

5 THINGS EVERYONE SHOULD KNOW ABOUT PAP SMEARS

BOOK YOUR APPOINTMENT TODAY
at ppgreatertx.org/cancelcervicalcancer

THEY CATCH CERVICAL CANCER WHEN IT MATTERS MOST

Pap smears screen for abnormal cells on your cervix that could lead to cervical cancer. Getting one done routinely greatly increases your chance of detecting cervical cancer early and when it is most treatable.

1

YOU'VE GOT NOTHING TO BE AFRAID OF

You should never feel pain during a Pap smear. The process is simple: your provider places a speculum into your vagina so they can access your cervix. Then, they use a soft, tiny brush to gently collect cells from your cervix. You may feel some minor discomfort or pressure, but pain should never be a part of your experience.

2

IT'S QUICKER THAN CHOOSING THE RIGHT SELFIE

Pap smears aren't some long, drawn-out procedure. They only take a few minutes! You're in and out in practically no time at all, and the peace of mind you get in return is worth every minute you spend at the clinic.

3

ONCE EVERY THREE YEARS FOR MOST PEOPLE

Pap smears are no longer needed every year for most people. Starting at 21 years old, you should begin going in for regular Pap smears. How often you get one after that depends on your age and medical history. In general: if you're 21-29 years old, you only need to get a Pap smear once every three years. Your provider will recommend the frequency of when your cancer screening is needed according to current medical standards.

4

PLANNED PARENTHOOD IS YOUR TRUSTED SOURCE FOR CERVICAL HEALTH

Your local Planned Parenthood health center offers same-day and next-day appointments for Pap smears as part of your annual wellness exam. Our providers take the time to answer your questions about cervical health and any other reproductive healthcare concerns you have, including birth control, breast health, sexually transmitted infections, vaginal and UTI infections, and more. Call or schedule an appointment today.

5



Planned Parenthood of Greater Texas