

Health Unit Media Release

For immediate release: October 11, 2007



Fall 2007 Pap Test Clinics

Are you a woman? Are you concerned about your health?

If so, this message is for you! *Regular Pap tests can prevent cancer of the cervix!*

Human papillomavirus (HPV) is the primary cause of cervical cancer. The virus is spread through sexual contact, and it's extremely common. In fact, studies show that about three out of four people who have ever been sexually active have been exposed to some type of the virus. While some types of HPV can cause genital warts, most types- including the types that cause cervical cancer- have no symptoms.

Is it possible to prevent HPV infection?

"Unfortunately, short of total abstinence, preventing HPV infection is not easy," says Dr. Bill Chapman, a pathologist at the University Health Network in Toronto and an expert on HPV. "For example, condoms can partially, but not completely, reduce the risk of transmission. That's because a condom can't cover all the skin where HPV might be present."

It isn't easy to prevent HPV, but it is easy to prevent HPV's unhealthy effects. Regular Pap tests are the best way to detect early cell changes. Caught early, cervical cell changes can be monitored and successfully treated, before they develop into cancer.

Who needs to have a Pap test and how often should you have one?

The Ontario Cervical Screening Program (OCSP) recommends regular Pap tests for all women who are, or have ever been, sexually active. After three normal tests in a row, women can be tested every two to three years.

When was the last time you had a Pap test?

If it's been more than a few years, or if you've never had one, it's time to make an appointment with your doctor or nurse practitioner.

No doctor or nurse practitioner?

From October 15 to 25th, free Pap tests clinics will be held across Leeds, Grenville and Lanark. All Pap tests will be performed by a female nurse practitioner in a private, woman friendly environment. Call one of the following locations to book an appointment:

Merrickville Community Health Centre
Clinic date: October 15th, 2007 from
3 pm - 7 pm Phone #: 613-269-3400

Smiths Falls Community Health Centre
Clinic date: October 17th, 2007 from 3 pm - 7 pm
Phone#: 613-283-1952

North Lanark County Community Health Centre Clinic
date: October 22nd, 2007 from 3 pm- 7 pm Phone #:
613-259-2182

CPHC Community Family Health Team (Brockville)
Clinic date: October 24th, 2007 from 3 pm- 7 pm Phone
#: 613-345-5077

Country Roads Community Health Centre (Portland)
Clinic date: October 25th, 2007 from 3 pm - 7 pm
Phone #: 613-272-3302

Take a few minutes to make an appointment.
Regular Pap tests can save your life!

For more information, call

- Leeds, Grenville and Lanark District **Health Unit's Health ACTION Line at 1-800-660-5853 or 613-345-5685 or visit www.healthunit.org**
- Canadian Cancer Society at **1-888-939-3333** or visit www.cancer.ca

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