



Kick'n Cervical Cancer

All sexually active women should have a regular Pap test!

The main reason for having a Pap test is to check for early signs of cell changes on the cervix. By having regular Pap testing any abnormal cells that are found can be monitored and, if needed, treated before they can develop into cancer.

These changes are caused by a virus called the Human Papilloma Virus (HPV) which is passed through sexual contact (not just through sexual intercourse, but skin to skin touching). Using condoms is your best chance of preventing HPV and talking to your doctor about the HPV vaccine.

- Unless your doctor tells you otherwise have a Pap test every three years.
- Sexually active women should start Pap testing at age 21, but don't wait that long to talk to your health care provider about sexual health.
- Have a Pap test once a year for 3 years: if results are normal have a Pap test every 3 years.
- Women with abnormal Pap history should continue yearly Pap testing.
- Screening may stop at age 70 if you have 3 negative Pap tests in the last 10 years and no abnormal Pap history.

HPV and the Abnormal Pap test

- A routine Pap test is the best way to prevent cervical cancer. If you have cell changes, it is important to go to all follow up appointments.
- Cell changes are often caused by a virus called HPV (Human Papilloma Virus) which is spread through sex and skin to skin contact. HPV is very common.
- Condoms can reduce your risk for HPV.
- The HPV vaccine is your best defense. If you are between the ages of 20 to 46, talk to your doctor about the vaccine.

Hysterectomy

- If you had a hysterectomy (womb removed) please discuss routine screening with your doctor or nurse.
- Women who have had a hysterectomy (with cervix removed) for reasons not related to cervical cancer or pre cancer should not be screened anymore.

Western Health
709-632-3008

Labrador-Grenfell Health

709-897-3109

Eastern Health (Avalon)
709-752-4353



Cervical Screening
Initiatives Program

1-866-643-8719

Central Health
709-651-6264

Eastern Health (Rural)
709-466-5771