

## **MEDIA RELEASE**

1 February 2016

### **On the road for women's health**

Darling Downs Hospital and Health Service Mobile Women's Health Service registered nurse Barbara Milne is encouraging all women to make their health a priority in 2016.

Ms Milne has involved in women's health since 1997 and has been travelling the roads of Western Downs, Macintyre region and Darling Downs for 15 years, providing free, confidential health services to women.

Her services are not limited to, but include, cervical screening (pap smears), breast self-awareness, menopause and hormone therapy information, family planning and contraception, sexual health screening and puberty information as well as information and support for domestic and sexual abuse and the promotion of healthy lifestyles.

"We are a completely funded service therefore there are no fees for women to access our services, including pap smears," Ms Milne said.

Ms Milne conducts clinics at the Dalby Hospital three times a month, and Goondiwindi and Chinchilla hospital twice a month. She also visits nine other townships stretching from Wandoan in the north to Texas in the south regularly.

"Although I have scheduled clinics, I travel with my phone and can make visits as needed or provide advice over the phone," she said.

The Mobile Women's Health Service is based on the belief that each woman is unique, has the right to be treated with respect and has the opportunity to be involved in decisions about her health care.

Ms Milne encourages all women to be proactive about their healthcare and to take advantage of the free service.

"It is recommended that all women who have ever had sex should start having pap smears between the ages of 18 and 20 years, or two years after first having sex, whichever is later," she said.

If needed and appropriate, Ms Milne will recommend a client see their GP or specialist for further information or testing.

For more information about the service or to make a booking, contact Barbara Milne on 4669 0517.

Mobile Women's Health Service clinics are conducted in the following locations:

- Goondiwindi Hospital: Tuesday 2 February and Tuesday 16 February from 9.30am to 2pm. Contact 4671 6666.
- Chinchilla Hospital: Wednesday 3 February and Wednesday 17 February from 9am to 2pm. Contact 4662 8888.
- Dalby Hospital: Thursday 4 February, Tuesday 9 February and Monday 22 February from 8.15am to 2.30pm. Contact 4669 0517.
- Millmerran Multipurpose Health Service: Friday 5 February from 8.30am to 2pm. Contact 4695 3111.
- Tara Hospital: Monday 8 February from 9am to 2pm. Contact 4678 7900.
- Wandoan Primary Health Care Centre: Wednesday 10 February from 10am to 2pm. Contact 4627 4444.
- Miles Hospital: Thursday 11 February from 8.15am to 1pm. Contact 4628 5600.
- Meandarra Outpatient Clinic: Monday 15 February from 10am to 1pm. Contact 4665 6336.
- Jandowae Hospital: Thursday 18 February from 9am to 2pm. Contact 4668 4555.
- Inglewood Multipurpose Health Service: Friday 19 February from 9am to 1.30pm. Contact 4652 0777.

**Ends**

**MEDIA:** Contact Darling Downs Hospital and Health Service Media Team 4699 8547, 0438 702 328 or [DDHHS\\_media@health.qld.gov.au](mailto:DDHHS_media@health.qld.gov.au)