CERVICAL CANCER

CAN AFFECT YOU OR A LOVED ONE. THAT'S WHY REGULAR SCREENING IS IMPORTANT—IT HELPS FIND CANCER EARLY, WHEN TREATMENT IS MOST EFFECTIVE.

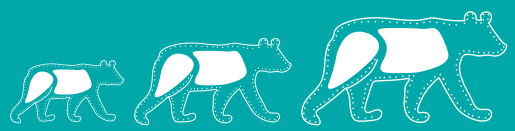
Cervical cancer happens when abnormal cells grow out of control on the cervix, which is the lower part of the uterus that connects to the vagina.

A Pap test (or Pap smear) checks for abnormal cells on the cervix.

The test is quick, private and easy.

During the test, a healthcare provider will collect a small sample of cells using a swab. The sample is then sent to a lab to check for signs of cancer.

Being screened regularly helps track changes over time, improving the chances of early detection and successful treatment.



For more information and resources on Mi'kmaq cancer care, visit:

www.mhwns.ca/programs

or scan the QR code below

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CERVICAL CANCER Screening Pap Test

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WHEN TO START SCREENING FOR CERVICAL CANCER

The right time to start screening for cervical cancer is different for everyone. Pap tests are recommended for people with a cervix who:

- Have been sexually active, regardless of their partner's gender
- Are between the age of 25-70

CURRENT SCREENING RECOMMENDATIONS

If your Pap test results are normal (negative or clear), you should continue screening every 3 years.

Yearly screening is recommended if:

- You have been treated for cervical dysplasia (LEEP, laser, cryotherapy, cone, or partial hysterectomy)
- You have a family history of cervical cancer
- You are immunocompromised

If you're experiencing abnormal vaginal bleeding, discharge, or pain, talk with a health care professional right away!

WHEN TO STOP SCREENING

You can stop screening if:

- You are 70 years or older and have had normal (negative or clear) test results for the past 10 years
- You have had a total hysterectomy for non-cancerous reasons

Speak with your community's Health Centre or healthcare provider today about cervical cancer screening!

You can also visit a Nova Scotia Health Well Woman Clinic.

Scan the QR code to find a clinic near you.

DID YOU KNOW?

Cervical cancer is preventable.

The main cause of cervical cancer is the Human Papilloma Virus (HPV).

HPV is a common virus spread through skin-to-skin contact, and sexual activity. Nearly 70% of people are exposed to HPV at some point in their lives.

Protect yourself with the HPV vaccine, which is free for many individuals - ask your healthcare provider about it today.

EARLY DETECTION SAVES LIVES!