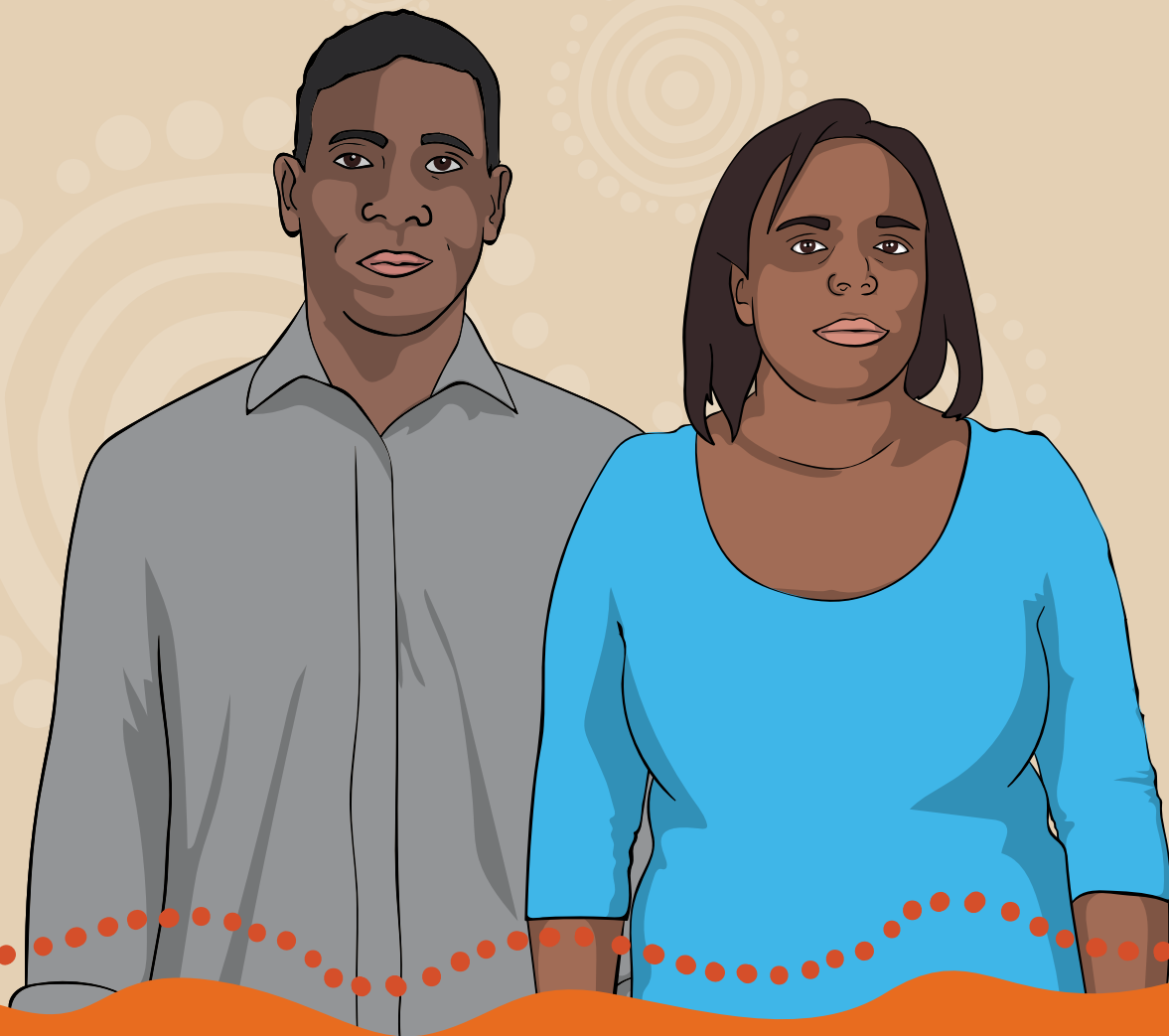


# Checking for cancer - what to expect

Information for Aboriginal and Torres Strait Islander people who might have cancer



This information explains what to expect while you're getting checked out. Your carer, family and community might also find this information helpful.

There are also guides that tell you what to expect for your type of cancer. You can find guides about different cancer types at [www.cancerpathways.org.au](http://www.cancerpathways.org.au)



Australian Government  
Cancer Australia

**If there are changes in your body that could be due to cancer, it's really important to have them checked out.**

Finding cancer early gives you the best chance of getting better and living well.

You can talk to your doctor, Aboriginal and/or Torres Strait Islander Health Worker, Health Practitioner or Liaison Officer or a health professional you trust.

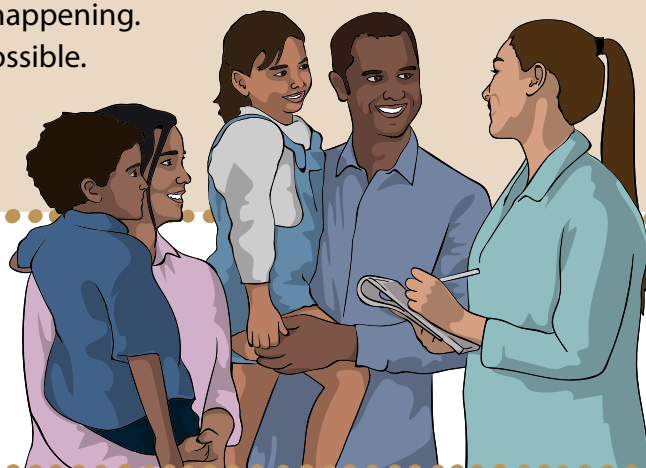


## Your doctor visit

When you visit your doctor, they can check to work out what's happening. If you want to see either a male or female doctor, ask if this is possible.

It may help if you write down questions and take them with you to your appointment.

You can take family or other people to support you at your appointments and tests, or ask if an Aboriginal and/or Torres Strait Islander Health Worker, Health Practitioner or Liaison Officer can be there.



### Talk to the doctor about:

- any new or unusual changes in your body
- how you are feeling
- whether you are in any pain
- any other health problems you have
- whether anyone in your family has or had cancer
- any other problems that are worrying you.

Your doctor will talk with you about your needs, answer your questions and tell you where to get information and support. You can ask for information that makes sense to you.

### ? What happens next?



The doctor will tell you whether you need to go for tests or see a specialist doctor. You can ask the doctor to write this down for you.

Your doctor should give the specialist information about your health and your tests.

## Having tests

Your doctor or specialist will tell you if you need tests, and where to go to have them. Your personal information will be kept private and only shared with health professionals involved in your care.

If you need help getting to your appointment to see the specialist or to have tests, talk to your doctor or Aboriginal and/or Torres Strait Islander Health Worker, Health Practitioner or Liaison Officer. They can help organise transport for you.



Ask the doctor, Aboriginal and/or Torres Strait Islander Health Worker, Health Practitioner or Liaison Officer:



?

Why do I need this test?

?

Where do I have it?

?

Can someone come with me?

?

Will it cost me money?

?

How will I get there?

?

What happens during the test?

?

What will the test tell me?

?

When will I know the results?

?

What happens next?

Your doctor or specialist will get the test results and talk to you about them. You can take family or other people with you for support.



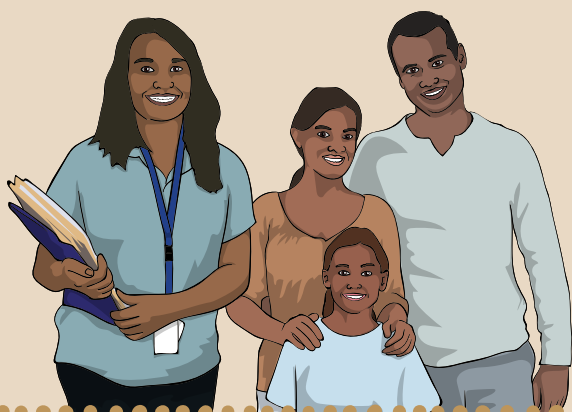
Ask the doctor or someone in your health care team to explain anything you don't understand.

Someone from your team should make sure you have the information and support you need.

## Getting help and support

There is information and support available when you're getting checked out for cancer. You can get support for:

- physical symptoms, such as pain, feeling sick or feeling tired
- emotional needs, like fear, sadness and anger
- practical needs, like help with transport and costs of your care
- information needs, to help you understand more about what may happen.



Ask your doctor or Aboriginal and/or Torres Strait Islander Health Worker, Health Practitioner or Liaison Officer where you can get more information or support.

Your health care team can connect you with other services and health professionals to make sure you stay as well as you can.

### Further information and support

#### Cancer Australia

For information and resources for Aboriginal and Torres Strait Islander people affected by cancer, visit [canceraustralia.gov.au/affected-cancer/atsi/resources-people](http://canceraustralia.gov.au/affected-cancer/atsi/resources-people)

#### Cancer Council

For information and support call Cancer Council on 13 11 20

Nurses can answer your questions about cancer, explain what will happen during your cancer care and link you to support groups and other community resources

#### Cancer Council Online Community

To connect with others in a supportive online community for people affected by cancer, visit [onlinecommunity.cancercouncil.com.au](http://onlinecommunity.cancercouncil.com.au)

#### Carers Australia

For support and advice for carers, call the Carers Association on 1800 242 636

#### National Indigenous Cancer Network

For information about cancer, and resources and links to help Aboriginal and Torres Strait Islander people affected by cancer, visit [www.nican.info](http://www.nican.info)



This work is available at [canceraustralia.gov.au](http://canceraustralia.gov.au)  
and [www.cancerpathways.org.au](http://www.cancerpathways.org.au)