

Women's health matters! Today we are talking about cervical screening test for women. A screening test is performed as a preventative measure – to find a potential health problem or disease in someone that doesn't yet have signs or symptoms. Some examples of these early detection and prevention tests are: • Breast screening test • Cervical (cervix) screening test

The purpose of screening is early detection; helping to reduce the risk of disease or to find a condition early enough to treat it most effectively and prevent serious health problems. A Cervical (cervix) screening test - The test is quick and safe AND PRIVATE. It is usually done by your GP A Cervical Screening test (a cervix screening test) can be life saving. Testing can help you to stay healthy. Testing can pick up early changes that may lead to cancer. WHERE IS YOUR CERVIX? The cervix is part of the reproductive system of a woman. It is inside at the top of the vagina and connects the vagina with the uterus (the womb). What is cancer of the cervix? Cancer of the cervix is a serious disease. There may be no symptoms in the early stages, The Cervical Screening Test can find cervical cancer before there are any symptoms. The test can be life saving. What is a Cervical Screening Test? The Cervical Screening Test (previously called a Pap Smear Test) is done by a doctor or nurse to check the health of your cervix and test for HPV. HPV means human papilloma virus which is the main cause of cervical cancer. The test is quick and safe. It can sometimes be uncomfortable but should not be painful. It does not affect virginity. Your private parts will be covered when the test is being done. You can: ask for a woman doctor or nurse • ask for an interpreter • take a friend or partner/husband

When do you need to have the test? If you are 25 years old or over and have ever had any sexual contact, including skin-to-skin sexual contact. Book an appointment with a doctor or nurse for a test. You should have a regular Cervical Screening Test every five years until you are 74. Even if the result of your last test was good, you should receive a reminder to book your next test. How is a Cervical Screening Test done? The doctor or nurse explains the test, gains your consent and provides a safe, private place for the test to happen

Step 1 The doctor or nurse inserts a speculum into the vagina. Then they use a soft small brush to take a sample of cells/mucus from the cervix and send it to a laboratory for testing. Step 2 When the results are ready, the doctor or nurse will contact you. If not, contact the clinic for your result. Step 3 If the doctor or nurse asks you to come for an appointment to get the results, it is very important that you attend. The best protection against cervical cancer is to have a Cervical Screening Test every 5 years. The test does NOT cause cancer.

Where can you have a free Cervical Screening Test? At any Doctor's (GP) clinic - Ask if they "bulk bill" (this means it is free) Remember to ask for woman GP or Nurse if you prefer this. This resource was made by TRUE Relationships and Reproductive Health in collaboration with the Culturally Responsive Health Advisory Group, with community consultation and adapted by the Refugee Health Network Qld for the Sango speaking community. Special thanks to Georgia Green – Refugee Health Nurse from Northern Australia Primary Health Limited