

# *Tell her how much you care.*

**Tell her about Pap tests.**  
[TellEveryWoman.ca](http://TellEveryWoman.ca)

Pap tests help prevent  
cervical cancer.



**CervixCheck**  
CancerCare Manitoba

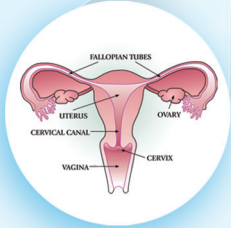
## What is a Pap test?

A Pap test can find abnormal changes on the cervix. Treating early changes can prevent cancer of the cervix. The Pap test is free.



## What is the cervix?

The cervix is an opening at the bottom of the uterus (womb). Babies come through the cervix when they are born.



## What causes abnormal changes?

Human Papillomavirus, or HPV, is a very common sexually transmitted virus that can cause abnormal changes on a woman's cervix. Sometimes abnormal changes caused by HPV can become cancerous. A Pap test can find these abnormal changes before they turn into cancer.

## Do I need Pap tests?

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


## 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.

## What is the HPV vaccine?

The HPV vaccines can protect against certain types of HPV which cause cervical cancer. The vaccines do not treat existing HPV infections. If you receive the vaccine, you still need regular Pap tests.

## Where can I go for a Pap test?

Ask your doctor or nurse, contact your local health centre, or visit our website at [www.TellEveryWoman.ca](http://www.TellEveryWoman.ca). 

Most cervical cancers can be prevented if women have regular Pap tests with follow-up for abnormal changes.

## For more information please contact:

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