

An invitation to women 25 years of age

A Pap test can save your life

In Norway the health authorities recommend women between 25 and 69 years of age to have a Pap test taken every third year. The Pap test can discover abnormal cells changes that might progress to cervical cancer. Effective treatment for severe cellular changes is available. More than half of the women that were diagnosed with cervical cancer did not have a Pap test. That is why we recommend you to have a smear taken every third year.

Make an appointment with your general physician, show up, ask for information and have a Pap test taken.

- ❁ Why is it important for me to have a Pap test?
- ❁ Where can I get a Pap test?
- ❁ I have recently had a Pap test.
- ❁ I don't want to receive any more letters recommending a Pap test.
- ❁ I do not consent to registration in The Cancer Registry.



For more information, please turn the page

All Pap test results are registered in The Cancer Registry, including results with normal findings. You have the right to reserve yourself against registration of name and birth number when the findings are normal. Please turn the page for more information.

Yours sincerely

Bente Kristin Johansen

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Head of The Cervical Cancer Screening Programme

VENNLIGST ADRESSER POST TIL KREFTREGISTERET OG IKKE TIL ENKELTPERSONER

Why is it important for me to have a Pap test?

Most of the cellular changes in the cervical canal are caused by a Human Papillomavirus (HPV). HPV infection is very common. HPV occurs both in men and women, and is spread through sexual contact. Most of the HPV infections are harmless, and disappear by themselves, but sometimes the infection persists and leads to serious cellular changes that can develop into cervical cancer. Efficient treatment is available. The treatment reduces the risk of getting cervical cancer. Having a Pap test regularly (screening) can increase the possibility of finding cellular changes and thereby prevent cervical cancer. Ask your physician about the advantages and disadvantages of screening.

Where do I get a Pap test?

You can not have a Pap test at The Cancer Registry, but have to make an appointment with your general physician (GP). You might bring this letter along. If you want to use a gynecologist, you will usually need a referral from your GP. The cost of the visit to the doctor and for the test, you will have to pay yourself. The physician who takes the test will inform you about the result, and contact you if additional follow-up is necessary. The best time for having the Pap test, is between two menstrual periods.

I have just had a Pap test

It takes some time before the result of your test will be registered in The Cancer Registry. If you have had a Pap test during the past three to four months and don't have any gynecological problems; you don't need to have a new test and you can disregard this letter.

I don't want to receive more letters with recommendations to have a Pap test

The Cancer Registry sends letters to women between 25 and 69 years of age who didn't have a Pap test every third year and to those who didn't see the doctor for a re-test after mild cellular changes were discovered. If you do not wish to receive these letters, please contact us at The Cancer Registry*.

I do not consent to registration in The Cancer Registry.

The Cancer Registry registers all tests taken from the cervix under the provisions of The Cancer Registry Regulations. When you have a smear taken, your physician will ask you if you consent to the registration of your name and birth number if the findings are normal. If you want to make a reservation against registration of name and birth number if the findings are normal, please contact The Cancer Registry*.

Reservation against registration and against receiving letters can, at any time, be cancelled. If you want to cancel, please contact us at The Cancer Registry*.

Even if you do not want registration, we still recommend you to have a Pap test regularly.

For information in English see: www.kreftregisteret.no/livmorhals

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send an e-mail to masseundersokelsene@kreftregisteret.no or a letter to:

Masseundersøkelsen mot livmorhalskreft

post-box: 5313, 0304 Oslo

A form for reservation can be printed from our web site:

kreftregisteret.no/livmorhals

We need your name, birthday and address to make a reservation.

