



# GET A PAP

**It could mean the difference  
between life and death**

**Regular Pap tests can prevent  
up to 90% of deaths from cervical cancer**

**Any woman who has ever had sex is at risk  
for cervical cancer**

**For more information, call  
1-888-480-8588**



QUALITY CANCER PREVENTION FOR NOVA SCOTIANS

Nova Scotia has one of the highest rates of cervical cancer in the country.

A regular Pap test can detect changes in cells on your cervix before they become cancer.

You need regular Pap tests even if you are no longer sexually active or if you are over 50.

You may still need a regular Pap test even if you have had your uterus removed.

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**Take responsibility for your health.**

# HAVE A REGULAR PAP TEST.

## **For more information contact:**

- Your doctor/health care provider
- A Well Woman's Clinic in your community
- A Public Health Nurse – see the blue section of your telephone book under Health (NS)
  - Your pharmacist
  - The Canadian Cancer Society
- The Cervical Cancer Prevention Program

**902-473-7438 or 1-888-480-8588**

[www.cancercare.ns.ca](http://www.cancercare.ns.ca)



NOVA SCOTIA DIVISION

