

IMPORTANCE OF CERVICAL CANCER SCREENING

- Cervical cancer screening is a test done regularly to check for abnormal cells that could lead to cancer. It involves having a Pap test (also called Pap smear).
- Finding abnormal cells early with a Pap smear can help prevent the possible development of cervical cancer and gives you a higher chance of curing the cancer. **All women should have a Pap smear done starting at age 21.**

WHAT IS A PAP SMEAR?

- A Pap smear is an easy procedure where a sample of cells is collected from the cervix and sent to a lab to be examined.
- To make sure Pap smear results are accurate, you should not douche; have sex; use any birth control foams, jellies or creams 2 days before the test. Also, schedule a Pap smear 10-20 days after the first day of your period.

Sources:

- Mayo Clinic
- National Institutes of Health
- Centers for Disease Control and Prevention

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WHEN SHOULD I BE SCREENED?

- Ask your doctor when to start Pap smear testing and how often you should do it.
- Recommendations for Pap smear testing:

Begin at age 21	Have test every 3 years if normal.
After age 30	Pap smears are recommended every 3 years if normal, or every 5 years when both a Pap smear and a HPV test are done together.
After age 65 to 70	Most women can stop having Pap smears if they have had regular screenings with normal results.
Had a total hysterectomy (uterus and cervix removed) and have not had an unusual Pap smear, cervical cancer, or other pelvic cancer	You may not need a Pap smear. Discuss with your doctor.

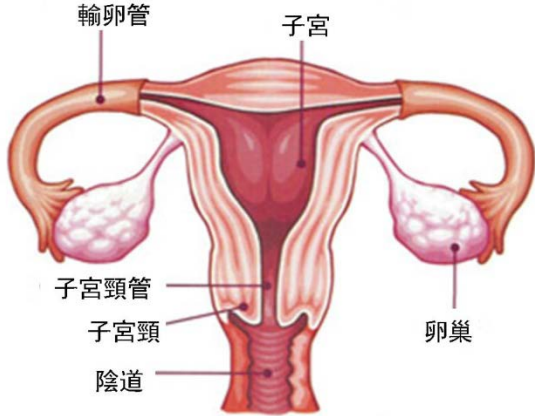
LAB RESULTS

Normal or negative result:

- Only normal cells were found.
- You may not need any treatment or further testing until your next Pap smear and pelvic exam.

Abnormal or positive result:

- Abnormal cells were found.
- An abnormal result does not always mean that you have cervical cancer. The meaning of the result depends on the types of cells found in the Pap smear. Please consult with your provider.



接受子宮頸癌檢查的重要性

- 子宮頸癌檢查是一種定期檢查子宮頸細胞是否不正常或有癌變的檢查。這個檢查需要做一個子宮頸抹片檢查 (Pap smear)。
- 通過子宮頸抹片檢查、早期發現異常的細胞可以幫助預防子宮頸癌的發展，並提高癌症的治愈率。**所有女性都應該從 21 歲開始做子宮頸抹片檢查。**

甚麼是子宮頸抹片檢查?

- 子宮頸抹片檢查是一個簡單的、從子宮頸收集細胞到化驗室檢查的程序。
- 為確保子宮頸抹片檢查的結果準確，在檢查前的兩天，您應該不要灌洗陰道，不要發生性行為，不要使用避孕泡沫、膠或乳膏。並且，在您月經第一天後的 10 至 20 天預約您的子宮頸抹片檢查。

資料來源:

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- Centers for Disease Control and Prevention

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誰應該做子宮頸抹片檢查?

- 諮詢您的醫生：您甚麼時候需要做子宮頸抹片檢查，以及多久要做一次檢查。
- 子宮頸抹片檢查的建議：

21 歲開始	如果之前的檢查結果正常，每 3 年做一次子宮頸抹片檢查。
30 歲之後	如果之前的檢查結果正常，每 3 年做一次子宮頸抹片檢查；或每 5 年同時做一次子宮頸抹片檢查和人類乳突病毒 (HPV) 測試。
65 至 70 歲之後	如果之前有定期檢查並且結果正常，大部分的女性可不用再做子宮頸抹片檢查。
做了子宮和子宮頸完全切除的手術、並且沒有不正常的子宮頸抹片檢查，子宮頸癌或其他盆腔癌	您可能不需要做子宮頸抹片檢查。與您的醫生討論您的情況。

檢查結果

正常的或陰性結果:

- 只找到正常的細胞。
- 直到您的下一個子宮頸抹片檢查或盆腔檢查之前，您可能不需要任何的治療或接受更進一步的檢查。

異常的或陽性結果:

- 發現異常的細胞。
- 一個異常的結果並不總是代表您有子宮頸癌。檢查結果的鑒定取決於子宮頸抹片檢查中發現的不正常的細胞的類型。關於您的檢驗結果，請諮詢您的醫生。