

# FINALLY

a test  
you don't  
need to  
study for!



**No books, no worries** –  
a regular Pap test could save  
your life.



**WHAT IS A PAP TEST?**

❖ it is a simple test used to  
detect changes in the  
cells of the cervix

**WHO NEEDS IT?**

❖ all women who have started  
having sexual intercourse

**WHY SHOULD I HAVE  
THE TEST?**

❖ early detection of cervical  
cancer can save your life!  
❖ if cell changes are detected  
early, treatment is simple  
and a complete cure is  
possible

**HOW CAN I PROTECT MYSELF?**

❖ use latex condoms  
❖ choose not to smoke  
❖ have a regular Pap test

*adapted with permission from Scarborough  
Department of Health*

**For more information contact:**  
Cervical Cancer  
Prevention Program  
tel: 1.888.480.8588  
[www.cancercare.ns.ca](http://www.cancercare.ns.ca)

