL SUPPORT

- Cancer Counselling Service
- Community Activity Programs
- Peer Support

WHERE YOUR MONEY GOES

\$25

Can help us update GPs and other health professionals with the latest evidence about cancer prevention, screening and diagnosis.

\$50

Can help us answer a 13 11 20 call to give information and support to a woman throughout her cancer diagnosis.

\$100

Can help provide accommodation for a woman who needs to travel and stay away from home to access treatment.

\$500

Can cover some of the costs of recruiting women into research studies to help us understand the causes of cancer.

ENCOURAGE SCREENING AND PREVENTION

Keep the girls together for longer by having a simple conversation.

We know life can get busy, but did you know that finding signs of cancer early by participating in screening, improves your chances of successful treatment? Have the talk at your Girls' Night In: it could save a life!



1. KNOW THE SIGNS TO LOOK OUT FOR

Look out for changes in your breasts including lumps, lumpiness or thickening (especially if it's in just one breast), vaginal bleeding between periods, unusual discharge or pelvic pain. If you experience any of these symptoms, it's important to see a doctor.



2. GET SCREENED

The two-yearly pap smear test has been replaced with the more accurate five-yearly HPV test. This test screens for human papilloma virus, which, if left untreated, can lead to cervical cancer.

Women aged 25 to 74 will be due for their first HPV test two years after their last pap test. A HPV test should then be booked every five years.

Be sure to keep up to date with your screening and make it a priority. Speak to your doctor if you are overdue or unsure.

Book in a mammogram.

Mammograms look for early breast cancers. BreastScreen Australia invites eligible women aged 50-74 without breast cancer symptoms, for a free mammogram every two years. Women aged 40-49 or 75 and older are also able to screen through BreastScreen.

Women with a strong family history of breast or ovarian cancer, or with a diagnosis in the past five years, should speak with their GP.



3. BE PROACTIVE

Be aware of what is normal for you. If you notice any unusual changes, or something just doesn't feel right, see your doctor.



4. USEFUL RESOURCES

Call Cancer Council's **13 11 20** Information and Support Line to speak with one of the team. They are here to provide you and your loved ones with cancer information, and emotional and practical support.

WOMEN'S CANCERS

By getting your girls together, you are gathering not just for a good time, but for a good cause too.

At a glance – in Queensland...



1 in 6

women will be diagnosed with a women's cancer by the age of 85.

Every year

4540 women
are diagnosed with breast or gynaecological cancer.

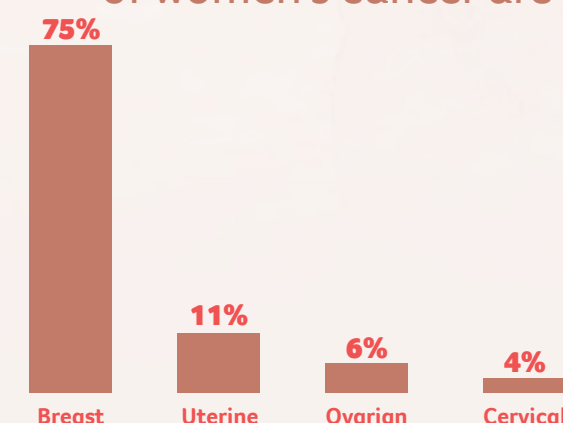
940 women
die from a women's cancer.

Every day

12 women
are diagnosed with breast or gynaecological cancer

3 women
die from a women's cancer.

Most common types of women's cancer are



13 11 20 - Confidential cancer support and information is just a phone call away.