

Pap tests help prevent cervical cancer. All women who have ever been sexually active should have a Pap test at least every two years. Book your appointment today.

Le test de Pap contribue à prévenir le cancer du col utérin. Toutes les femmes qui ont déjà été actives sexuellement doivent subir un test de Pap au moins tous les deux ans. Prenez rendez-vous aujourd'hui même.

Ang pap test ay makakatulong upang maiwasan ang cancer sa bungad ng matris (cervical cancer). Ang lahat ng mga babae na mayroong karanasan sa pakikipagtalik ay dapat magpa-pap test kahit minsan lang sa dalawang taon. Makipag-appointment na ngayon.

팍 테스트(자궁경부 세포진 검사)는 자궁경부암을 예방해줍니다. 성관계를 가진 적이 있는 여성은 누구나 적어도 2년마다 팍 테스트를 받아야 합니다. 오늘 검진 예약을 하십시오.

Durch regelmäßige Abstrichtests (Papanicolaou-Tests) kann Gebärmutterhalskrebs verhindert werden. Alle Frauen, die je sexuell aktiv waren, sollten sich mindestens alle zwei Jahre einem Abstrichtest unterziehen. Lassen Sie sich noch heute einen Arzttermin geben.

पैप जाहच गैव (दुग्धभाशय ग्रीवा)कैंसर की रोकथाम में सहायक होती है। सभी महिलायें जो कि लैंगिक रूप से सक्रिय हैं उन्हें दो वर्षों में कम से कम एक बार पैप जाहच करवानी चाहिये। अपनी नियोजित भेंट आज ही निश्चित करें।

Baaritaanka Pap test waxa uu caawimo ka geystaa sidii looga hortegi lahaa Kansarka ku dhaca makaanka afkiisa. Dhamaan haweenka mar uun galmo soo sameeyay waa in ay isku sameeyaan baaritaanka Pap test ugu yaraan labadii sanoba mar. Maanta balan samayso.

تست پاپ اسمیر به زنان در پیشگیری از ابتلا به سرطان دمانه رحم کمک می کند. تمام زنانی که در هر مقطع زمانی مقاربت جنسی فعال داشته اند، بهتر است که تست پاپ اسمیر را هر دو سال یکبار حتما انجام دهند

إن فحص عنق الرحم يمنع الإصابة بسرطان عنق الرحم. يجب أن تخضع آل النساء اللواتي آن قد مارسن الجنس لفحص عنق الرحم مرة على الأقل آل سنتين. احجزى موعدك الآن.

Pap tests ezhinikaadegin andone'igaade amogowin ikwewining. Ikwewag gi-waawipengewaad ji-andawaabamaawaapan mashkikiwininiwan endaso-niizhwaaki. Noongom izhichigen ji-waabamad.

Ká natawápánikawiyán óma éká ta akosiyán ita ká oci ocawásimisiyán. Ókik iskewéwak kákípe nócitóhitocik óma kákípe níso askiwak táki natawápamácik maskikíwininiwa. Sé mák anoc kákísikák isiciké ta wápamikawiyán ékwéniw oci.

የማህፀን በር ቅድመ ምርመራዎች፣ የማህፀን በር ነቀርሳን ለመከላከል ይረዳሉ። በማንኛውም ጊዜ በግብረ ሥጋ ግንኙነት ጊዜ የሆኑ ሁሉም ሴቶች ቢያንስ በየሁለት ዓመታት የማህፀን በር ቅድመ ነቀርሳ ምርመራ ማድረግ አለባቸው። ቀጠሮዎን ዛሬውኑ ይያዙ።

Uchunguzi wa shingo la mfuko wa uzazi huzuia saratani la shingo la mfuko wa Uzazi. Wanawake wote ambao wamefanya ngono wanahitaji uchunguzi wa mfuko wa uzazi kila miaka miwili. Agiza uteuzi wako leo.



Quick Facts

- 75% of men and women will be infected with HPV during their lifetime.
- HPV can cause abnormal changes on the cervix and cervical cancer.
- 1 in 4 women will have an abnormal Pap test in her lifetime.
- About 45 women are diagnosed with cervical cancer each year in Manitoba.
- Regular Pap tests can prevent up to 80% of cervical cancer.

Tell her how much you care.

Tell her about Pap tests. TellEveryWoman.ca

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For more information please contact:

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Pour recevoir cette brochure en français veuillez:

appeler au 788-8626 (à Winnipeg)
ou au 1-866-616-8805 (sans frais)
cervixcheck@cancercare.mb.ca
www.TellEveryWoman.ca



Pap Tests:

What you need to know



What is a Pap test?

A Pap test is a test that can find changes on your cervix. During a Pap test, cells are taken from your cervix, placed on a slide and sent to a lab for assessment. In most cases, the cells are normal.

What is the cervix and where is it located?

The uterus (womb) is made up of two parts. The upper part is where a baby grows. The cervix is the lower part of the uterus. It joins the womb to the vagina. Abnormal changes (cervical dysplasia) may develop at this opening to the womb.



What causes abnormal changes?

Human Papillomavirus, or HPV, is a very common sexually transmitted virus that can cause abnormal changes on your cervix. Eight percent of women will have an abnormal Pap test each year in Manitoba.

Why should I have Pap tests?

Sometimes abnormal changes caused by HPV can become cancerous. A Pap test can find these abnormal changes before they turn into cancer. Regular Pap tests with follow-up for abnormal changes can prevent most cancer of the cervix.

What should I do before the test?

- Schedule your Pap test after your period (menstruation) has stopped completely,
- Schedule your Pap test two weeks after treatment for any cervical or vaginal infection,
- Do not use tampons, douches, creams and/or foams for 48 hours before your Pap test, and
- Try not to have sexual intercourse for 24 hours before the test.

If you need a repeat Pap test, you should wait at least three months in order to allow cells on the cervix to grow back.

Am I at risk for HPV?

If you have ever had sex or experienced intimate touching, you are at risk for HPV.

HPV is very common. Three out of four people will have at least one HPV infection in their lifetime. You can get HPV easily from oral, genital or rectal sex or intimate touching. Most infections will disappear on their own. When they do not disappear, these changes can be found with a Pap test and treated with follow-up procedures.

All women who have ever been sexually active (sexual intercourse and intimate touching), regardless of sexual orientation, should have regular Pap tests.

What is the HPV Vaccine?

Two HPV vaccines, Gardasil and Cervarix, have been approved for use in Canada. Gardasil provides protection against HPV 16, 18, 6 and 11. Cervarix provides protection against HPV 16 and 18. HPV 16 and 18 cause over 70% of all cervical cancers. HPV 6 and 11 cause 90% of all genital warts. Gardasil is given in three doses over six months and cannot be used to treat existing HPV infections.

Gardasil is approved for males and females between the ages of 9 and 26. It is free for grade six females through the HPV Immunization Program, females who are born on or after January 1, 1997, and children who are part-way through an immunization series in another province or territory in Canada. Ask your doctor where you can get the vaccine outside the immunization program.

How effective is the vaccine?

The vaccine is most effective when given to females before they start having sexual contact. If you receive Gardasil before exposure to HPV 16, 18, 6 and 11, it will be almost 100% effective in preventing infections from these four types. If you have previously been infected with one of these four types, the vaccine will still protect you against the remaining three types.

Do I still need Pap tests if I have had the vaccine?

Yes. You will still need to have regular Pap tests as the vaccine does not protect you against all types of HPV that can cause cervical cancer.

Where can I go for a Pap test?

Ask your doctor or nurse, or contact your local health centre for a Pap test. To find out where you may be able to have a Pap test in your community, call CervixCheck, CancerCare Manitoba or visit our website at TellEveryWoman.ca.

How often should I have a Pap test?

You should start having Pap tests three years after you become sexually active. Most women need a Pap test every two years. Research shows that annual Pap tests offer very little additional protection over Pap tests every two years. Annual Pap tests can result in over-diagnosis and unnecessary follow-up testing of abnormal cervical changes; changes that would likely go away on their own. Talk to your doctor or nurse about what is best for you.

If my Pap test is abnormal, does it mean I have cancer?

No, it does not. In most cases, cancer is not the reason for an abnormal Pap test. Most of the time, abnormal changes will disappear on their own without any treatment. You may need a repeat Pap test, or in some cases, you may need colposcopy. Most women who have abnormal Pap test results and who have follow-up tests and/or treatment will never get cancer of the cervix.

What if I need a colposcopy?

A colposcopy (COL-POS-COPY) refers to an examination of the cervix and vagina using a low-powered magnifying instrument known as a colposcope.

It is done to assess any abnormalities on your cervix and to determine if any treatment is necessary. A gynecologist who is specially trained as a colposcopist does this examination.

Keep all appointments after an abnormal Pap test. Most cervical cancers can be prevented if women have regular Pap tests with follow-up for abnormal changes. Regular screening with Pap tests can prevent up to 80% of cervical cancer.

When can I stop having Pap tests?

If you are 70 years or older and have had three or more normal Pap tests in the previous 10 years with no change in sexual partner, you may be able to stop having Pap tests. Talk to your doctor or nurse about what is best for you.

What is CervixCheck, CancerCare Manitoba?

CervixCheck operates a confidential Registry of Pap test and follow-up test results for all Manitoba women. This is to make sure that anyone who has an abnormal Pap test gets the follow-up they need. The program will also notify women when they are overdue for a Pap test. You can contact us:

- for information about your results, Pap tests and cervical cancer, or
- to find out where you can go for a Pap test.