Where do I have a pap smear?

- Remote Community Health Clinics
- Aboriginal Health Clinics
- Local Doctor's Surgery
- Family Planning

It is done for free at some of these places. Make sure you find out first.



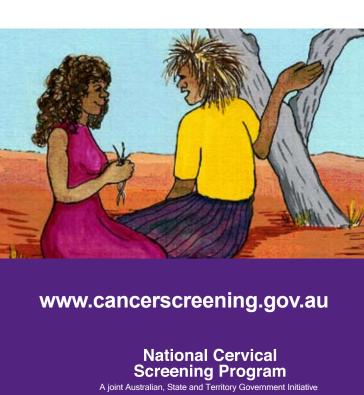
Don't forget the Pap smear register

- You will be added to the register when you have had your Pap smear.
- A letter will be sent to you by the Pap smear register if you have missed your regular Pap smear.
- Remember you don't have to be on the register if you don't want to. So tell the health worker or nurse when you have your Pap smear.



Become a wise woman

and have regular Pap smears

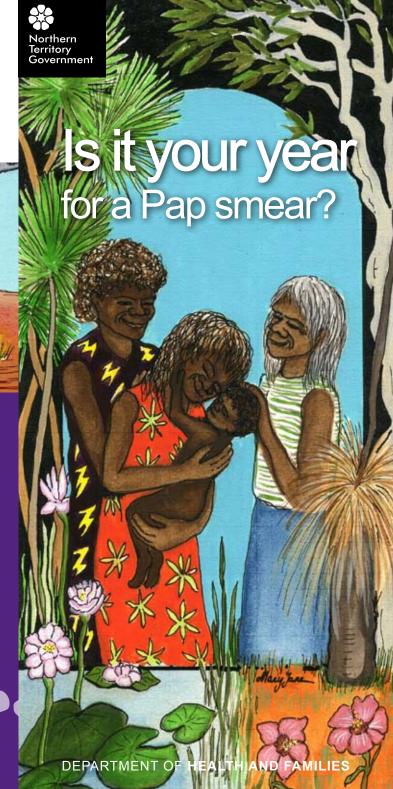


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well women's cancer screening

Northern Territory
Government

Pictures by Mary Jane Overall and Sharon Weymouth "Well Women's Check" booklet



Women's business

Pap smears are done in a private women's only room at the clinic.



It is a test to see if your cervix is healthy, or if there are cell changes.

It is done as part of a "Well Women's Check" and could save your life.



Why do we need a pap smear?

Cervical cancer has taken too many of our grandmothers, mothers, daughters, aunties, cousins and sisters; it's time to stop this by having regular Pap smears.

How the test is done

- 1) First the health worker or nurse will talk to you about a Pap smear and how it is done.
- 2) The health worker or nurse collects cells from the cervix with special equipment and sends them off to a laboratory for testing.
- 3) The health worker or nurse will let you know when you will get the results and what happens if you have abnormal (bad) cells.



Having abnormal results doesn't mean you have cancer. You may just have cell changes on your cervix. Your body may clear this up over time or you may need treatment with the doctor.

If you have any changes such as bleeding or ooze, tell the health worker or nurse at the clinic.



Bad cells may need to be treated by a doctor.

Who needs pap smears?

- All women aged 18-70
- If you have ever had sex
- Even if you no longer have your periods

And for you young one's that have had the three HPV vaccinations; you will still need to have regular Pap smears.

Risky behaviour

Stopping smoking and having a healthy diet can reduce your risk of cervical cancer.