

Don't just sit there.



Go the Distance!

Don't just sit there.

Follow the PAP Strategy

Plan

Plan to have a Pap Test

Act

Make an appointment with your doctor

Prevent

You can prevent cancer of the cervix

Don't just sit there.

Learning Objectives

- ❖ To know what a Pap test is and why it is important to have a regular Pap Test.
- ❖ To identify who should have a Pap test and how often.
- ❖ Increase the knowledge of risk factors for developing cervical cancer.
- ❖ To recognize that each one has a responsibility for their own health.
- ❖ To learn where to access further information on the Pap test.

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Trends in Cervical Cancer

- ❖ Most cervical cancer affects women between the ages of 30 to 59.
- ❖ The lifetime probability of a woman developing cervical cancer in Canada is 1 in 153.
- ❖ NL has a mortality rate double that of the national average.
(3.9 per 100,00 vs 1.5 nationally)
- ❖ Each year in NL there are approximately 20 new cases of cervical cancer diagnosed and an estimated 10 deaths.
- ❖ The cervical cancer rate in Canada has gone down by 50% since 1977.

*CCS 2010-11

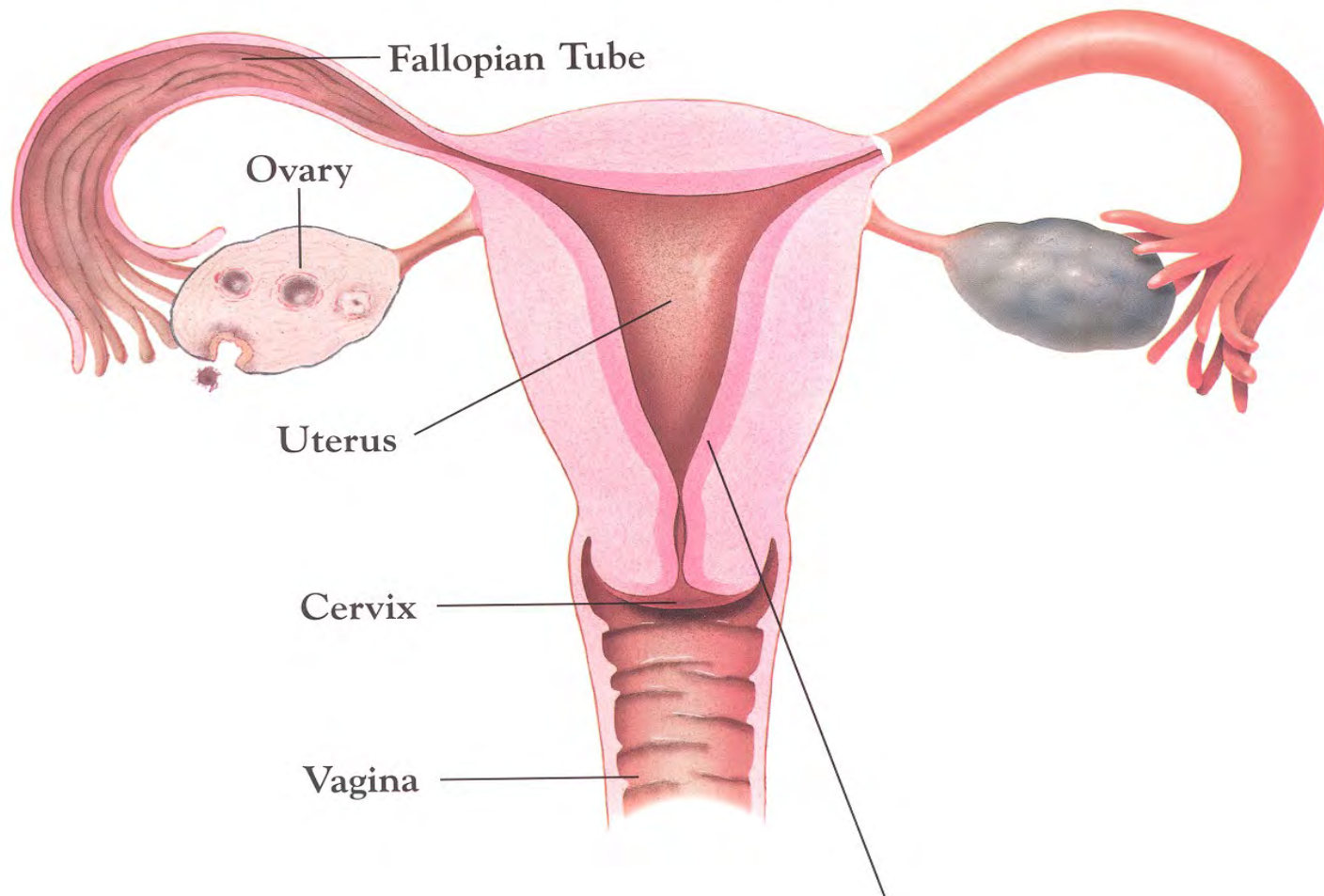
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A Pap Test...

- ❖ Is one of the most effective, accurate and economical ways used to detect cancer of the cervix and precancerous changes.
- ❖ Identifies changes that may occur in the cells that line the cervix.
- ❖ Changes may progress to develop cancer, but will not if found and treated early.
- ❖ Treatment for early changes are very successful.
- ❖ Most cancer of the cervix takes years to develop.
- ❖ Like any screening test, the Pap Test cannot be 100% effective. However, cancer of the cervix can be prevented by having regular Pap tests.

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Female Reproductive Organs



How far will you go... to prevent cervical cancer?

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Risk Factors

Not having a Pap test is the Biggest Risk Factor.

The risk of developing cervical cancer increases with:

- Early age of first intercourse
- Multiple sexual partners
- Continued presence of Human Papilloma Virus (HPV)
- History of genital warts
- Smoking

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Who should go for a Pap Test

Unless your doctor tells you otherwise, women who are sexually active should start Pap testing at age 21, but don't wait that long to talk to your doctor about sexual health.

You should continue to have a Pap:

- Every 3 years.
- Have a Pap test every year for 3 years in a row. If all results are normal, have a Pap test every 3 years.
- Until age 70. If you have not had any abnormal Pap tests and you have 3 normal Paps in the last 10 years, at age 70 you may stop Pap testing. Talk to your doctor.

If you are unsure if you need a Pap Test talk with your doctor or health care provider to discuss:

- Pap testing and hysterectomy
- Lesbian relationships
- HPV vaccination
- Pap screening & risk factors
- Birth control & sexual health

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How do you prepare for a Pap test?

- ❖ Make an appointment with your health care provider when you are not on your menstrual cycle.
- ❖ **Prior to your Pap test avoid:**
 - douching and the use of contraceptive creams and jellies (48 hours)
 - intercourse (24 hours)
- ❖ Empty your bladder before the test. This helps make the exam more comfortable.
- ❖ Postpone the Pap test for at least one month if you have used any antibiotic vaginal creams or suppositories.

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The Cervical Screening Initiatives Program recommends:

- ❖ All sexually active women should have a regular Pap test every 3 years, unless your doctor tells you otherwise.
- ❖ Pap tests should begin at age 21, unless your doctor tells you otherwise.
- ❖ All women should know the results of their Pap test and when to have the next one.
- ❖ Women who have had an abnormal Pap test should complete the recommended follow-up and should continue to have yearly Pap tests.
- ❖ At age 70, a woman with no abnormal Pap test history, who has had 3 normal Pap tests within the last 10 years; may stop Pap screening.
- ❖ That women know their Pap test results are stored in a central private data (computer) base called a Registry and why.

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Pap test results

- ❖ Be sure to call for your Pap test results.
- ❖ Women with 3 normal results should have a regular Pap test every 3 years.
- ❖ Abnormal results may be due to inflammation, infection or early cell changes.
- ❖ It is important to discuss abnormal test results with your doctor and keep all follow up appointments.

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Reduce your risk:

- ❖ Delay age of first intercourse.
- ❖ Have regular Pap tests.
- ❖ HPV vaccination.
- ❖ Reduce number of sexual partners.
- ❖ If you choose to be sexually active use a barrier method of contraception.
- ❖ Don't smoke.

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For more information..

Where to go?

- ❖ Family Doctor
- ❖ Nurse Practitioner
- ❖ Nurse Examiner / Public Health Nurse

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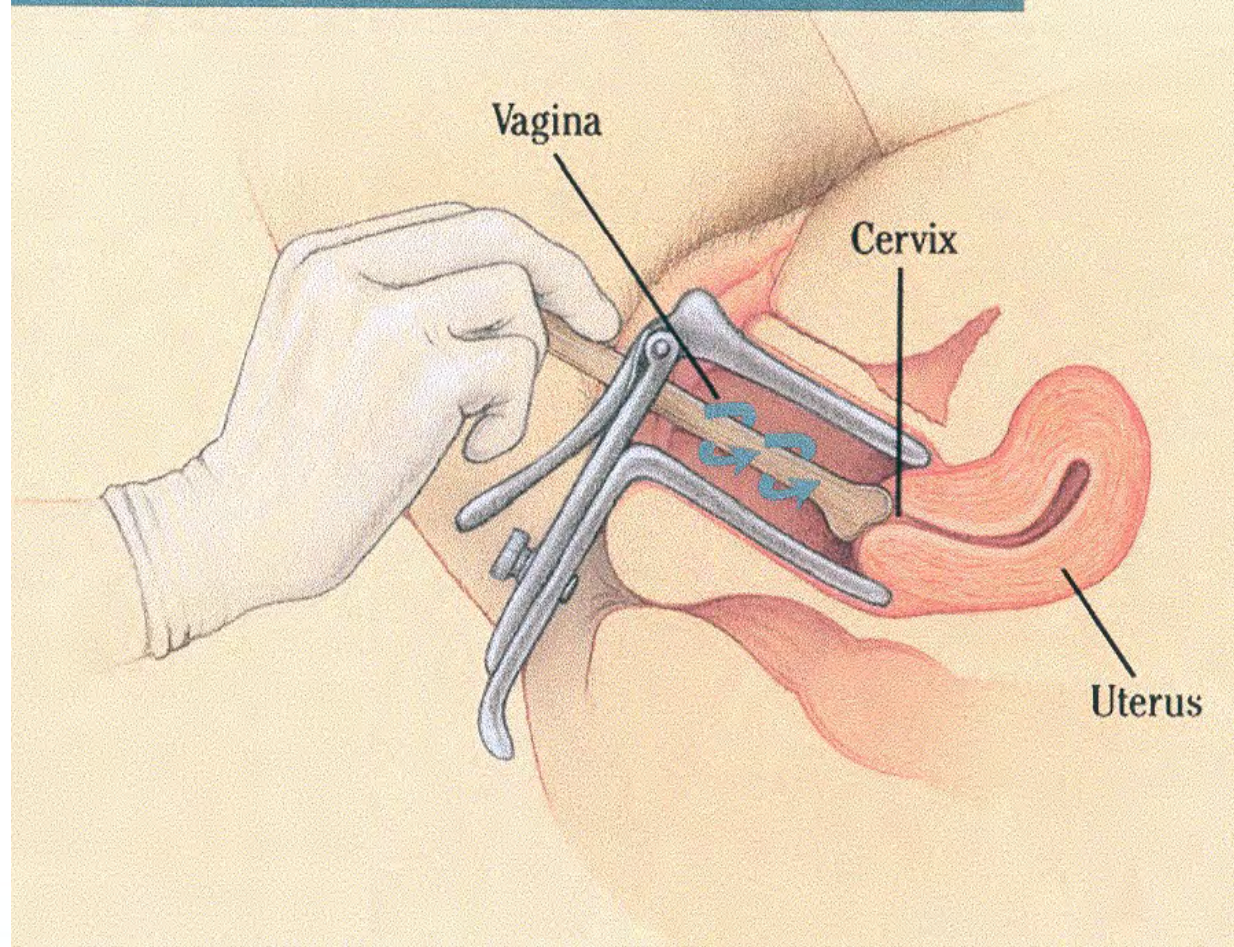
Women's Wellness Clinics..

- ❖ Wellness Clinic Corner Brook & Surrounding Area 1-709-632-3003.
- ❖ Cervical Screening Initiatives Provincial Coordinating Office 1-866-643-8719
- ❖ Western Regional Coordinator 1-709-637-5000 ext: 6435
- ❖ Central Regional Coordinator 1-709-651-6264
- ❖ Eastern Health Rural Coordinator 1-709-466-5847
- ❖ Eastern Health Avalon Coordinator 1-709-752-4353
- ❖ Labrador-Grenfell Health Coordinator 1-709-897-3109

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*Having a
Pap test done*

Pap Smear



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Looking at
the sample
in the lab

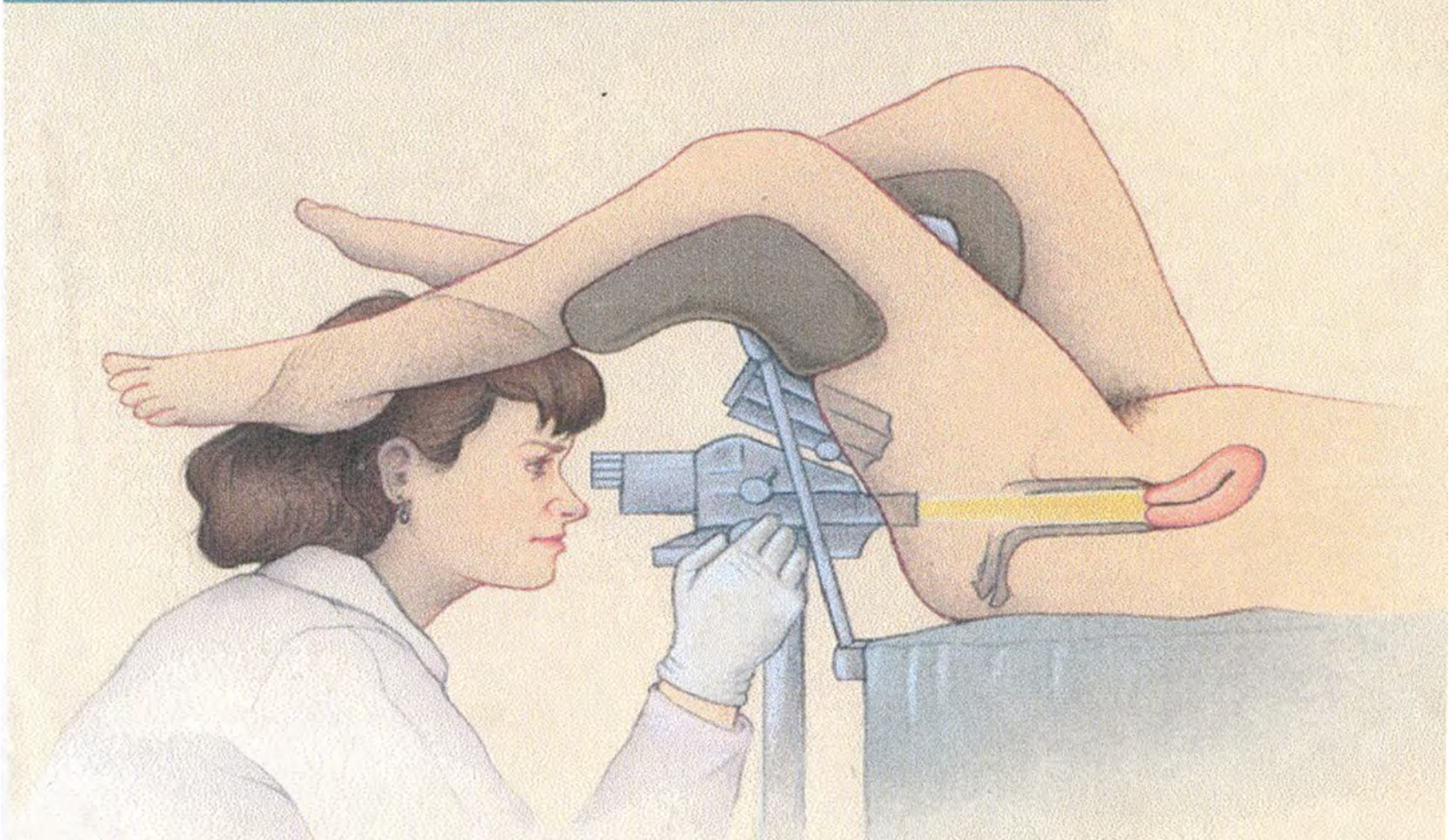


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Colposcopy

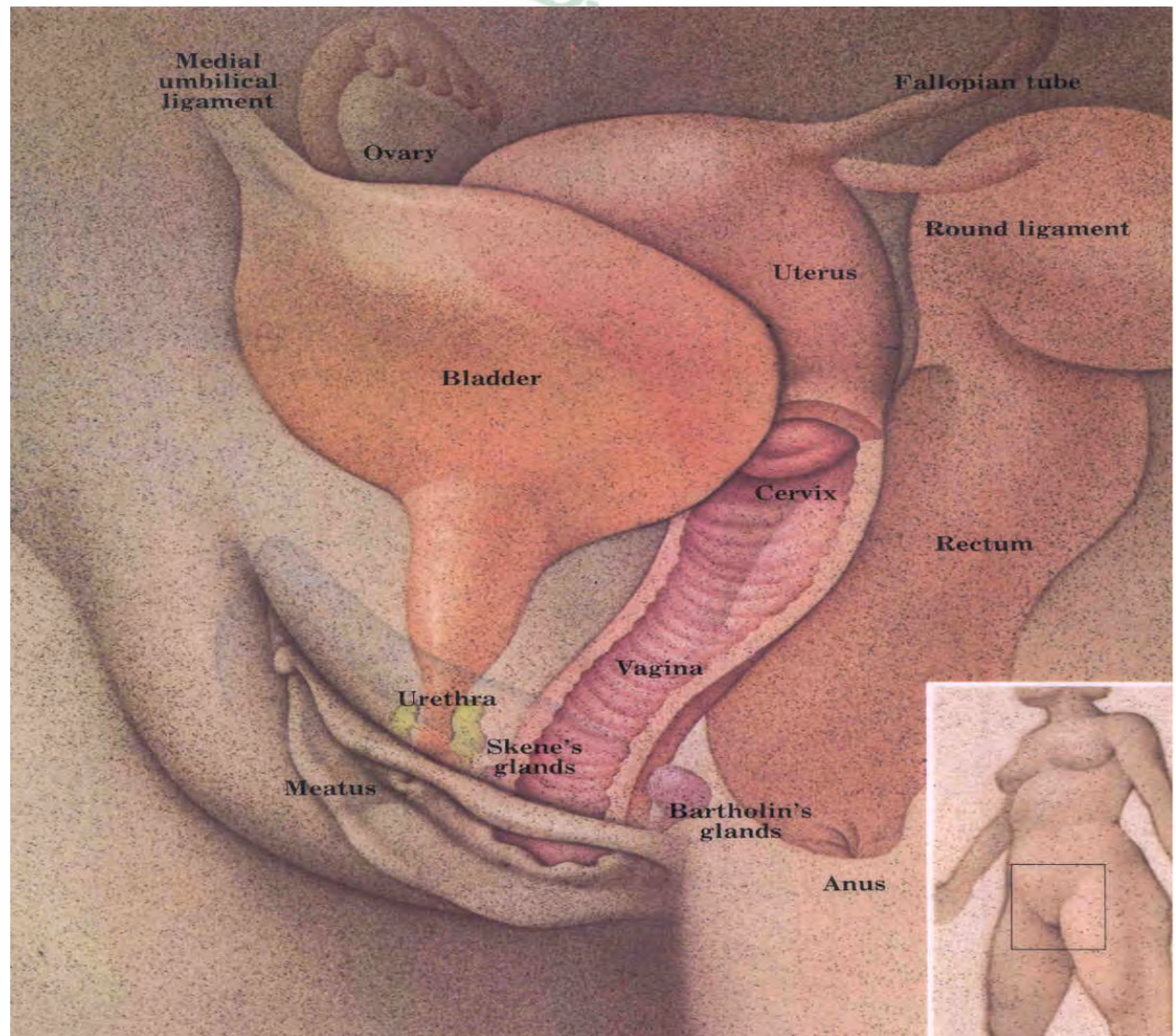


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Female Reproductive Tract



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Thank You