



Western
Health

Cervical Screening

September 2012



Objectives:

You will learn about:

- What a pap test is and why it is important
- Risk factors for cervical cancer.
- Who should have a pap test and how often.

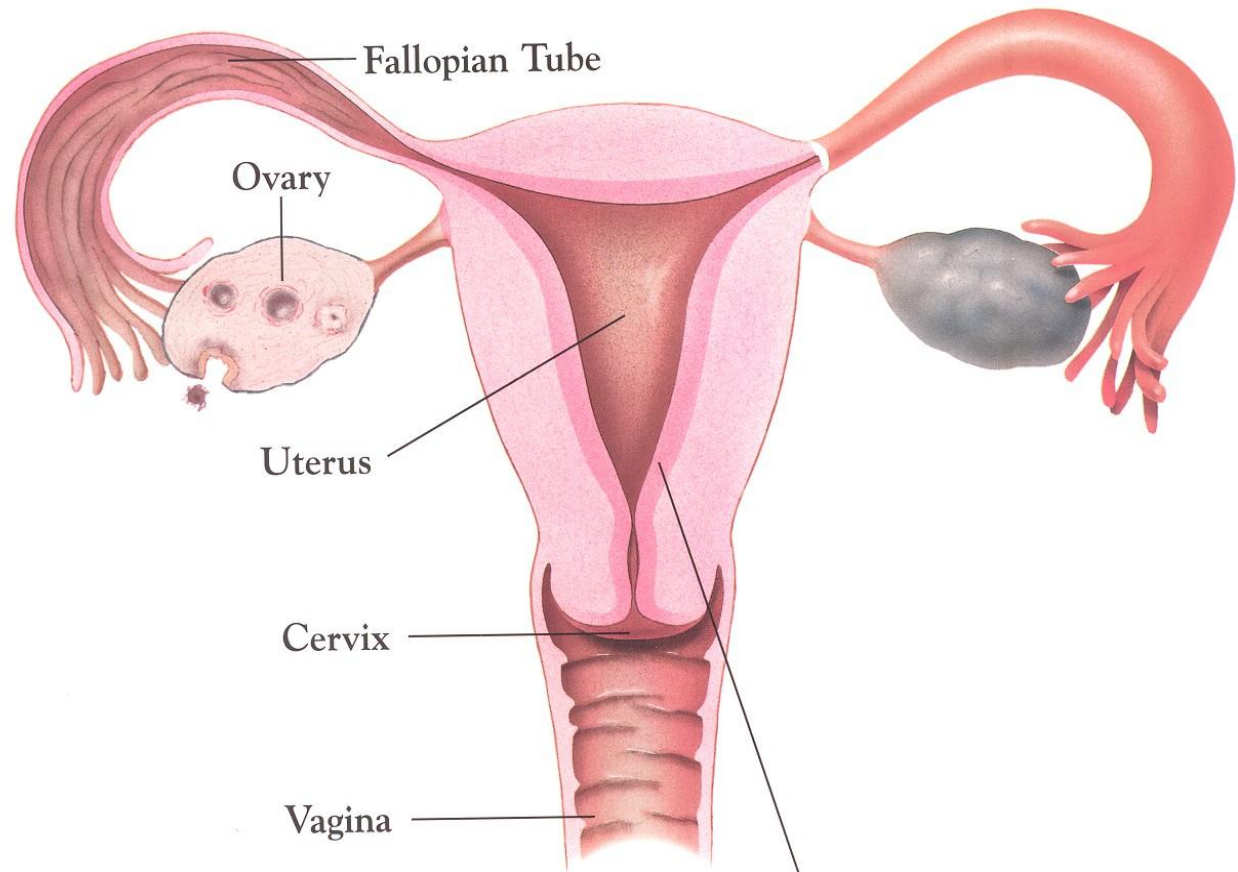


What is a pap test ?

- Is one of the most effective, accurate and economical ways to detect cervical cancer.
- It is a test that can detect cell changes in the cervix that may lead to cervical cancer.



Female Reproductive Organs



In 2012...

- An estimated 1350 new cases of cervical cancers will be diagnosed in Canada resulting in an estimated 390 deaths.
- An estimated 25 new cases of cervical cancers will be diagnosed in NL resulting in an estimated 10 deaths.

Risk Factors:

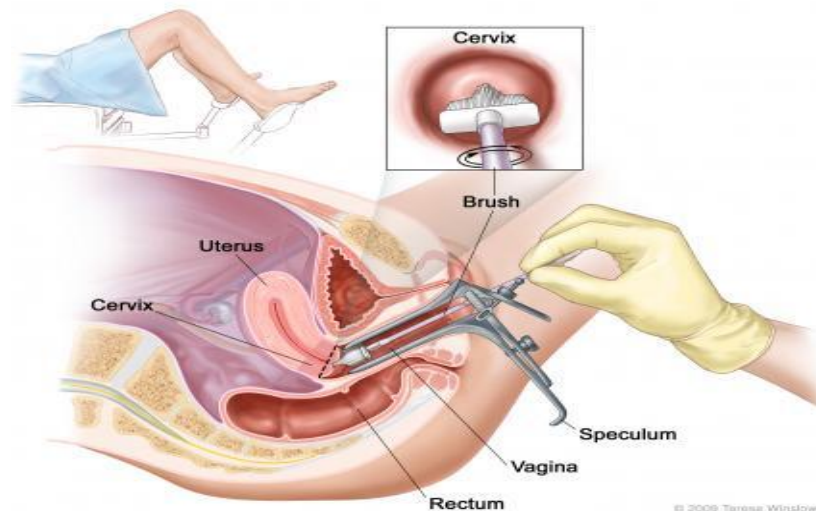
- Early age at first intercourse.
- Multiple sex partners.
- Unknown history of sex partner (s).
- Genital warts.
- Human Papilloma Virus (HPV).
- Smoking.



The biggest risk factor is not having a pap test.

When should you start having a pap test ?

- If you are sexually active you should start at age 20.
- If you are younger than 20, and sexually active, make sure you talk to your health care provider about birth control, STI's and ways to stay healthy.



How often do I need a pap test ?

- Unless your health care provider tells you otherwise, have a pap test once a year for 3 years in a row.
- If all results are normal, have a pap test every 3 years.



How to prepare for a pap test:

- Make an appointment with your health care provider when you are not on your menstrual cycle.
- 2 days prior to pap test avoid:
 - intercourse
 - douching
 - contraceptive creams and jellies
- Empty your bladder before the test.



When can you stop having a pap test?

At age 70 a women can stop pap testing if:

- She has had 3 normal pap tests within the last 10 years and,
- She had no history of abnormal pap tests.
- If you haven't been regularly screened you should have 3 consecutive normal pap test before stopping.

AGE 70

Summary:

- Pap screening can detect invasive cervical cancer.
- All sexually active women ,20 years of age should start having pap tests.
- Check with your health care provider about when you are due for your next pap test.



Follow up:

- Health Care Provider
- Women's Wellness Clinics 632-3003
Toll free: 1-866-643-8719

