

Take the Time...

**Regular Pap tests
can save your life**

Good Health Is For Life

A Fresh Look at an Old Test – I'm Over 50, do I Still Need a Pap Test?

YES

- n if you have ever had sex (intercourse)
- n even if you no longer have sex
- n even if you have reached menopause
(no more bleeding from your monthly period)
- n even if you have had a hysterectomy, ask your doctor or nurse if you need a Pap test

The risk of cancer of the cervix increases with age.

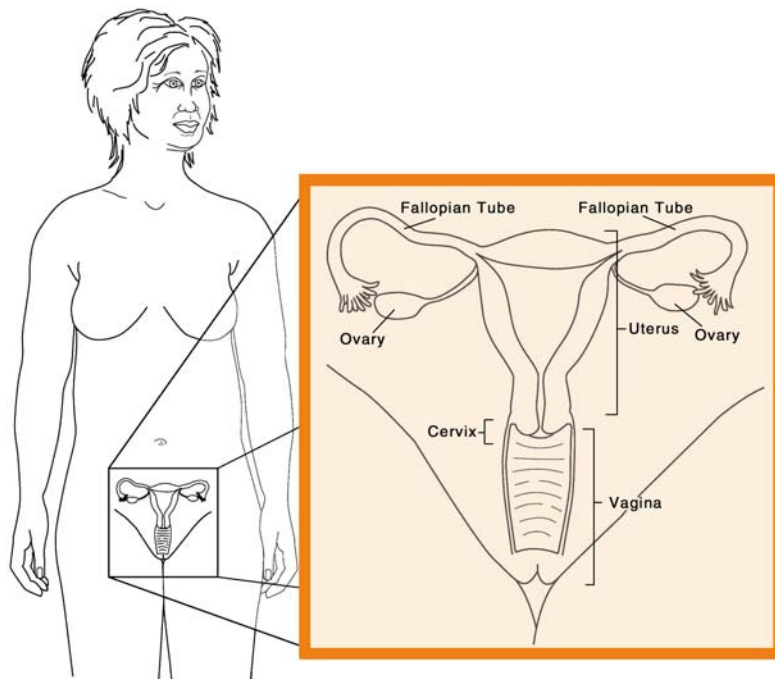
What Is a Pap Test?

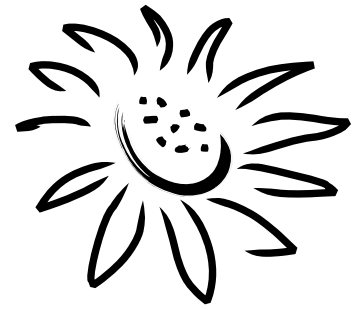
A Pap test:

- n is for women
- n looks at the health of your cervix
- n is done by a doctor or nurse

What Is The Cervix?

- n it is found at the top of the vagina
- n it is the opening of the uterus (womb)





Why Do You Need a Pap Test?

- n a Pap test is part of taking good care of your health
- n cancer can grow on your cervix and may take many years to develop
- n cancer starts with small changes
- n the Pap test finds unhealthy changes early
- n these changes can be treated

When Is The Best Time For a Pap Test?

- n when you do not have your monthly bleeding (period)
- n when you have not had sex for one day (24 hours)
- n when you have not put anything such as foams or medicine in your vagina for two days (48 hours)

Who Needs a Pap Test?

- n all women need a regular Pap test once they start having sex (intercourse) and need to continue until at least age 70
- n ask your doctor or nurse when you should have a Pap test

Make A Pap Test Part of Your Regular Health Check-Up Women Over 50 Still Need a Pap Test

For More Information:

- n Talk to your doctor or nurse
- n Visit the Ontario Cervical Screening Program's web site
www.cancercare.on.ca/cervical/home.html
- n Call the Canadian Cancer Society's Information Specialists at
1-888-939-3333 or visit www.cancer.ca
- n Call your local Public Health Unit - phone numbers can be found in the phone book or at: www.alphaweb.org

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screening program
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