Should you get a Pap test?

Yes! You can have cervical cancer and not know it. A Pap test checks for cancer of the cervix, and it can save your life.

Cervical cancer is nearly 100 percent curable!

No Tennessee woman should die of cervical cancer. A Pap test can find abnormal cells before they become cancerous and finds cervical cancer early. Cervical cancer is easier to cure if found early.

Know your risk for cervical cancer

Women who do not get Pap tests have a higher risk of developing cervical cancer. Here are some more risk factors:

- Sexually active
- Multiple sexual partners or partner has multiple sexual partners
- Smoke cigarettes
- Genital warts (HPV)
- HIV infection
- Current or past chlamydia infection
- Family history of cervical cancer
- Age 40 or older

What is a Pap test?

A Pap test (sometimes called a smear) is a simple and usually painless way of looking for abnormal cells on your cervix. The test is done by a health care professional, usually as part of a pelvic exam. A Pap test can find precancerous cells and cancer cells.

Get a Pap test

- If you are 18 or older
- If you are younger than 18 and sexually active
- Even postmenopausal women still need a Pap test



Tennessee Breast & Cervical Screening Program

Where can you get a Pap test?

- Doctor's office
- Medical clinic
- Local health department
- University health center

When should you get a Pap test?

- Get this test at least once every three years throughout your life
- Talk to your doctor about the right schedule for you



Can't afford a Pap test?

Tennessee Breast and Cervical Screening Program may be able to help you.

Women age 40 to 64 can get free or low-cost Pap tests and cervical exams if they

- Have no insurance
- Have insurance that doesn't pay for a Pap test
- Meet income eligibility

If you are age 18 to 39, **and** need further diagnosis after you receive an initial Pap test, contact the program. If you meet the guidelines listed above, we may be able to help you.

Learn more about the Tennessee Breast and Cervical Screening Program

- Call the Tennessee Breast and Cervical Screening Program using our toll-free number at 1-877-969-6636.
- Use their Website at http://www2.state.tn.us/health/BCC/index.htm.
- Call your local health department. You can find the phone number and address of your local health department on the World Wide Web at http://www2.state.tn.us/health/LocalDepts/index.html.
- Call the National Cancer Institute at 1-800-4cancer (1-800-422-6237).
- Contact your county University of Tennessee Extension office.

Visit the University of Tennessee Health and Safety Web site for more information on women's health

http://fcs.tennessee.edu/healthsafety/index.htm

SP647 20M 6/05 R12-5310-063-003-05 05-0396

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

UT Extension
SP647

Get a Pap Test



Screening for Cervical Cancer Can Save Your Life



written by
Barbara (Bobbi) P. Clarke, PhD, RD
Professor, Public Health Education
THE UNIVERSITY of TENNESSEE