



🎀 WOMEN'S HEALTH SCREENINGS THAT SAVE LIVES

Screening isn't about finding something wrong. It's about making sure that if something is developing, you know about it before it gets harder to treat.

Three screenings to have on your radar: a [cervical screening test](#) every five years from age 25 to 74 (now an HPV test, not a Pap smear, with the option to self-collect); a free [mammogram through BreastScreen](#) every two years from age 50 (you'll be invited), also available free from 40; and a chat with your GP about [bone density](#) around menopause, when falling oestrogen accelerates bone loss.

Early detection consistently leads to better outcomes across all three. One call or online booking is all it takes. Looking after yourself is always worth making time for.

[Learn more about women's health screenings →](#)

👤 THE AUSTRALIAN WEARABLE MAKING CHILDBIRTH SAFER

Sydney-based Oli (formerly Baymatob) received [\\$1.3 million in NSW Government funding](#) in 2026 to help finalise Oli, a world-first AI-powered wearable worn on the abdomen during pregnancy and labour. It monitors both mother and baby and is designed to give early warning of life-threatening complications.

Postpartum haemorrhage is the world's leading cause of preventable maternal death, and Oli aims to flag warning signs before bleeding starts, giving clinicians precious time to act. It's still in clinical trials and not yet available, but it's a remarkable example of Australian innovation putting women's lives first.

Ask your GP about [pregnancy care options](#) available to you.

YOUR HEALTH

☀️ SUN SAFETY: START BEFORE SUMMER ARRIVES

Australia has one of the highest rates of [skin cancer](#) in the world, and two in three Australians will be diagnosed with some form of it by age 70.

UV radiation reaches damaging levels in spring, and you don't need to feel warm to be burning. When the UV index is 3 or above, use SPF 30+ sunscreen (reapply every two hours), wear a broad-brimmed hat and sunglasses, and seek shade.

If you have a history of sunburn, lots of moles or a family history of melanoma, ask your GP how often you should have a [skin check](#). Everyone should get to know their skin and report any new or changing spots.

[Download the free SunSmart app →](#)

👁️ YOUR EYES: THE HEALTH CLUES YOU MIGHT MISS

A routine [eye examination](#) checks more than your vision. Changes in the retina can reveal early signs of diabetes, high blood pressure, and even neurological conditions — often before any other symptoms appear.

Adults should have an eye test every two years, or more often if you have diabetes or a family history of [glaucoma](#) or macular degeneration. If you notice sudden vision changes, eye pain, or new floaters with flashes of light, see a GP or optometrist the same day. Medicare rebates an eye test every three years if you're under 65 and every year from 65, and many optometrists bulk bill. If you're overdue, book one today.

[Find out more about eye health →](#)

👤 HEALTH TIPS

Iron deficiency is one of the most overlooked nutritional gaps in Australian women:

Get a blood test. Simple, quick, and easy to treat.

Eat iron-rich foods daily. Red meat, legumes, tofu, and spinach all count.

Pair with vitamin C. Citrus or capsicum helps your body absorb iron better.

Skip tea or coffee with meals. They reduce iron uptake.

👤 MENOPAUSE & YOUR BONES: WHAT TO KNOW

Bone density naturally declines with age, and for women the drop accelerates after menopause as oestrogen levels fall — but lifestyle habits make a real difference.

Weight-bearing exercise, adequate calcium and vitamin D, limiting alcohol, and not smoking all help protect long-term bone health.

Ask your GP whether a bone density scan is right for you.