Women aged 30 to 65 can access cervical cancer screening services at Family Health Centers, KETEMs, **Migrant Health Centers** and Mobile Cancer Screening Vehicles.

You can also prevent cervical cancer by setting aside 10 minutes for yourself.



Prevention, early diagnosis, and treatment of cervical cancer are possible through HPV testing and cervical screening

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## **RIGHT PLACE, QUALITY SERVICES**

Contact the nearest Migrant Health Centre for more information and support



Sihhat www.sihhatproject.org







sihhatproject



## **EARLY DIAGNOSIS SAVES LIVES**









**HPV testing** is a PAINLESS and SIMPLE procedure performed by collecting a swab from the cervix during a gynecological exam.



## You should get tested for HPV if;

- you are a smoker,
- you get spotting between periods and/or after sexual intercourse,
- you have persistent, foul-smelling discharge, or
- you have any bleeding in the post-menopausal period.

Even if none of these apply to you, having a uterus means;

It is best to get tested for HPV every 5 years for protection against cervical cancer.



## Before you get an HPV test, make sure;

you are not on your period on the day of the test, you have not washed the inside of your vagina or applied any medication, cream, gel, or etc. for at least two days before the test, and

you have not had sexual intercourse for two days before the test.