

## Useful Contacts

### Community Health Centres

**Western Region Health Centre**  
72-78 Paisley Street, Footscray  
Ph: 03 8398 4100

**Doutta Galla Community Health**  
12 Gower Street, Kensington  
Ph: 03 8378 1600

**Djerriwarrh Health Services-  
Melton Community Health Centre**  
Corner Yuille and High Street, Melton  
Ph: 03 8746 1100

**ISIS Primary Care (St Albans)**  
1 Andrea Street, St Albans  
Ph: 03 9296 1200

**ISIS Primary Care (Hobsons Bay)**  
330 Queen Street, Altona Meadows  
Ph: 03 8368 3000

**ISIS Primary Care (Wyndham)**  
117-129 Warringa Crescent,  
Hoppers Crossing  
Ph: 03 8734 1400

This brochure was developed in consultation with African women's groups in the western region of Melbourne as part of the Family and Reproductive Rights Education Program (FARREP) at Women's Health West.

### Hospitals for Women

**Sunshine Hospital**  
176 Furlong Rd, St Albans  
Ph: 03 8345 1333

**Royal Women's Hospital**  
Corner Grattan Street and  
Flemington Road, Parkville  
Ph: 03 8345 2000

**Mercy Hospital for Women**  
163 Studley Road, Heidelberg  
Ph: 03 8458 4444

**Williamstown Hospital**  
Railway Crescent, Williamstown  
Ph: 03 9393 0100

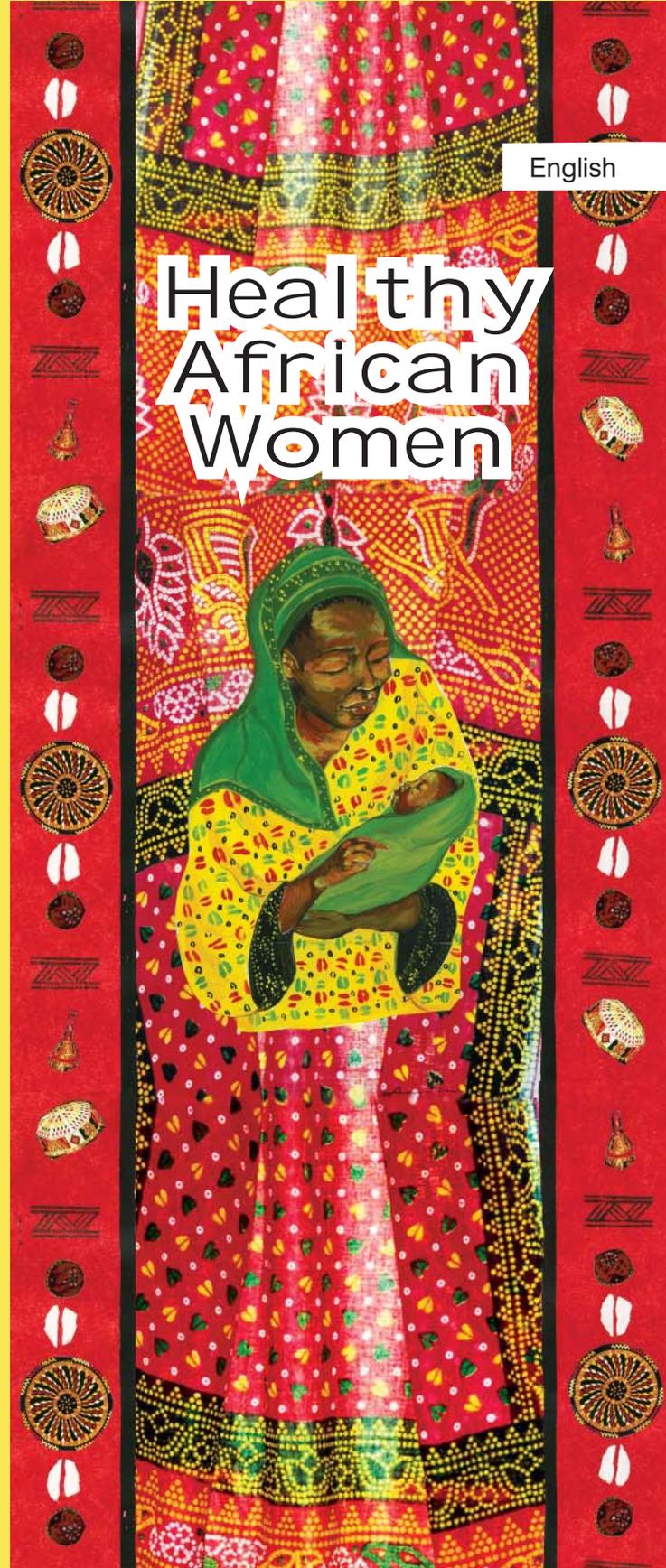
### Interpreters

You have a right to ask for an interpreter when visiting your nurse or doctor. You can also request a female interpreter.



**Women's Health West**  
317 - 319 Barkly Street, Footscray 3011  
03 9689 9588  
info@whwest.org.au  
www.whwest.org.au  
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# Healthy African Women



## Women's Health

### Check ups for your health

Talk to your doctor or nurse about blood tests to check your iron levels, Vitamin D, blood glucose and cholesterol levels. Having regular tests can help find any problems.

### Pap tests

A pap test checks for changes in your cervix that can lead to cancer. Have a pap test every two years.

### Breast health

Be familiar with your breasts and check them often. If you feel any changes like a lump or redness, talk to your doctor or nurse as soon as you can. A mammogram is a breast x-ray. Have a mammogram every two years if you are over 50. Call **13 20 50** to book your appointment.

### Contraception

There are lots of contraception methods that women can use to choose when to have children. You can use pills, injections or 'barrier methods'. Talk to your doctor or nurse to find out which ones are best for you.

### Female circumcision

If you are circumcised inform your doctor or nurse. If you are pregnant, you can talk to them about your birth choices and they will answer your questions.

## Pregnancy and Birth

### Before pregnancy

Talk to your doctor if you are planning to have a baby. Your doctor will talk to you about taking folate, a type of vitamin that is important for your baby's health.

Your doctor will also test you for diseases like hepatitis. He or she will also talk to you about health services available.

### Antenatal care

Antenatal care means that you and your baby are healthy while your baby is growing inside you.

Your doctor will test you and the baby to make sure you are both healthy. If you are circumcised, tell your doctor or nurse.

They will talk to you about your birth options.

### Postnatal care

If you have your baby at a public hospital, a midwife will arrange to visit you at home soon after you leave the hospital.

The maternal and child health nurse in your area will also contact you to arrange your first appointment.

Maternal and child health nurses can give you information and support about your health and your baby's health.

### Postnatal depression

Sometimes you may feel sad or find it hard to manage looking after yourself or your baby soon after you have given birth, especially if you do not have close family or relatives to help you.

If you are feeling sad, do not be afraid to ask for help.

