

PAP SMEAR

WHAT IS A PAP SMEAR ?

The Pap smear is a way to test for abnormal cervical cells. The cervix is the bottom of the womb that comes down into the vagina.

All women are encouraged to have Pap tests regularly as early detection of abnormal cells can be a warning of cancer developing. Cervical cancer is one of the most common cancers in women. However, if you have abnormal Pap results, it does not necessarily mean you have cancer.

WHEN IS A PAP SMEAR DONE ?

Ideally all woman start having PAP smears in their late teens or when they begin having vaginal intercourse.

Have a Pap test once a year or as advised by your doctor

WHY IS IT IMPORTANT TO HAVE A PAP SMEAR DONE ?

By having a **regular** Pap test you will find out early if you have *abnormal cells*. If you have *just begun* to have cell changes and they need treatment, it will likely be minor. **The treatment can cure you completely.** It is easier emotionally to cope with minor surgery. However, if damaged cells are present and you wait a long time, there is always the danger that they can change into cancerous cells.

It is important to treat cancer cells immediately.

PREPARING FOR A PAP SMEAR

It is better to avoid the following :-

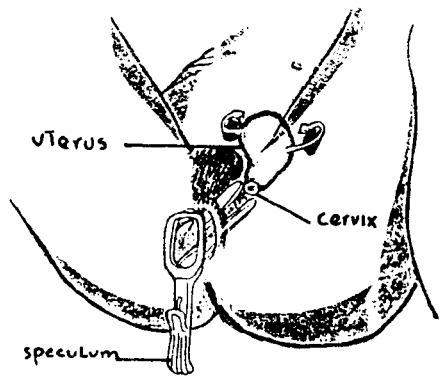
- having a PAP smear done during your menstrual period.
- douching or taking a bath up to 24 hours before the test.
- using vaginal medication, lubricant or contraceptive jelly or foam for 24 hours before the test.
- having a PAP smear if you have a vaginal infection.

Try and find a doctor who speaks your language or take an interpreter. Ask her/him to show you how they will do the test.

HOW IS A PAP TEST DONE ?

During an internal exam, an instrument called a speculum is inserted into the vagina. A speculum enables the doctor to see the cervix.

The longer end of a thin wooden spatula is put into the opening of the cervix. It is then turned around gently to make a full circle. This gets a good scraping of cells from the surface of the cervix. This procedure normally does not hurt.



These cells are sent to a laboratory.

Usually Pap results take 1 – 2 months to come back.

If your doctor does not inform you of the results, phone her/him as it is important that you know the results.

RESULTS

The lab returns the results to the doctor with a written description with a class number between I and IV (4)

To understand the results please ask for the full written information as well as the class number.

This is what the results mean:

- CLASS I—** Normal cells seen — most Pap smear results are normal.
- CLASS II (2)—** Some abnormal cells seen. The abnormal cells may not be pre-cancerous.
- CLASS III (3)—** Abnormal cells seen. The cells are thought to be pre-cancerous. It is usually called "carcinoma in situ". The abnormal cells have not spread into deeper layers of tissue.
- CLASS IV (4)—** Abnormal cells are thought to be cancerous.

POSSIBLE ACTIONS IF YOU HAVE A CLASS II OR CLASS III

It is possible for a class II or III result to change back to a class I.

If your result is a class II some possible reasons could be:

vaginal infection, irritation or hormonal changes.

If you did not have a test for infections when you had the Pap test, have one done. If you do have an infection, wait 3 months after it is cleared, and have another Pap smear.

You may not always know when you have an infection.

The birth control pill can cause changes in cervical cells. Temporary use of condoms instead of the pill can be a way of checking to see if your cells will go back to normal.

REMEMBER: if you have abnormal cells, it does not necessarily mean they are precancerous.

POSSIBLE ACTIONS IF YOU HAVE A CLASS III

- to repeat the test after 3 months
- a colposcopy — which is a procedure in which the cervix is looked at through a special lens called a colposcope. It is important that a colposcopy is done before any treatment.
- a sample of the suspected abnormal cells on the cervix may be taken
- cryosurgery.
- cone biopsy.
- laser surgery.

These 3 forms of surgery are considered to be minor. By having one of these treatments it is possible to remove all abnormal cells.

POSSIBLE ACTION IF YOU HAVE A CLASS IV

Hysterectomy — removal of the uterus. This is major surgery which is only performed when there are no alternatives.

For your own comfort it is important that you understand what what will happen during the operation. If the doctor does not explain what you want to know to your satisfaction, go to another doctor, clinic, health worker or resource person.

REMEMBER AN ABNORMAL PAP SMEAR DOES NOT MEAN YOU HAVE CANCER

WHAT ELSE CAN I DO ?

Many women reverse abnormal Pap smears by smoking less, improving their diets, avoiding caffeine and alcohol, and consuming less sugar.

Taking more rest has also resulted in improved Pap results for many women.

RESOURCES

MOSAIC will provide translators.

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PAP SMEAR

子宮頸塗片試驗檢查

甚麼是 PAP 塗 ？

PAP塗片試驗法是檢查子宮頸不正常細胞的一種試驗方法。子宮頸是子宮的底部，直通陰道。

所有的婦女都應該定期作PAP塗片試驗檢查，以便早期檢查出不正常的細胞，這是癌症發展的警報。子宮頸癌是最常見的婦女癌症之一。但如果你的PAP塗片不正常的話，並不一定都意味你已患上癌了。

為甚麼 PAP 塗片試驗如此重要？

作了PAP塗片試驗，如果你有不正常的細胞，就可以及早發現。如果細胞剛剛發生病變需要治療，這種病變通常是輕微的。（通過治療可以徹底根除）。對一般小手術你不需驚惶不安。但是，如果病變細胞存在而持續長時間，它們就有變成癌細胞的危險性。

癌細胞事關重要，需要立即治療。

甚麼時候作 PAP 塗片檢查為好？

所有婦女在十來歲或開始陰道性交時，最好都應該開始作PAP塗片試驗。每年一次，或者遵從醫囑。

作 PAP 塗片檢查的準備

最好避免下列事項：

- 一月經來潮時不要作PAP塗片
- 一在塗片試驗前24小時不要沖洗或洗澡
- 一試驗之前24小時不要使用陰道藥物、潤滑劑或避孕藥膏
- 一如果陰道發炎，不要作PAP塗片檢查。

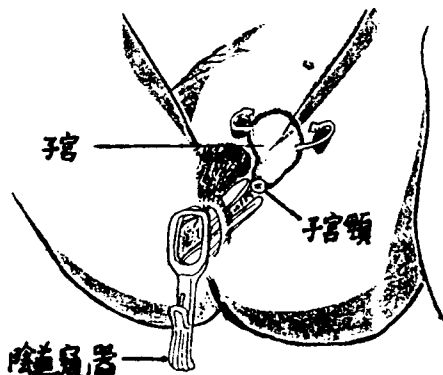
如果你不會講英語，請試找一位會說你語言的醫生，要求她／他告訴你試驗怎麼作。

如何作 P A P 塗片檢查？

作陰道檢查時，用一個叫陰道窺器的儀器放進陰道內，陰道窺器能讓醫生見到子宮頸。請看圖示。

用薄木刮片的長端放進子宮頸開口處，然後輕輕刮一圈，這樣可以從子宮頸表面刮出一些細胞。

正常情況下，這個過程不疼。



然後把這些細胞送到試驗室去。通常塗片結果一兩個月之內回來。如果你的醫生沒有將結果通知你，你應打電話詢問，因為檢驗結果對你很重要。

結果：

試驗室把結果轉給醫生，附帶書面說明，有 1 級到 4 級的區分。

請向醫生索取檢驗結果，包括屬於第幾級的情況及詳細的書面說明

結果說明：

- 1 級： 所見細胞正常，大部分 P A P 塗片結果正常。
- 2 級： 部分所見細胞不正常，但不正常細胞不一定是癌症先兆。
- 3 級： 所見細胞不正常，這些細胞被認為是癌症先兆。這通常被稱為原位癌，不正常細胞尚未散布到組織的深層。
- 4 級： 不正常細胞被認為是癌細胞。

如果你的結果是 2 級或輕微 3 級，也存在以下的可能性：

2 級或 3 級有可能轉回 1 級

如果你的結果是 2 級，有可能是以下原因造成：

陰道感染，刺激或內分泌改變。當你作 P A P 塗片時，如當時沒有作感染試驗，應該作一下檢查。有時你並不知道陰道發炎，如果證實是發炎，請等三個月症狀消失後，再作一次 P A P 塗片。避孕藥也會引起子宮頸細胞改變。可以暫時用避孕套來代替避孕藥，再檢查看細胞是否恢復正常。

請記住：如果你有不正常子宮頸細胞，並不一定說明它們就是癌症先兆。

如果你的結果是3級，可採取的行動如下：

- 三個月以後重復檢查
 - 陰道檢查：用一種叫作陰道檢查鏡的特殊鏡子徹底檢查陰道，作任何治療以前，重要的是先作陰道檢查。
 - 取出子宮頸中可懷疑的不正常細胞樣品。
 - 冷凍外科手術
 - 錐吸活組織檢查
 - 激光外科手術
- 最後三種外科手術都是小手術，只需採用其中一種就可取走全部不正常細胞。

假如你的結果是4級，可採取的行動如下：

子宮切除術：取走子宮，這是一個大手術，只有在沒有其他選擇的情況下才會作這一手術。

明瞭手術過程，會減少疑慮，如果醫生不能詳細解釋你所想知道的事，你應該去找另一位醫生、醫療所、健康醫療工作者或有關人士。

甚麼會引起不正常結果？

許多因素會引起不正常PAP塗片試驗結果，例如：

吸 烟：吸烟會增加患子宮頸癌症的可能，特別是你和你的丈夫都吸烟。

黃體酮：一種注射到手臂中的避孕藥物。科學家認為長期使用這種藥物會增加患子宮頸癌的可能。

DES藥：在許多國家，這種藥被用來給孕婦預防流產。使用DES藥婦女的女兒可能會由此而引起PAP試驗的不正常結果。

請記住PAP塗片試驗結果不正常不等於你患上癌。

除此之外我還能作甚麼？

許多婦女用少吸烟，改進飲食方式，避免咖啡因和酒精，少吃糖等方法使不正常結果恢復正常。

對許多婦女來講，多休息也能改善試驗結果。

提供幫助的地方

溫哥華婦女健康合作社提供PAP塗片試驗檢查的書面材料。

務適移民輔導會 (M.O.S.A.I.C.) 及中僑互助會 254-9626
可提供翻譯服務。中僑互助會電話 253-5561

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