



The Hills Medical

February 2025 Newsletter



Welcome to The Hills Medical monthly newsletter, your source for the latest news and insights from our medical clinic. Stay informed about health updates and new services.

Ovarian Cancer

What is ovarian cancer?

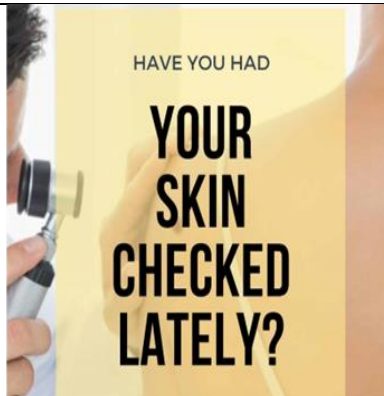
Each year in Australia around 1,815 women are diagnosed with ovarian cancer. Ovarian cancer is a general term used to describe a cancerous (malignant) tumour starting in one or both ovaries. The ovaries are made up of three main kinds of cells: epithelial cells, stromal cells and germ cells.

Each of these cells can develop into a different type of tumour. The average age of women when they are diagnosed with ovarian cancer is age 64. It is mainly diagnosed in women over the age of 50; however, there are cases diagnosed in younger women. Ovarian cancer is the eighth most common cancer in Australia. Symptoms for ovarian cancer can be vague and often difficult to diagnosis. It is very important you see your GP if you have any of the symptoms listed below that persist. Whilst many of these symptoms can be caused by other much less serious medical conditions, it is best to get checked. The earlier a cancer is found the more success there will be in treating it. The most commonly reported symptoms for ovarian cancer are:

- Increased abdominal size or persistent abdominal bloating
- Abdominal or pelvic (lower tummy) pain
- Feeling full after eating a small amount
- Needing to urinate often or urgently

Additional Symptoms may include:

- Changes in bowel habits
- Unexplained weight gain or loss
- Excessive fatigue
- Lower back pain
- Indigestion or nausea
- Bleeding after menopause or in-between periods
- Pain during sex or bleeding after



Get checked!
Book your appointment today with Dr Greg Chang.

Covid vaccine are still available – book with our nurse.



Eligibility
Over 65 yrs recommended every 6 months
18-64 yrs recommended every 12 months



Stronger links between you and your primary health care team

We are participating in MyMedicare. Patients who are signed up to MyMedicare can receive

- Better continuity of care with us
- Longer funded telehealth consultations with your GP.

Register in your Medicare Online Account or Express Plus Medicare Mobile app or ask us for more information.

Womens' Health



Cervical Screening Test (CST)

Screening commences at age 25. If HPV is not detected, your next CST is due in 5 years. If HPV is detected, the lab will look for any changes in cells collected during your screening test. A recommendation will be provided as to whether to repeat the test in 12 months or to see a gynaecologist if the changes are more severe. Please book a long (30 minute) appointment with your GP.

We are dedicated to providing excellent healthcare service.
For more information visit our website: hillsmedical.com.au