

Facts

A lot has changed about Pap testing in NL Talk to your doctor about what is right for you!

- ❖ **A regular Pap test can prevent almost all cancer of the cervix!**
- ❖ **Unless your doctor tells you otherwise have a Pap test once a year for 3 years in a row. If all results are normal, begin having a Pap every 3 years.**
- ❖ **Women can reduce their risk of developing cervical cancer by: having a regular Pap test, limiting their number of sexual partners, not having sex at an early age, and not smoking.**
- ❖ **If you are sexually active, start Pap testing at age 21, but don't wait that long to talk to your doctor about sexual health!**
- ❖ **Most Cervical cancer affects women between the ages of 30 to 59.**
- ❖ **Women in Newfoundland and Labrador have one of the highest rates of cervical cancer in the country.**
- ❖ **The lifetime probability of a woman developing cervical cancer in Canada is 1 in 153.**

*How far will you go
to prevent Cervical Cancer?*



**Go the distance....Have a regular Pap test!
709.752.4353 - 1.866.643.8719**

Facts taken from Provincial Cervical Screening Initiatives Brochure and
The Canadian Cancer Society website <http://info.cancer.ca/E/CCE/cceexplorer.asp?tocid=12>