

*Don't just sit there.*



# Lets Talk About Sexual Activity and Pap Testing



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

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# **Cervical Screening Initiatives Program**

**Sex and Pap Testing  
It Just Makes Sense!**

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## 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.
- ❖ To know the risk factors for developing cervical cancer.
- ❖ To be aware that each person has to take care of their own health.
- ❖ To learn where to get more information on the Pap test.

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## A Pap Test...

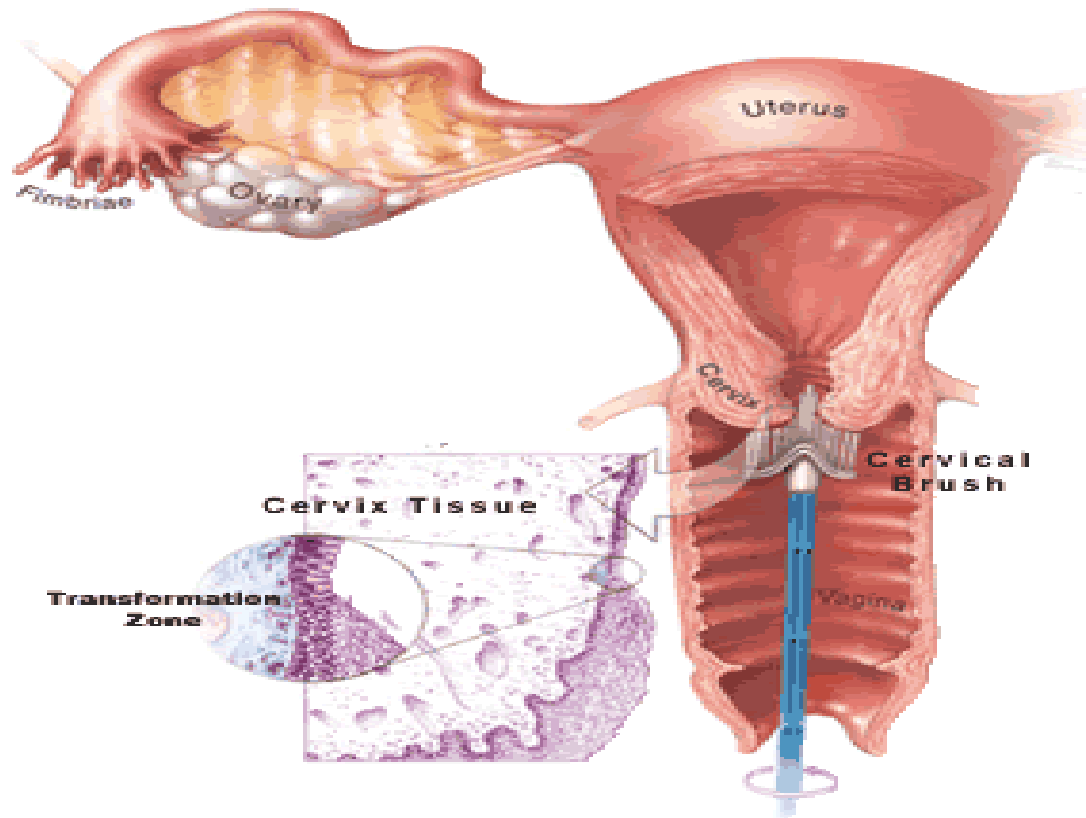
- ❖ Is a simple test to prevent Cancer of the cervix
- ❖ It looks for changes to the cells that line the cervix so they can be found and treated.
- ❖ The cervix is the passageway between the vagina and the uterus
- ❖ Treatments for early changes are very successful

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# Taking a sample of cells from the cervix



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## **When should you start Pap testing?**

If you are sexually active, start Pap testing at age **21**.

Have a Pap test every year for 3 years in a row. If all tests are normal have a Pap test every 3 years.

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## Preparing for the Pap Test

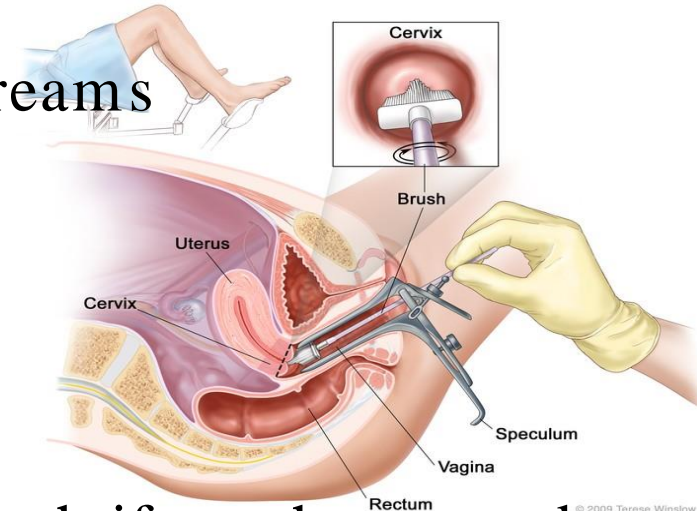
-Make an appointment with your health care provider when you are not on your menstrual cycle.

### **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 Link between HPV & Cervical Cancer**

- ❖ Even if you have had the HPV vaccine you still need regular Pap tests
- ❖ Having Sex puts you at risk of getting HPV(which is very common).
- ❖ If HPV lasts for a long time it can cause changes to the cells of your cervix.
- ❖ Early cell changes (precancerous lesions) can be found by a Pap test.

**(Why it is important to get regular Pap Tests!)**



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## **Human Papilloma Virus (HPV)**

- ❖ **Very common virus in women and men; almost all sexually active people have come in contact with the virus at some point.**

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## **HPV –How Would I Get It?**

### **❖ Sexual skin to skin contact**

- intercourse
- oral sex

### **❖ HPV is the most common STI**

### **❖ Condoms give some protection, but HPV may be on skin that is not covered by the condom**

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## **HPV Testing**

- ❖ Most people will clear this virus on their own
- ❖ It is not recommended to test everyone – there are only certain reasons to test for HPV
- ❖ There is no treatment for HPV infection

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## **Gardasil Vaccine**

- ❖ **Students in NL receive this vaccine in grade 6**

### **What does this vaccine protect against?**

- ❖ There are About 200 different types or strains of HPV – this vaccine protects against the types that usually cause changes to the cells of the cervix
- ❖ There are different types that cause genital warts and those that cause cervical cancer

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## **You are not 21 but you are sexually active...**

All sexually active teens should talk to a health care provider about:

- ❖ **Birth control**
- ❖ **Gay / Lesbian relationships**
- ❖ **HPV vaccine**
- ❖ **Sexually transmitted infection(STI) testing**
- ❖ **Reproductive health concerns**
- ❖ **Ways to stay healthy**

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## **Reduce your risk**

**Not having a Pap test is the Biggest Risk factor for developing cervical cancer**

- ❖ Delay age of first intercourse
- ❖ If you are sexually active have a routine Pap Test after age 21
- ❖ Limit number of sexual partners
- ❖ Protect yourself by using a condom
- ❖ Receive the HPV vaccine
- ❖ Don't smoke

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## **Wellness Clinic information**

- ❖ **Wellness Clinic Corner Brook & Surrounding Area 1-709-632-3003.**
- ❖ **Cervical Screening Initiatives Provincial Coordinating Office 1-866-643-8719**
- ❖ **Western Regional Coordinator 1-709-632-3008**
- ❖ **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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*For more information..*

**Where to go?**

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

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Cervical  
Screening  
Initiatives  
*A simple Pap test can save your life!*

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