



Western
Health

Cervical Screening

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Objectives:

You will learn about:



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

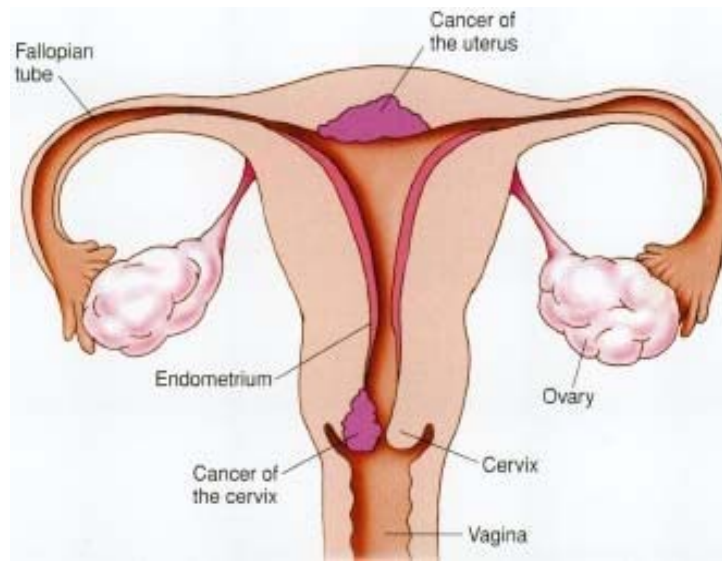
Facts:

- The incidence of cervical cancer is higher in NL than the Canadian average.
- Cervical screening in NL remains low; fewer women are having annual pap tests.
- In almost all cases, regular screening can detect invasive cervical cancer.

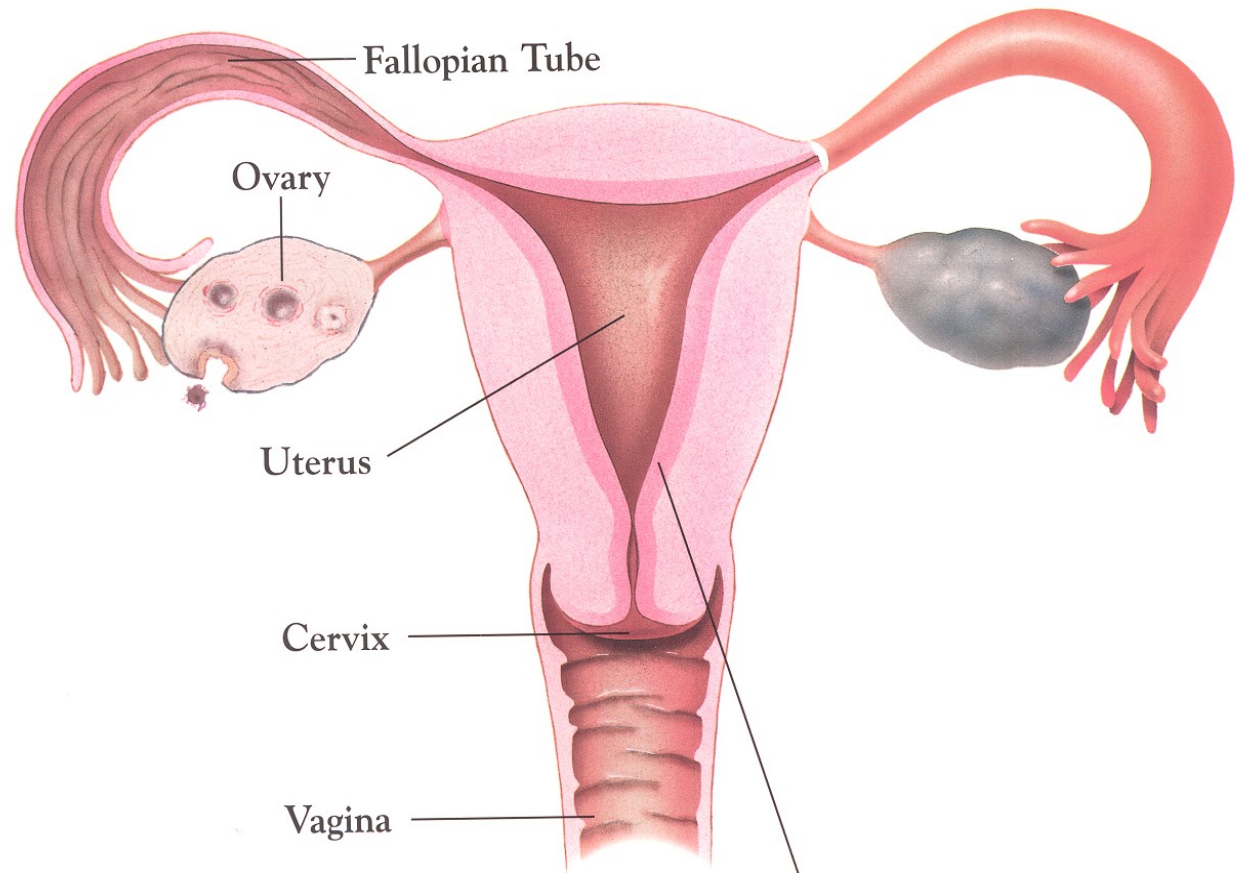


In 2010...

- An estimated 1300 new cases of cervical cancers will be diagnosed in Canada resulting in an estimated 370 deaths.
- An estimated 20 new cases of cervical cancers will be diagnosed in NL resulting in an estimated 15 deaths.



Female Reproductive Organs



Risk Factors:

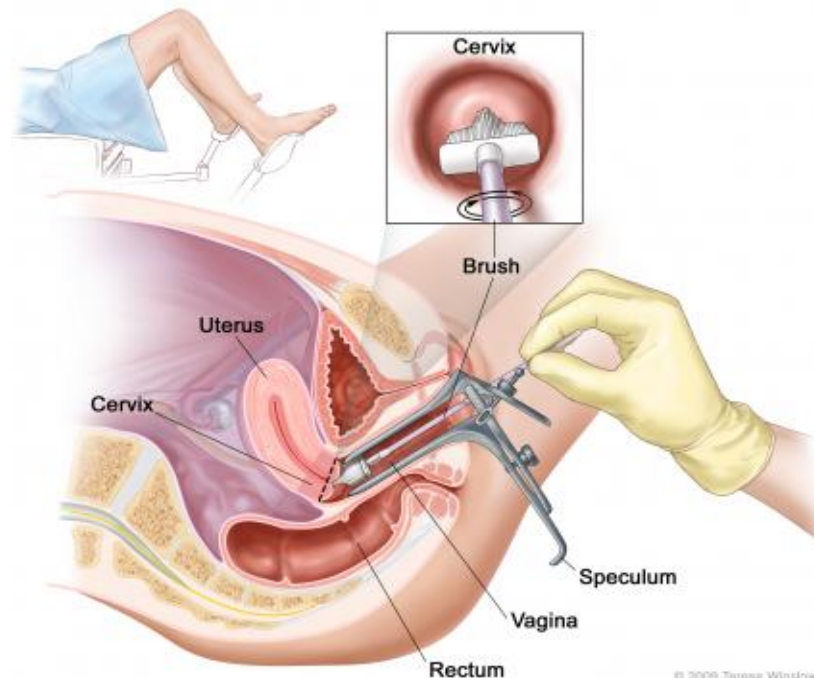
- Early age at first intercourse.
- Multiple sex partners.
- History of sex partner(s).
- Genital warts.
- Human Papilloma Virus (HPV).
- Smoking.



The biggest risk factor is not having a pap test.

Pap Test:

- Is one of the most effective, accurate and economical ways to detect cervical cancer.
- It can detect cell changes in the early stages of cancer or before cancer develops.



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.





Results:

- Normal: have regular pap tests.
- Abnormal: does not mean you have cancer. Repeat pap test.
- Benign cellular changes: infection, treat and repeat (12 wks).
- Epithelial cell changes:
 - repeat 6 months
 - referral to gynecologist
 - further testing

Summary:

- The incidence of cervical cancer is higher in NL than the Canadian average.
- Screening in NL remains low, women are not having annual pap tests.
- Regular screening can detect invasive cervical cancer.
- All women who have been sexually active should have regular Pap tests.



Where To Go:

- Health Care Provider
- Canadian Cancer Society- 634-6542
- Women's Wellness Clinics

Regional Cervical Screening Initiatives

Regional coordinator-637-5000 ext.6435

Toll free: 1-866-643-8719

