

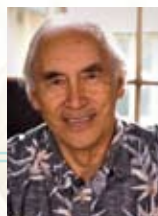


Do it for you and your whānau Haere hei painga mōu, mō tō whānau hoki

Being around for the whānau is so important. You owe it to them and to yourself to stay well. That's why you should have regular smear tests every three years.

A smear test will tell you if there are any changes to the cells on your cervix. These changes are caused by a common, sexually transmitted virus called Human Papillomavirus (HPV) that most women have at some stage in their lives. Usually the virus just goes away by itself but in a few cases it can lead to cervical cancer.

A smear test can find the changes before cancer has a chance to develop. It could save your life.



Don't put it off.

Contact your nurse, doctor or
local health worker for an appointment.

Call 0800 729 729 for more information.

Or visit www.cervicalscreening.govt.nz



[New Zealand Government](http://www.cervicalscreening.govt.nz)