

How will I know the results of my Pap test?

Your health-care provider will contact you about your results. The SPCC will also mail you the results of your tests. You can view your results on MySaskHealthRecord.

How can I reduce my risk of cervical cancer?

Regular Pap tests can help prevent cervical cancer. You can also:

- Get an HPV vaccination. The vaccine protects against types of HPV that cause most cases of cervical cancer. You will still need regular Pap tests, as the vaccine does not protect against all types of HPV. Speak to your health-care provider to see if the vaccine is right for you.
- Understand that certain sexual activities may increase your risk of getting HPV. E.g., sex at an early age, number of partners, or sex without a condom.
- Don't smoke, and avoid secondhand smoke.



How is my medical and personal information protected?

All individuals with access to health information are bound by **The Health Information Protection Act (HIPA)** and have signed confidentiality agreements. The Saskatchewan Cancer Agency and the SPCC have technical and physical security in place to protect information from unauthorized use or access.

Early Detection Saves Lives

For more information, please contact the SPCC:

Website: saskcancer.ca/screening
Telephone: **1-800-667-0017**

To continue to receive communication from the SPCC, it is important that you update any address changes.

Contact eHealth by calling **1-800-667-7551**, emailing change@ehealthsask.ca, or online at ehealthsask.ca.



A Pap Test Can Save Your Life



SaskCancer.ca



Screening
Program for
Cervical
Cancer

Sask
cancer
AGENCY



What is the Screening Program for Cervical Cancer?

The SPCC is a program of the Saskatchewan Cancer Agency dedicated to the prevention of cervical cancer. The program:

- Provides education about cervical screening;
- Informs women and people with a cervix aged 25-69 when they are due for a Pap test;
- Notifies participants of their Pap test and Human Papillomavirus (HPV) test results; and
- Works with health care providers to support appropriate follow-up of abnormal results.

What causes cervical cancer?

Most cervical cancer cases are caused by the most common sexually transmitted infection, the Human Papillomavirus (HPV).

HPV is passed from one person to another through any skin-to-skin sexual contact below the waistline with fingers, mouths, shared sex toys, or other body parts, even without penetration.

Only certain HPV types cause cancer. High-risk types can cause changes in the cells of the cervix. These changes can progress over the years from precancerous cell changes into cervical cancer if left undetected and untreated.

What is a Papanicolaou (Pap) test?

A Pap test is a simple screening test done by a healthcare provider that looks for abnormal cell changes in your cervix. An instrument called a speculum is inserted into your vagina so your cervix can be seen. Then, cells are taken from the cervix and sent to a lab for assessment.

What is an HPV test, and why is it being done?

An HPV test detects high-risk HPV in a Pap test sample. The lab runs an HPV test automatically for people in specific age groups with certain Pap test results. The HPV result combined with your Pap test result helps your health care provider decide what follow-up you may need.

Who should have a Pap test, and when can the person start?

You should have a Pap test starting at the age of 25 or three years after becoming sexually active, whichever is later. Sexual activity includes intercourse as well as digital or oral sexual activity involving the genital area with a partner. Anyone with a cervix should be screened for cervical cancer. You should still screen regularly if:

- You've been through menopause;
- You've ever been sexually active, even if you are not currently sexually active;
- You've had the HPV vaccine; or
- You are in a same-sex relationship.

How often should I have a Pap test?

You should have a Pap test every three years and continue Pap testing until you turn 69. Some people may need a Pap test more often due to certain risk factors. Speak with your health care provider about what is right for you.

Are there symptoms to watch for between Pap tests?

Tell your health care provider immediately if you start bleeding between periods, after sexual intercourse, or after menopause.

Do I need a Pap test if I've had a hysterectomy?

If you had a subtotal hysterectomy (cervix still present), you should have a Pap test. However, if you have had your cervix removed for any reason (such as a total hysterectomy or a gender-affirming surgery), you do not need a Pap test.

Where can I go for a Pap test?

Make an appointment with your doctor or nurse practitioner for a Pap test. If you do not have a health-care provider, please visit www.saskcancer.ca/spcc or call the SPCC for a list of clinics offering Pap tests.

