

Update from the Medical Director

We are continuing with our change process, and ongoing quality improvement drive to make the program more effective and accessible. Bernadette Edwards and Anna Watts have been a vanguard for support services role extension in the Nurse's office.

Congratulations to the whole support services team under the great leadership of Jan Pickering in adapting and thriving, in an environment of significant changes in office accommodation, records management, online booking and now assessment appointment role extension.

Hopefully everyone has had their flu shot so we can be ready for the busy winter service demand.

- Dr Liz Wylie

Congratulations to highly commended Sonya

BreastScreen WA's program officer, Sonya Schultz was recently nominated for a Health Consumers' Council WA (HCC) - Consumer Excellence Award. Sonya received a highly commended award.



HCC Executive Director Pip Brennan said "We believe it is important to acknowledge when an organisation and people within organisations are 'doing it right'.

Sonya Schultz and BreastScreen WA are brilliant at engaging with CaLD communities and we would like to formally recognise that with this highly commended award."

Sonya was nominated for the Health Professional category because of her commitment to improving the level of service to Culturally and Linguistically Diverse (CaLD) women.

Pictured below from left: Louise Ford, Program Manager, HCC; Pip Brennan, Executive Director, HCC; Sonya Schultz, Program Officer, BSWA and Cheryl Holland, A/ Chair, HCC.



Mother's Day Classic



BreastScreen WA entered a team, Breast Friends WA, in the 2016 Mother's Day Classic.

It was a beautiful Sunday morning after Saturday's storms although the wind chill factor did lend itself to a very brisk walk!

A participant shared "It was a beautiful morning, my first time, and I enjoyed walking alongside so many happy, optimistic and supportive people."



We are also proud to win the award for the largest government organisation to participate.



CPD for radiographers



On Saturday 14 May, Katy Grace organised a CPD meeting for BreastScreen WA radiographers. Many BSWA staff are currently studying for their Certificate of Clinical Proficiency in Mammography (CCPM) and this academic support is essential.

This was the second CPD meeting in 2016 and Katy is planning for at least two more.

Dr Liz Wylie and Dr Deepthi Dissanayake both gave wonderful presentations. There were many questions from the floor which generated useful further knowledge.

It was also a wonderful opportunity for staff generally, to meet each other over a cup of coffee. Staff came from as far as Albany and Harvey. Well done to all participants!



Breast Friends WA still stepping on

There is only a couple of weeks left of the City of Perth Activity Challenge and the 12-strong BSWA team is 15th out of 59 teams overall. Out of the large teams (teams with more than 10 people) we are WINNING!! See below why getting 10,000 steps a day is good for everyone.

Your Body on Walking

Ridiculously simple, astonishingly powerful, scientifically proven by study: Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting?

BRAIN: Just 2 hours of walking a week can reduce your risk of stroke by 30%.

MEMORY: 40 minutes 3 times a week protects the brain region associated with planning and memory.

MOOD: 30 minutes a day can reduce symptoms of depression by 36%.

HEALTH: Logging 3,500 steps a day lowers your risk of diabetes by 29%.

LONGEVITY: 75 minutes a week of brisk walking can add almost 2 years to your life.

WEIGHT: A daily 1-hour walk can cut your risk of obesity in half.

HEART: 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.

BONES: 4 hours a week can reduce the risk of hip fractures by up to 43%.

Travel all over the countryside - ask Leanne!

It's been an exciting few months for Leanne Pilkington. In April she presented at the World Indigenous Cancer



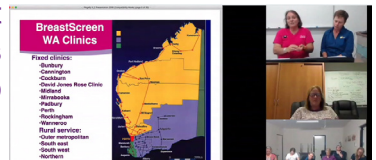
Conference to 313 delegates from around the world. Her presentation was very well received and highlighted the challenges BSWA faces in screening Aboriginal women in WA, especially in rural and

remote regions and strategies that we use to address these. Many delegates, both Australian and from overseas, couldn't believe the size of the area that one service (BSWA) covers.

During May Leanne has been working in partnership with the Wheatbelt CCWA Regional Education Officer Karen Hansen to provide breast and cervical cancer information to women in the Wheatbelt area.

So far she has visited six Wheatbelt towns and spoken to over 110 women about breast screening and the importance of early detection of breast cancer. More travel is on the cards for June and August.

As part of the Wheatbelt initiative Leanne was involved in a video conference presentation hosted in Northam.



Women attended the Community Resource Centres in Pingelly, Kalannie, Koorda and Dalwallinu and dialled in from there. V/C could be an alternative to presenting in person when there is only a small population in the town. This way the community still gets the information, without the need to travel for only a few attendees.

