

Preventative health tests

for women with MS

You can help support your overall health by having regular preventative health tests.

- 1 Have your neurologist talk through this checklist with you.
- 2 Take this form to your GP and make your health check plan together.

Cardiovascular Health



Women with MS are usually recommended to have yearly blood pressure, cholesterol and diabetes checks.

Tip: Research has shown that people with poorly monitored and managed cardiovascular health are more likely to experience worsening MS progression and symptoms.

I need this test

yes / no

Bowel Health



Bowel screening tests are recommended every two years for women aged 50–74.

Tip: A bowel cancer detection test can be done by you in your home with an easy-to-use faecal occult blood test (FOBT). To have a test kit sent to you, call the National Bowel Cancer Screening Program on 1800 627 701.

I need this test

yes / no

Sexual Health



Talk to your doctor if you have any concerns, including information and advice about sexual health, contraception and preventing and treating sexually transmissible infections.

Tip: Include this as part of routine health checks and discussion with your GP particularly before you start therapy.

I need this test

yes / no

Breast Health



Monthly self-examination is recommended for all women from 20 years of age. Mammograms are recommended every two years for women who are aged 50–74, or more frequently if you are at an increased risk in any age group.

Tip: Contact Breast Screen Australia on 13 20 50 for more information and to find a screening location near you.

I need this test

yes / no

Skin Health



Monitor your skin and have regular skin checks. Yearly skin checks by a qualified practitioner are recommended for women on certain MS Immunosuppressive therapies such as Fingolimod (Gilenya®) or Siponimod (Mayzent®).

Tip: Always practice “sun safety”.

I need this test

yes / no

Cervical Screening



This has replaced the PAP test as the standard test for women aged 25–74, have a cervix and have ever been sexually active.

- **On MS immunosuppressive therapy:**
Cervical screening test recommended every 3 years if your results are normal.
- **Not on risk related MS immunosuppressive therapy:**
Cervical screening test every 5 years if your results are normal.

Tip: You may be eligible to self-collect your own Cervical Screening Test sample. Ask your GP if self-collection is right for you. To check if you are due for a Cervical Screening Test you can access the Participant Portal through my.gov.au (MyGov) or call 1800 627 701.

You should have cervical screening tests regardless of whether you have received the human papillomavirus (HPV) vaccination.

I need this test

yes / no

The information provided on this pamphlet is designed to be informative and educational. It is not intended to provide specific medical advice. You may need other or more frequent checks. Always seek advice from a qualified health care professional or speak with your neurologist.

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Immunisations



Check your immunisations are up to date and if any are required; including measles, mumps, rubella, varicella zoster, hepatitis, yellow fever, pneumococcus, human papillomavirus (HPV), whooping cough, flu and COVID-19.

Tip: For most women, immunisations should be administered prior to beginning MS immunotherapy – check with your neurologist.

I need this test

yes / no

Bone Health



If you are at risk, or aged 70 years or older, your doctor may recommend a bone density scan.

Tip: It's important to get a bone health review from age 45 or post-menopause. An increased risk of osteoporosis can also occur in women who have other medical conditions.

I need this test

yes / no

Notes

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