



TOOL TALK

with **Russell Ferguson**
NORTH EAST FASTENERS

◆ **BUILT TO LAST:** The sockets in Kinchrome's 42 Piece Set Impact Socket Set is built to last and withstand tough conditions.

Kinchrome's top of the range socket set

KINCROME'S 42 Piece Set Impact Socket Set is like no other, thanks to being packed with a range of unique features.

Kinchrome's range of impact sockets are manufactured from Chrome Molybdenum (Cr-Mo) and feature a black phosphate finish for superior corrosion protection, laser etching for easy drive size identification and Peripheral Drive™ technology.

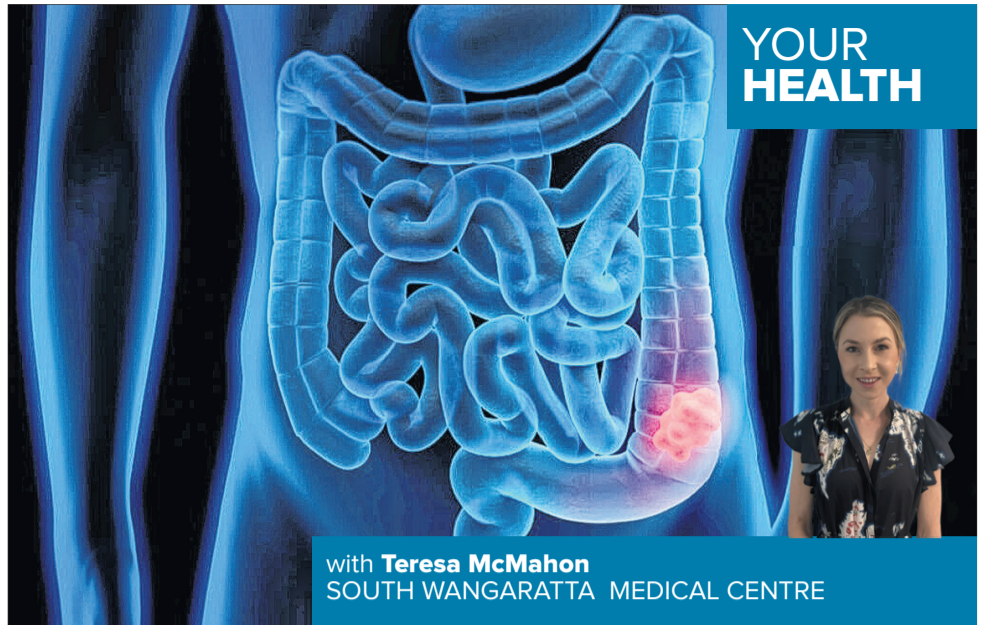
Peripheral Drive™ provides greater torque by relocation of the load to the flat sides of a fastener, which allows for greater surface area contact and prevents "rounding off" of fasteners.

This socket set is also ideal for loosening of nuts and bolts with sockets that are designed and built to last.

They have also been hardened and tempered to ensure they can even perform under the most extreme conditions.

Kinchrome socket sets are also known for meeting and exceeding many international standards.

To learn more about the product, drop into North East Fasteners today or visit <https://www.kinchrome.com.au/impact-socket-sets/deep-standard-impact-socket-set-42-piece-1-2-drive-metric-imperial-k2098?SearchID=2827571&SearchPos=1>.



YOUR HEALTH

with **Teresa McMahon**
SOUTH WANGARATTA MEDICAL CENTRE

◆ **EARLY DETECTION:** A new national screening program for bowel cancer is making a big difference.

Bowel cancer screening in Australia: vital health initiative

BOWEL cancer is a significant health concern in Australia, but there's good news: we have a national screening program that's making a real difference.

Let's take a closer look at how it works and why it matters.

The National Bowel Cancer Screening Program has undergone recent changes and now offers free screening to Australians aged 45-74 every two years.

It's a simple process: kits can be ordered by seeing your GP, calling 1800 627 701 or ordering it yourself from the online program platform.

This kit allows you to collect small stool samples in the privacy of your own bathroom.

Once you've collected the samples, you simply mail them back to the lab.

They're looking for traces of blood that might indicate bowel cancer or precancerous growths.

This test, known as a Faecal Occult Blood Test (FOBT), is remarkably effective at detecting early-stage bowel cancer.

And early detection is key.

When caught early, bowel cancer has a treatment success rate of up to 90 per cent.

That's why this screening program is so important.

However, there's room for improvement.

As of 2021, only about 44 per cent of eligible Australians complete the test when invited.

Health authorities are working hard to increase

these numbers through education and outreach programs.

If your test comes back positive, don't panic.

It doesn't necessarily mean you have cancer, but it does mean you'll need further investigation.

The program ensures timely follow-up for positive results to minimize anxiety and expedite treatment if needed.

The impact of this program has been significant.

Thousands of cancer cases have been detected early, and countless precancerous lesions have been removed, potentially preventing future cancers.

In fact, it's estimated that the program will prevent 59,000 bowel cancer deaths between 2015 and 2040.

While screening is crucial, it's part of a broader approach to bowel cancer prevention.

Maintaining a healthy lifestyle, including a balanced diet, regular exercise, limited alcohol consumption, and avoiding smoking, all play important roles in reducing risk.

The National Bowel Cancer Screening Program is a testament to Australia's commitment to public health.

By providing free, accessible screening to millions, it's playing a vital role in reducing the impact of bowel cancer across the nation.

So, next time you receive that screening kit in the mail, remember: taking a few minutes to complete the test could save your life.

It's a small act that can make a big difference.

KINCROME

IMPACT 42PCE 1/2" SOCKET SET METRIC/IMPERIAL

- > Ideal for fastening and loosening of nuts and bolts
- > Sockets manufactured from Chrome Molybdenum (Cr-Mo)
- > Hardened and tempered to perform in extreme conditions
- > Designed to be used with Pneumatic and Power tools



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