



Going for your free NHS cervical screening could save your life

If you are a woman aged 25-64, this information is for you.

- Going for cervical screening reduces your chance of developing cervical cancer.
- **Women aged 25 to 49** are invited for screening every **three years**. **Women aged 50 to 64** are invited every **five years**.
- Most cervical cancers are caused by a virus called human papilloma virus (HPV) which is passed on by sexual contact. HPV can cause cell changes on the cervix that can develop into cancer.

About the test

- Cervical screening is carried out at your GP surgery or at some sexual health clinics.
- When you are due for screening you will be sent a letter and leaflet asking you to make an appointment. The information will help you decide if you would like to take part.
- A smear test involves taking a sample of cells from the cervix (neck of the womb) using a soft brush. The test is quick and simple.
- If changes or HPV are found you will be invited for further tests.
- Screening will miss some cancers, and not all cancers can be cured.

What you can do

- Take part in cervical screening. Attend follow-ups if you are invited.
- Stop smoking. Smoking can increase your risk of cervical cancer.
- It is important to visit your GP if you notice any unusual vaginal discharge, pain during or after sex, bleeding between your periods or bleeding after the menopause.

To find out more contact your local screening office:

South East Wales
029 2078 7920

West Wales
01792 607478

North Wales
01352 803248