

Update from the Medical Director

The new year has got underway in a pretty tumultuous way for the service. The Bunbury Clinic on 8 January had to be rescheduled as the South West and Forrest Highways were closed due to the fires, preventing staff and clients making their way to the clinic. The fires also impacted on the Van screening in Pinjarra as roads to Pinjarra were also closed.

Loss of power due to electrical storms just before Australia Day, temporarily closed the Serpentine Van visit. The staff of the program are to be congratulated for their resilience and commitment to the service and the professional way they dealt with the challenges we face working in this wide brown land.

Best wishes for Australia Day. *- Dr Liz Wylie*



BSWA new opening hours

From 8 February appointments are available between 7:30am and 5:45pm on weekdays and 8:15-11:30am on Saturdays at most BreastScreen WA clinics.



The early and late start times are rostered throughout the week at the metropolitan clinics and Bunbury and will be made available as required in the rural locations.

These early and late appointments offer greater flexibility to our clients who may choose to have their appointment before or after work.

Several early morning appointments have already been made in advance of the "next available" and we will monitor carefully for client acceptance over the next six months.

Mandurah - coming soon!

The lease and schematic plan has been finalised for BSWA's newest clinic which will be located at 61 Sutton Street, Mandurah.

Design will be discussed this month and the development of these new premises will go out to tender by early March.

The expected completion date is approximately 30 June 2016.



Artist impression of the new building

Congratulations to Coby

BSWA's Coby Pearson (Program Officer, Health Promotion) was thrilled to win a Women and Newborn Health Service Staff Excellence Award in December 2015 for her "dedication, commitment and outstanding work ethic as recognised by [her] colleagues."



Staff Excellence award winners Phillip Long, Dr Louise Farrell, Val Wood, Coby Pearson and Tamara Lebedevs.

Have a Go Day, November 2015



Leanne Pilkington and Sonya Schultz staffed a display at Burswood Park in November 2015.

The annual event is organised by the Seniors Recreation Council of WA Inc.

Thousands of 'over 45's' attend the event each year to get the latest information on how to live healthier, happier lives.

With more than 200 Exhibitors and over 35 activities and demonstrations there is something for everyone.

The BSWA team spoke to over 100 people and made 6 bookings on the day.

As always we received lots of positive feedback about the fantastic service BSWA is providing for women in WA.

BreastScreen WA on rural TV

From 25 January to 30 June 2016, BreastScreen WA is advertising on television in regional WA.



The commercial, used with permission from BreastScreen Victoria, features TV presenter Jo Hall and tennis champion Evonne Goolagong-Cawley.



The final screen includes BSWA details.

Keep an eye out for it when in the country.

It is being shown on rural stations 7TWO, GWN, WIN, GEM, TENWest, Eleven, SBS WA and Goolarri TV.

Scenes from the television commercial

2016! - A Happy and Healthy New Year

Information thanks to WA Health Staff Wellness Initiative

Why not make 2016 your healthiest year yet? Stick to your New Year's resolutions and improve your health and wellbeing with the following tips:

1. Healthy eating for a healthy weight

Eating a varied diet of healthy foods can help you achieve and maintain a healthy weight and have the energy you need to live life to the full.

More info: <http://www.eatforhealth.gov.au/eating-well>



2 - Be active!

We spend long periods of time sitting at or travelling to and from work. Even if you are meeting your 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity per week (see the [Australian Physical Activity Guidelines for adults](#)), long periods of sitting can increase your risk of heart disease, diabetes and some cancers.

For this reason, it is not only important that you increase your physical activity, but also reduce your time spent sitting.

3 - Be smoke free

Smoking not only reduces life expectancy and quality of life, it impacts on those around you as well.

More info: <http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/home>

4 - Get enough sleep

Sleep is a necessity, not a luxury, and is essential for good health and wellbeing. Not getting enough sleep increases your risk of occupational injury and absenteeism and can cost billions of dollars in lost productivity each year.

Caffeine, alcohol, food and smoking can all affect sleep quality and quantity of sleep that you get so it's important to adopt good sleep habits.