

THE PAP TEST: PREVENTING AND DETECTING CERVICAL CANCER

The Pap Test Can Help Prevent and Detect Cervical Cancer

The Pap test, also called a Pap smear, is a way to examine cells taken from the cervix (the lower, narrow end of the uterus).

Today, the chances of surviving cervical cancer are very high if it is found early. Taking a Pap test is one of the best ways to detect the earliest signs of cervical cancer. Pap tests can find infections and any changes in your cells that may lead to cancer. Treatment at this stage can prevent most cases of cervical cancer from developing.

Go for Regular Pap Tests

You can get a Pap test during a regular GYN check up. Women should go for GYN check-ups every year. Besides a Pap test, check-ups often include a pelvic exam. During a pelvic exam, your doctor will check your uterus, vagina, ovaries, bladder, and rectum for any signs that are not normal.



The Pap Test Only Takes a Few Seconds

The Pap test can be done during a pelvic exam. While you lie on the exam table, your doctor will put an instrument into your vagina to open it and see the cervix. He or she will use a special tool to take a few cells from inside and around the cervix. The cells are then sent to a lab for testing. It is usually painless but may make you feel uncomfortable. You can go back to work and begin normal activities right away.

What Happens If My Pap Test is “Abnormal”?

If your Pap test result is not normal, it does not mean that you have cancer. You may have a small problem with your cervix. Your doctor may repeat the Pap test and/or suggest other tests. The results from these tests will help your doctor decide on the best treatment.

When Should I Go for Pap Tests?

You should start going for Pap tests by the time you are 21 years old. Get a Pap test every 3 to 5 years, depending on your age and previous Pap test results.

Talk to your doctor about when and how often you should have a Pap test. Remember, even if your doctor says you do not need a Pap test every year, you should still get an annual GYN check up.

Pap test is covered by most of the health insurance plan. If you do not have health insurance, visit the Charles B. Wang Community Health Center. We offer free or fee-reduced screening for eligible patients.



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line (212) 226-8339

Website www.cbwchc.org

268 Canal Street, New York, NY 10013

Internal Medicine (212) 379-6998

OB/GYN (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics & Adolescent Health (212) 226-3888

Teen Resource Center (TRC) (212) 226-2044

Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

Internal Medicine (718) 886-1200

OB/GYN (718) 886-1287

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137-43 45th Avenue, Flushing, NY 11355

Family Medicine (Internal Medicine, Pediatrics & GYN)

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Health Education Department (212) 966-0461

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Manhattan (212) 226-1661

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Need Health Insurance? We Can Help!

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More information on Pap Tests:
National Cancer Institute www.cancer.gov
1-800-4-CANCER (1-800-422-6237)

National Institutes of Health US National Library of Medicine
<http://www.nlm.nih.gov/medlineplus/languages/cervicalcancer.html#>
(in multiple languages)

EthnoMed

http://ethnomed.org/patient-education/cancer/cervical-cancer/chinese_pap.pdf (Chinese)