

- 🦋 All women who are, or who ever have been, sexually active should have a yearly Pap test.
- 🦋 A Pap test can pick up cell changes in the cervix before cancer develops.
- 🦋 You should start having a yearly Pap test as soon as you become sexually active.
- 🦋 In Newfoundland and Labrador only 3 out of every 10 women have a regular Pap test.
- 🦋 Women can reduce their risks (of developing cervical cancer) by; having a yearly Pap test. limiting their number of sexual partners, not having sex at an early age, and not smoking.
- 🦋 Not having a regular Pap test is the biggest risk factor for cervical cancer.

## Facts

**Changing the face of Cervical Cancer.  
Have a Regular pap Test!** 🦋

- Eastern-Urban:** (709) 752-4353
- Eastern-Rural:** (709) 466-5847
- Central:** (709) 651-652-6264
- Lab/Grenfell:** (709) 896-6618
- Western:** (709) 637-5000 ext:6435

The Provincial Coordinating Office Toll Free: 1.866.643.8719



**Cervical  
Screening  
Initiatives**

*A simple test that can save your life!*