

ABCs of Health



Pap Test

AWARENESS...

Having a Pap test can save your life! A doctor or nurse can do the pap test in the office. The pap test can detect early changes in the cervix (opening to the womb) that could develop into cancer of the cervix. The early changes do not cause symptoms and can be treated easily, usually in a doctor's office or in a clinic.

Some women are more likely than others to develop cancer of the cervix. Your risks for cancer of the cervix may be increased if:

- ◆ You have ever had a sexually transmitted infection, especially genital warts.
- ◆ You have ever had more than one sexual partner or your partner has had more than one.
- ◆ You started having sex before age 18.
- ◆ You smoke cigarettes.

BEHAVIOR...

- ◆ Get a pap test every year. Your doctor or clinic may recommend pap tests more or less often based on your test results and/or other risks.
- ◆ See your doctor or nurse for early breast examinations and check your breasts monthly.
- ◆ Call your doctor or clinic if you find any lumps, dents, changes in breast shape or skin texture, discharge from the nipple, or swollen veins in a breast.

CHANGE...

Make an appointment for a checkup if you haven't had a breast examination and mammogram in over one year.

- ◆ Mark your calendar with the date you will check your breasts each month.
- ◆ Eat more fruits, vegetables and whole grains, and less fat.
- ◆ Get 30 minutes of physical activity on most days of the week.

Texas Department of State Health Services
1100 West 49th Street
Austin, Texas 78756

<http://www.dshs.state.tx.us/bcccs/default.shtm>

(512) 458-7111

