



# Honouring the Métis Path of Well-being

## WHAT IS CANCER SCREENING?

Cancer screening means taking a test that can find cancer before you have any symptoms. Finding cancer early is one of the best ways we have of beating it. Getting screened regularly leads to healthier and happier lives for you, your family, and your community.

## WHAT IS THE ONTARIO CERVICAL SCREENING PROGRAM (OCSP)?

The Ontario Cervical Screening Program (OCSP) is a screening program that encourages women in Ontario to get screened for cervical cancer by a Pap test. **Women ages 21 years or older who have ever had any sexual skin-to-skin contact should have a Pap test every 3 years.** Women can stop having Pap tests at age 70 if they have had three normal Pap tests in the past 10 years. The Ontario Cervical Screening Program will send eligible women a letter inviting them to be screened for cervical cancer, advising them of their test result, and will remind them when it is time to return for screening.

### What happens during my Pap test appointment? *see illustration*

1. While you lie on an exam table, the health care provider puts an instrument called a speculum into your vagina, opening it to see the cervix.
2. A stick, brush, or swab is used to gently take a few cells from inside and around the cervix.
3. The cells are sent to the lab to be examined under a microscope.

### What happens after my Pap test appointment?

- Both you and your health care provider will receive the results of the test.
- If your test is normal → the OCSP will send you a letter to remind you when you are due for your next screening test in 3 years.
- If your test is abnormal → your health care provider will arrange for you to have more tests.

**Most women needing more testing will not have cervical cancer.**

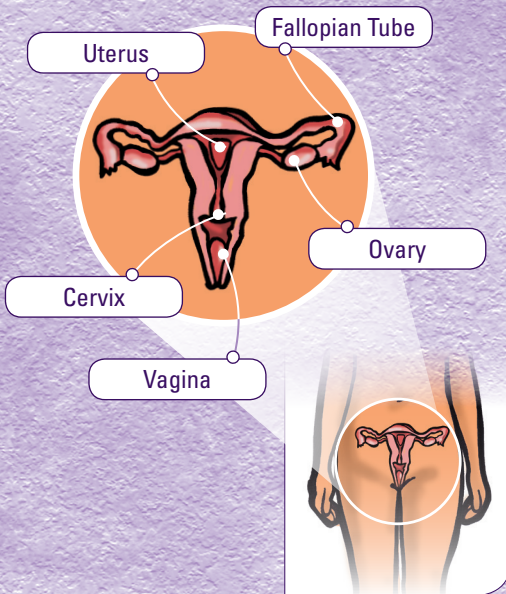
You can go for a Pap test at your health care provider's office. **If you do not have a health care provider, you can register for Health Care Connect at 1-800-445-1822.** Some Public Health Units and Community Health Centres also provide Pap tests.



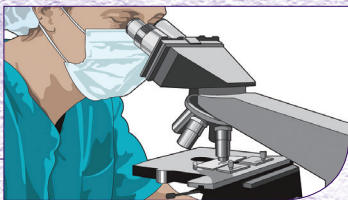
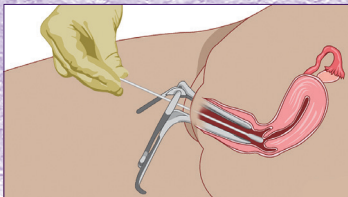
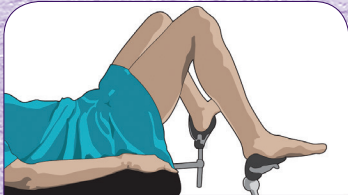


# Cervical Cancer Screening

## COMMUNITY LEARNING SERIES ➔ Screening Procedure



### Pap Test



(Anishinaabek Cervical Cancer Screening Study, 2013)

## WHAT IS CERVICAL CANCER? DOES IT AFFECT US?

Cervical cancer is one of the most preventable cancers. Cervical cancer is a cancer of the cervix and is caused by the human papillomavirus (HPV). HPV is a very common sexually transmitted infection (STI), and in most cases there are no symptoms that someone has been infected. Most women with HPV infection do not develop cervical cancer.

Métis women need to get screened regularly to make sure we can catch cancer early enough for it to be successfully treated.

**Screening is the best thing you can do to find cervical cancer early.**

## ARE YOU AT RISK?

Only certain types of HPV cause cervical cancer. HPV is passed on during sexual contact and both men and women can be infected. Most people come in contact with HPV at some point and do not know they have an infection. Most women are able to fight the infection without treatment. However, sometimes this does not happen and the HPV infection stays within the body, which over time can lead to cervical cancer. Screening is the best thing you can do to prevent cervical cancer.

Do I still need a Pap test?		
	Yes	No
I feel healthy and have no symptoms.	✓	
I have never had intimate sexual contact.		✓
I am no longer sexually active.	✓	
I have only had one partner.	✓	
I am in a same sex relationship.	✓	
I have been through menopause.	✓	
I have no family history of cervical cancer.	✓	
I am under 21.		✓
I have had a hysterectomy. ➔ Check with your health care provider.		

## THE PATH TO WELLNESS

A healthy lifestyle may reduce your chance of getting cervical cancer, as well as many other diseases.

Here are some simple things you can do:

- Consider the HPV immunization
- Practice safe sex
- Be smoke free
- Limit alcohol
- Maintain a healthy body weight
- Be physically active
- Eat a healthy diet
- Be sun safe

**It is easy to get screened! To book your Pap test, call your health care provider or for more information about the Ontario Cervical Screening Program, call 1-866-662-9233.**

For more information, please visit: [www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)

**Screen for Life**

Cancer screening sees what you can't

- ✓ Breast
- ✓ Cervical
- ✓ Colorectal



**Ontario**

Cancer Care Ontario  
Action Cancer Ontario