Open Pap Test Clinics: Avalon Region







| Blackmarsh Road Family Care Walk In Clinic (Dominion) | 576-6555 |
|--|----------------------------|
| Carbonear Women's Wellness Clinic | 945-5126 |
| * Family Tree Medical (Saturday 9am-12pm once a mth) | 722-8561 |
| Memorial Student Health Services (MUN & CONA | 864-7597 |
| students only) | |
| Mt. Carmel Health Centre (Kim French-NP) | 521-2113 |
| Newhook Community Health Centre (Whitbourne) | 759-2300 Press 2 |
| * NL Sexual Health Center (Planned Parenthood) | 579-1009 (1-877-666-9847) |
| Placentia Health Centre | 227-4105 |
| St. Mary's Bay Health Centre (Kim French-NP) | 525-2980 |
| Family First Medical (Topsail Rd) Female physicians | 753-4800 |
| Dr. Maureen Gibbons (Major's Path) Saturdays only | 579-2324 |
| Dr. Allison Hillman (North Plaza Medical, Goulds) | 747-7544 |
| Dr. Ruth LeDrew (Paradise Medical Clinic) | 782-3883 |
| Dr. Annette McCarthy (Bay Bulls) | 334-2206 |
| Dr. Cliona McManamon & Jessica Miller BN (63 Airport | 579-4901 |
| Rd) | |
| Dr. Pinos Mpiana (The Good Sheppard Medical Center) | 722-1227 |
| Dr. Chin-Chai Tan (Walk-In, Empire Medical Centre) | 579-7391 |
| Dr. Walter Templeman Health Center (Bell Island) | 488-2821 |
| Dr. A.A. Wilkinson Memorial Health Clinic (Old Perlican) | 587-2200 Press 3 |
| Dr. Megan Hayes (Harbour Grace) | 596-6780 |
| Dr. Annabeth Loveys Keligrews Clinic | 834 2172 |
| | Email: |
| | womenshealth.kmc@gmail.com |
| Dr. Drover (Torbay Medical Clinic) | 437-6402 |
| | |

* Height Adjustable Bed

For more information call toll free 1.866.643.8719 or

http://cancercare.easternhealth.ca/prevention-and-screening/cervical-screening-program/

October 2019

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.



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