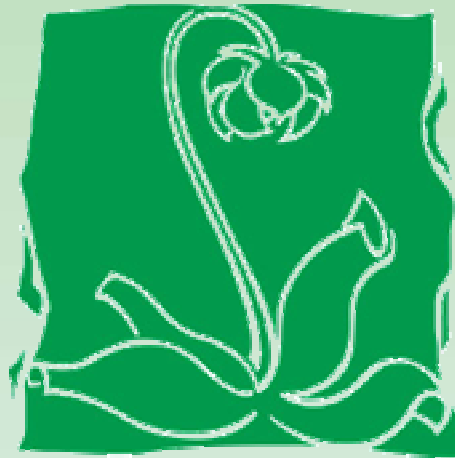


Copyright ©2005

This presentation has been formatted and approved for distribution by the Cervical Screening Initiatives Program. It may not be edited or revised without the express permission of the program.



Cervical Screening Initiatives

A simple test that can save your life!



Follow the PAP Strategy

P lan

Plan to have a Pap Test

A ct

Make an appointment with your doctor

P revent

You can prevent cancer of the cervix

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.



Cervical
Screening
Initiatives

A simple test that can save your life!

Trends in Cervical Cancer

- ❖ The overall incidence of cervical cancer is 60% higher in NL than the Canadian average.
- ❖ The incidence of cervical cancer in women under 40 is increasing.
- ❖ Less than 35% of women in NL have yearly Pap tests.
- ❖ NL has a mortality rate (*3.9 per 100,00 vs 1.5 nationally*) double that of the national average.
- ❖ Each year in NL there are approx. 25-30 new cases of cervical cancer diagnosed and an estimated 10 deaths.



Cervical
Screening
Initiatives

A simple test that can save your life!

A Pap Test...

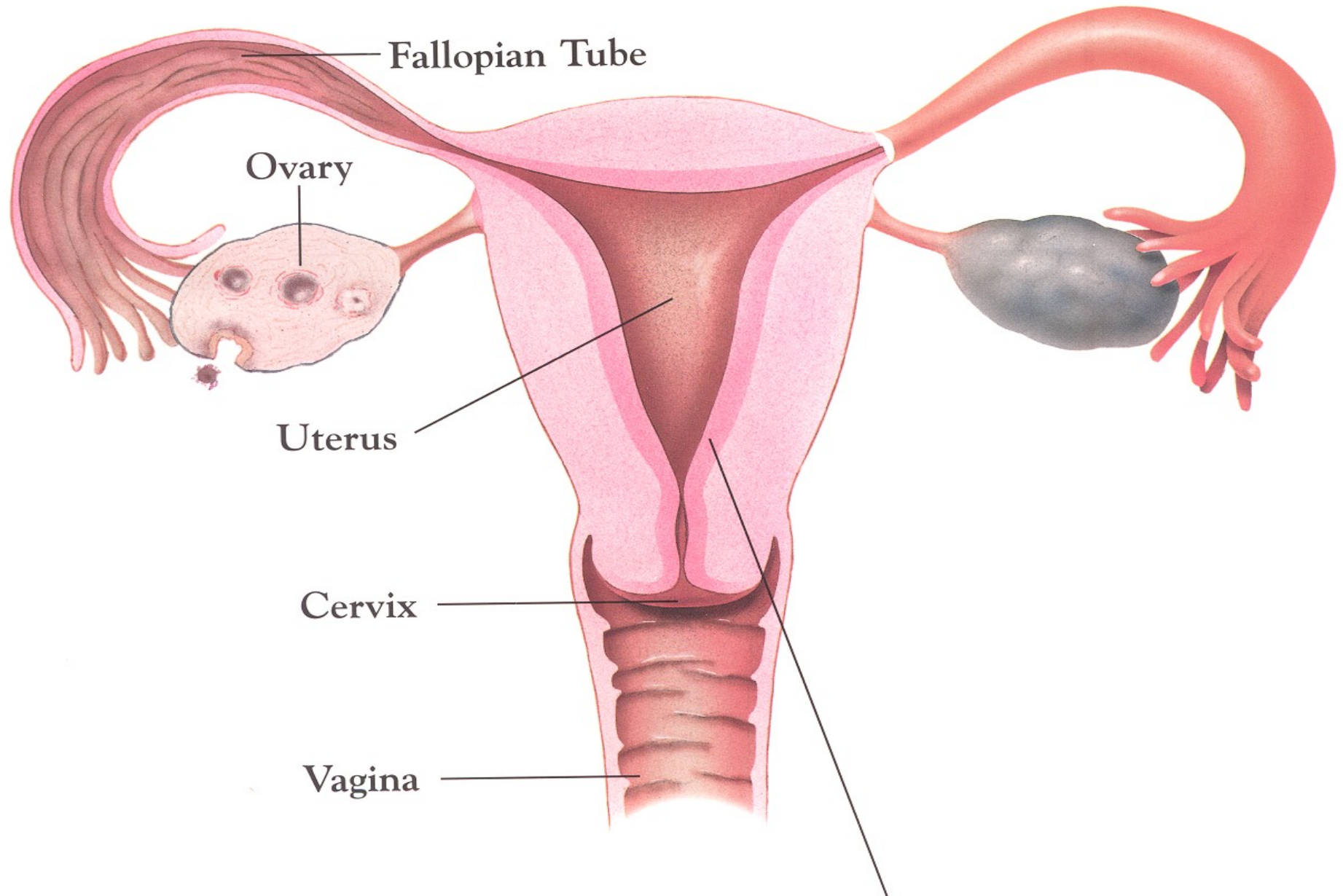
- ❖ Is one of the most effective, accurate and economical ways used to detect cancer of the cervix and precancerous changes.
- ❖ Identifies changes that may occur in the cells that line the cervix.
- ❖ Changes may progress to develop cancer but will not if found and treated early.
- ❖ Treatment for early 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 yearly Pap tests.



Cervical
Screening
Initiatives

A simple test that can save your life!

Female Reproductive Organs



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**



**Cervical
Screening
Initiatives**

A simple test that can save your life!

Who should go for a Pap Test?

All women who are or ever have been sexually active.

You should continue to have a Pap Test even if:

- you are no longer having a menstrual cycle
- you are no longer sexually active.

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 or
- Pap screening and sexual intercourse only once.



**Cervical
Screening
Initiatives**

A simple test that can save your life!

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.



Cervical
Screening
Initiatives

A simple test that can save your life!

Pap test results

- ❖ Be sure to call for your Pap test results.
- ❖ Women with normal results should have a routine yearly test.
- ❖ 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.



Cervical
Screening
Initiatives

A simple test that can save your life!

The Cervical Screening Initiatives Program recommends:

- ❖ All sexually active women should have a Pap test every year.
- ❖ Pap test should begin at age of first intercourse.
- ❖ 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.



Cervical
Screening
Initiatives

A simple test that can save your life!

Reduce your risk:

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



Cervical
Screening
Initiatives

A simple test that can save your life!

For more information..

Where to go?

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



Cervical
Screening
Initiatives

A simple test that can save your life!

Women's Wellness Clinics..

- ❖ Corner Brook & Surrounding area call Canadian Cancer Society 634-6542.
- ❖ 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

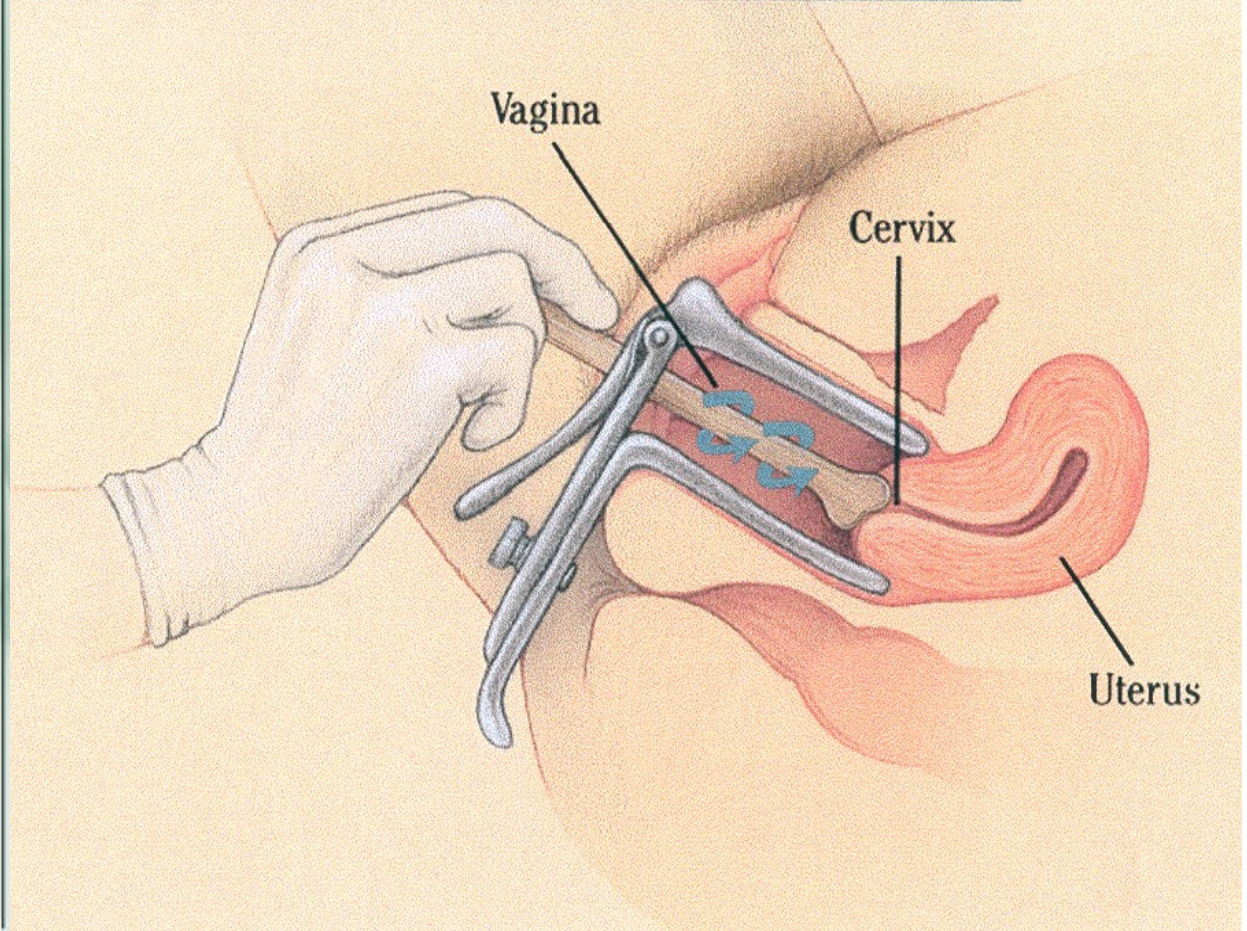


Cervical
Screening
Initiatives

A simple test that can save your life!

Having a Pap test done

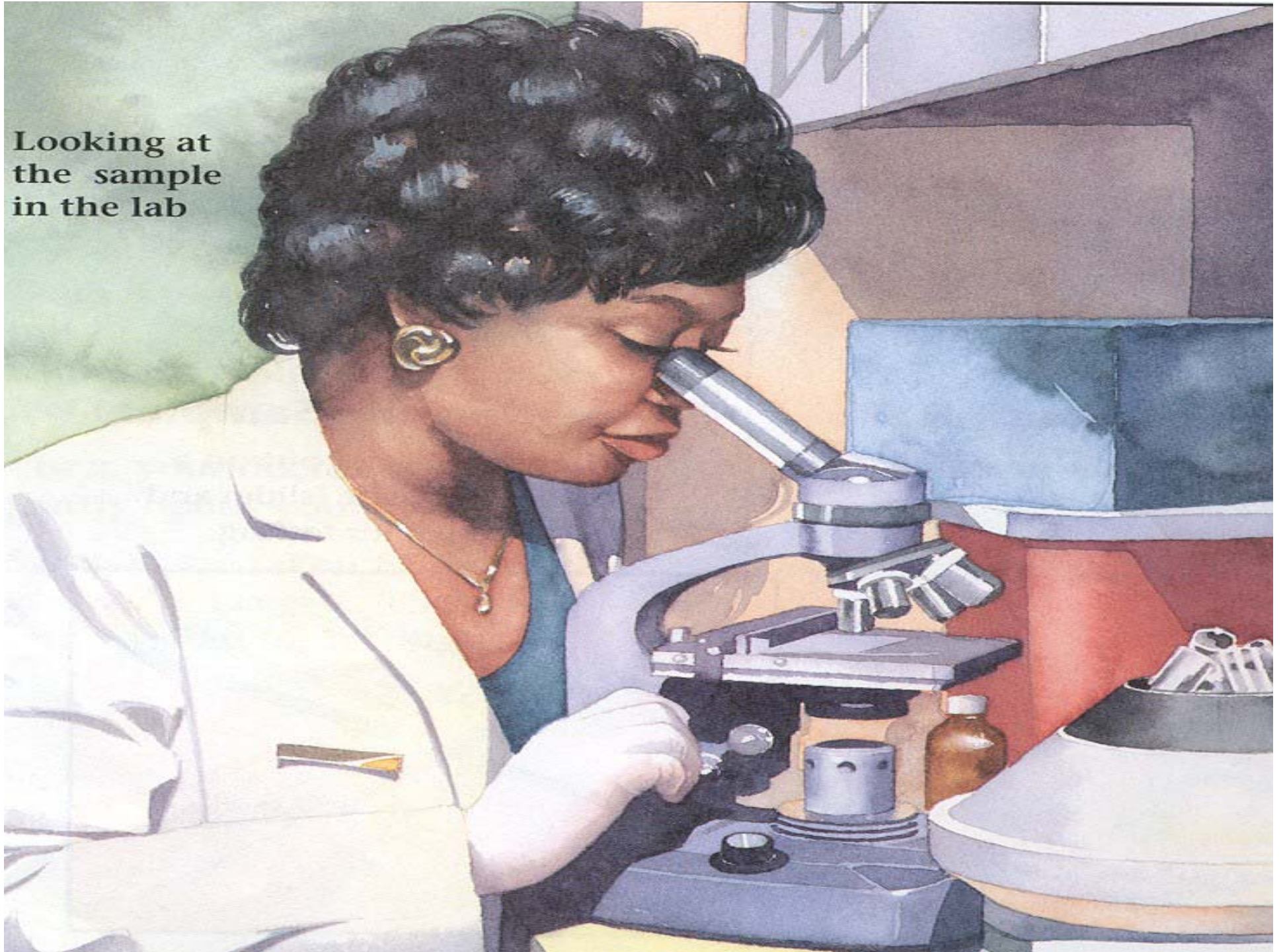
Pap Smear

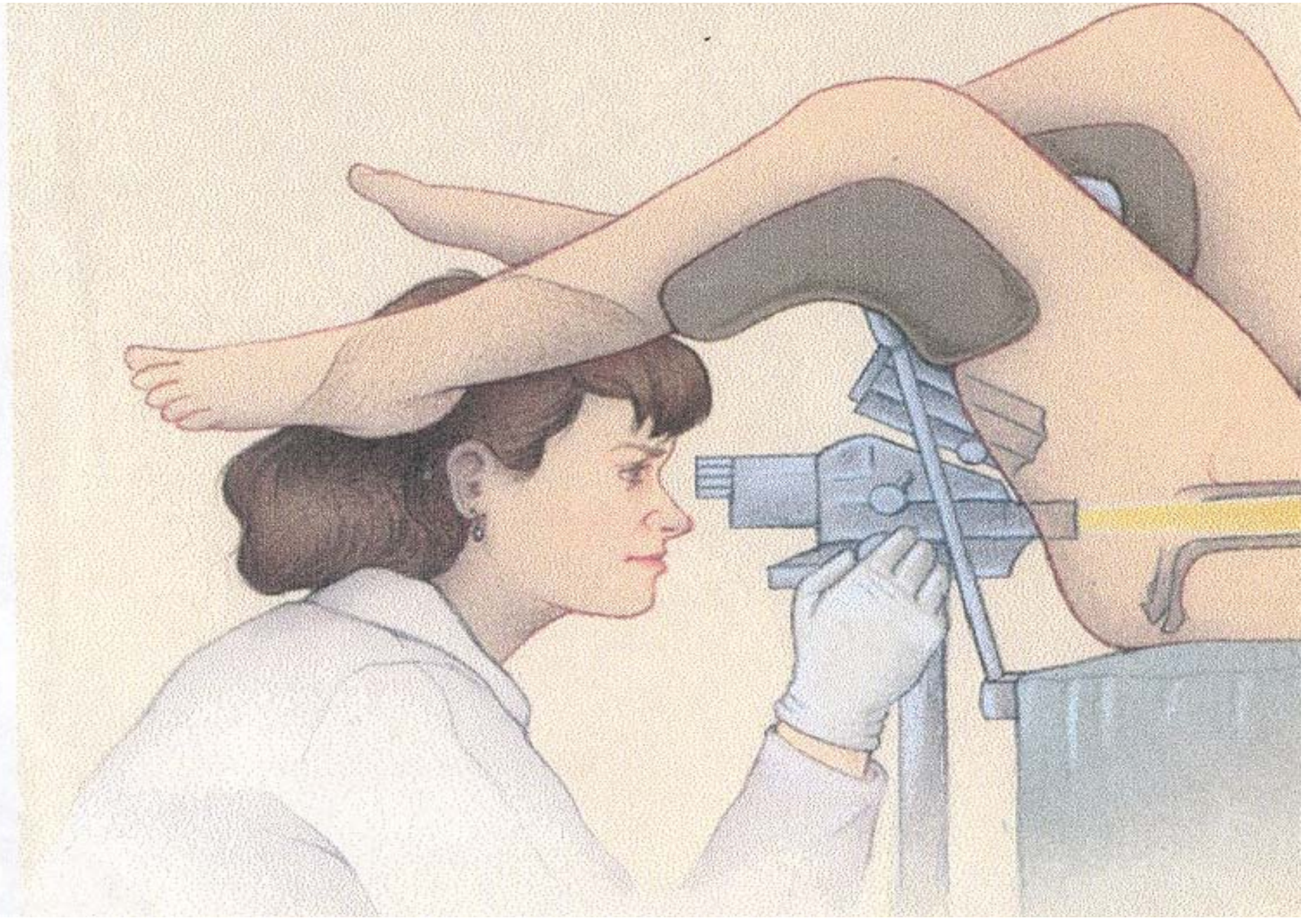


Cervical
Screening
Initiatives

A simple test that can save your life!

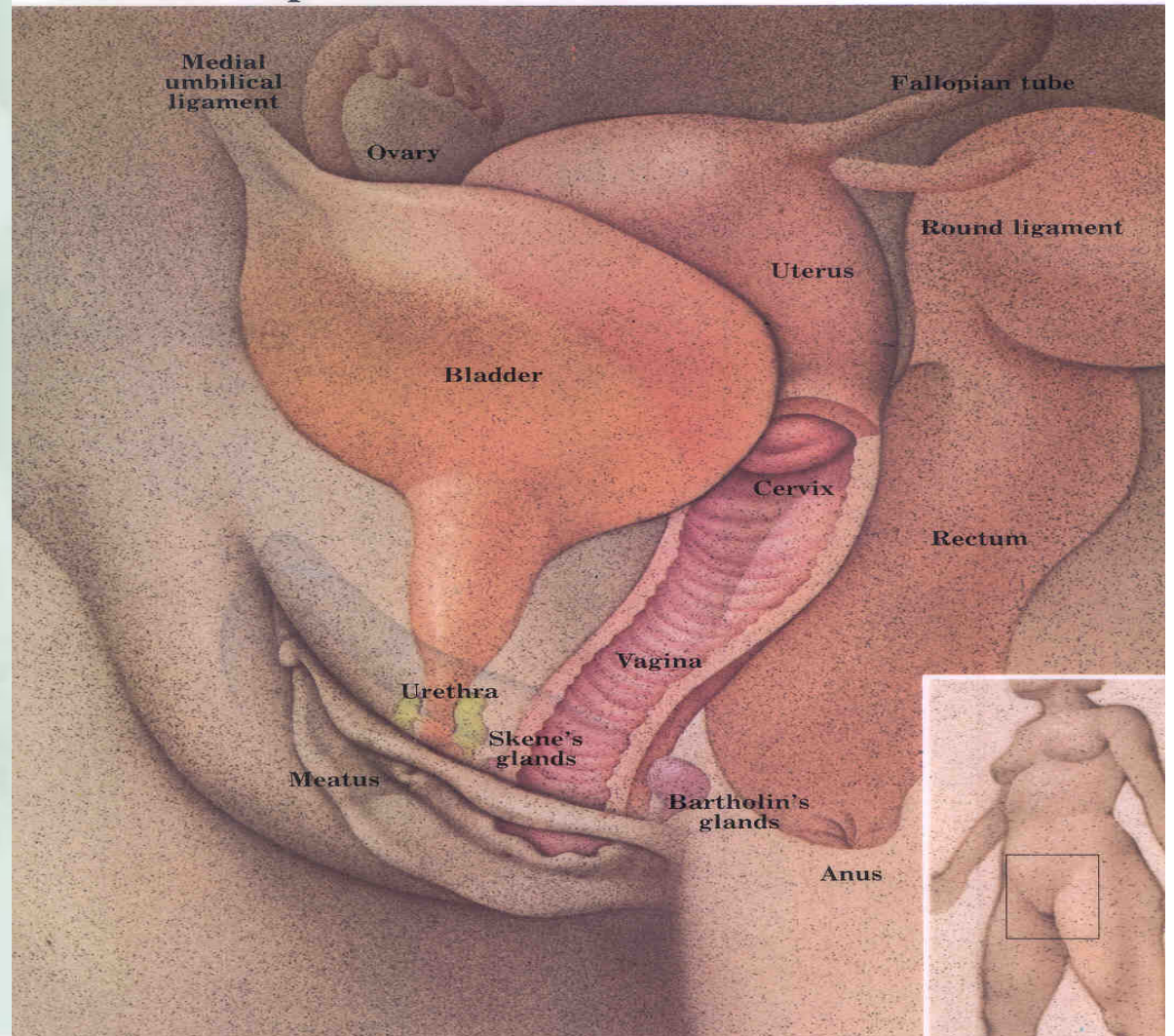
Looking at
the sample
in the lab





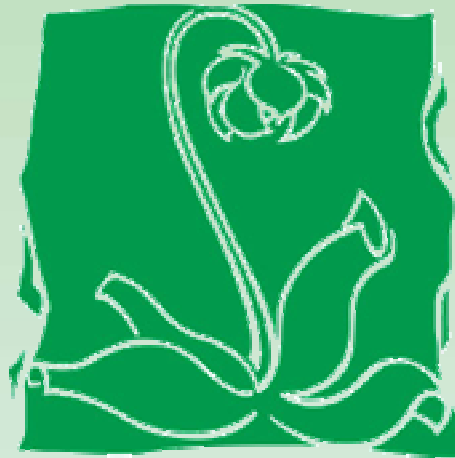
Female Reproductive Tract

Female reproductive tract



Cervical
Screening
Initiatives

A simple test that can save your life!



Cervical Screening Initiatives

A simple test that can save your life!

Thank You