



IF you are between the between the ages of 18 and 69 and have ever had sexual intercourse, you need to have a PAP test.

It is important to live in balance.

BALANCE on this path in the circle of life means:

Having regular Pap tests so that cervical changes **can be found early enough** to be treated and cured.

Keeping appointments for any follow-up that is needed.

Asking questions of your doctor, nurse or healthcare provider.

Contents of this pamphlet were used with permission of the Alberta Cervical Cancer Screening Program

For more information, contact your local health care provider, your Community Health Nurse, or the BC Cancer Agency

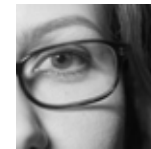
If you would like the mobile cervical screening program to come to your community, have your Community Health Nurse contact:

For more information on prevention programs, please visit:

www.bccancer.bc.ca/PPI/Screening/Cervical/default.htm

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HOW does cervical cancer link to HPV?



WHAT happens after an abnormal PAP Test?

Usually, one of the following will occur after the abnormal results come back:

- Have a repeat Pap test within 3- 6 months
- Have a colposcopy. The cervix is looked at closely with a magnifying tool called a colposcope.
- See a gynaecologist (a doctor who specializes in women's reproductive systems).

WHAT are the Risk Factors?

There are risk factors that can increase a woman's chance of getting HPV. You may or may not be able to change some of these risk factors:

- Sexual intercourse at a young age
- Sexual intercourse with many partners
- Sexual history of partner (male or female)

HPV alone is not enough to lead to cervical cancer.

HPV needs to be present with other risk factors:

- Smoking
- Problems with the body's ability to fight infections
- Infection with other STDs/STIs (sexually transmitted diseases or infections)
- Other factors not yet discovered

Take control of your health by having a regular PAP Test.

Supporting the Health and Wellness of First Nations in British Columbia

WHAT is HPV?

Human Papillomavirus (HPV) is a virus. There are many types of HPV:

- Some types cause warts on the genital area that you can usually see.
- Some types cause abnormal cell changes on the cervix that you cannot see.
- The only way to test for abnormal cell changes on the cervix is to have a regular Pap test.

HOW did I get HPV?

The HPV that causes abnormal cell changes on the cervix is spread through intimate genital contact. This exposure can occur without actually having sexual intercourse.

The signs of HPV may not show for years after you get the virus. This makes it hard to know when you were exposed to the virus or who gave it to you.



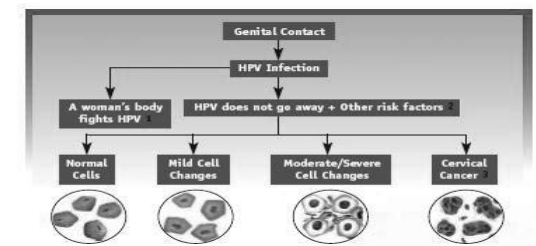
CAN HPV be cured?

There is no specific medical treatment for HPV. Cell changes can be treated but the virus may stay in the body. For most women, their bodies will fight the virus so cells go back to normal without treatment.

HPV & Cervical Cancer

This diagram shows the connection between HPV and cervical cancer. The numbers in the diagram correspond with the numbered notes below the chart.

It is important to know that having abnormal cell changes does not necessarily mean you will get cancer of the cervix. A regular Pap test can help check for abnormal cell changes.



NOTES:

- For most women, their bodies fight off HPV and their Pap tests are normal.
- For some women, their bodies cannot get rid of HPV. They may also have other risk factors combined with HPV that make their Pap tests abnormal.
- Having an abnormal Pap test does not necessarily mean you have a cancer. If a woman does have cancer, it can usually be cured if found and treated early.