Women's Health





An Easy Read Guide



It's important for everyone to be healthy



For women, there are some special things to think about.

Cervical Cancer Screening



(sometimes called Smear Tests) are available for women between 25 and 64



The NHS have made this Easy Read booklet **Having a Smear Test**



Keep Yourself Healthy have made the booklets **Do I Need a Smear Test?** and **A Guide to Having a Smear Test**



Barnet Mencap have made this film about **Cervical Screening**



Breast Cancer Screening

is offered to women aged 50 – 70



NHS England have made this Easy Read guide to **Breast Cancer Screening**



Action for Cancer have made the Easy Read booklet **Breast Cancer and Breast Screening**



The NHS Cancer screening programme have made this **Easy Guide to Breast Screening**



Public Health England made a film about **Breast Cancer Screening.**



Barnet Mencap have made a video about **Breast Cancer Screening**



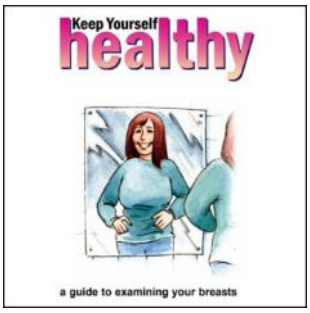
Checking yourself for signs of Brest Cancer



People of all ages should check themselves for early signs of Breast Cancer



The NHS have made this Easy Read booklet about **Breast Cancer and How to Spot It**



Keep yourself healthy have made **A Guide to examining Your Breasts**



Cornwall and Isles of Scilly NHS Trust have made **Be Breast Aware** – A teaching pack for women with learning disabilities and those who support them



The national breast check programme have made this easy read guide to **checking your breasts**



Other things to think about...



Mencap have made this leaflet about **Menstruation (periods)**



The Luton sexual health Clinic has this leaflet about **Contraception**.



The NHS has some accessible information about **screening tests for Mum's and babies**.



The menopause Society has Easy Read books about **Menopause and Perimenopause**

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