

Open Pap Test Clinics: Avalon Region



A simple test that can save your life!



Blackmarsh Road Family Care Walk In Clinic (Dominion)	576-6555
Carbonear Women's Wellness Clinic	945-5126
* Family Tree Medical (Saturday 9am-12pm once per month)	722-8561
Memorial Student Health Services (MUN & CONA students only)	864-7597
Mt. Carmel Health Centre (Nurse Practitioner)	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 (Nurse Practitioner)	525-2980
Family First Medical (Topsail Rd) Female physicians	753-4800
Dr. Allison Hillman (North Plaza Medical, Goulds)	747-7544
Dr. Annette McCarthy (Bay Bulls)	334-2206
Dr. Tim Strand. The Strand Clinic (63 Airport Rd) Email: kelly@strandclinic.ca	579-4901
Dr. Pinos Mpiana (The Good Sheppard Medical Center)	722-1227 (282 LeMarchant Rd)
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 (Kelligrews Clinic) Email: womenshealth.kmc@gmail.com	834 2172
Dr. Drover (Torbay Medical Clinic)	437-6402
Dr Lesley Manning & Dr Megan Dawe Paradise Wellness Clinic 1386 Topsail Road	782 4123

*** Height Adjustable Beds Available**

For more information call toll free 1.866.643.8719 or

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

October 2021

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>