



*Nursing, Education and
Health Promotion Services*

The WONS Health Review

September 2008 Edition 16

Cervical Screening Awareness month
September 2008



Cervical cancer is one of the most preventable cancers. Women who have regular cervical smear tests every three years as part of a screening programme reduce their risk of developing cervical cancer by about 90 percent. Rates of cervical cancer have been reduced from 211 women in 1996 to 177 women in 2003 (Lewis, 2008). However Maori, Pacific and Asian women continue to be approximately 30% lower in cervical screening coverage rates (a cervical smear within the last 3 years) and their rates of cervical cancer incidence are greater than European rates. In 2007 the introduction of the National Cervical Screening Communication Campaign has seen an increase coverage rate of 6% for Pacific women, 3% for Maori women and 3% for Asian women in 6 months.

In order to support cervical screening there will be:

- stalls in major shopping centres on September 25th
- Asian women's health pamper day on September 27th at ASB centre, Kohimarama Road
- Asian media campaign supporting Asian women in screening
- Panmure Women's Health day,

WONS is able to offer support with:

- Transport for women who cannot access cervical smear clinics
- Home visits for women who have disabilities or access issues
- Free cervical smears for overdue women
- Education sessions in the community
- Gifts for women who have smears in the month of September

New Staff member for WONS

WONS is delighted to announce that **Ina France** has joined WONS team as the fund raiser. She brings with her a wealth of expertise in business and community development.



Bladder Update

Did you know that nearly 50% of women experience bladder problems? What can you do to help?

- Do not drink 8 glasses of water a day. Excessive water intake destabilises the bladder.
- Drink less caffeine.
- Do not empty your bladder just in case!
- Practice deferment techniques eg deep breathing and toe curling, until the bladder stops spasming then walk slowly to the toilet
- Practice pelvic floor exercises regularly. Pretend you are lifting a silk scarf up with your vaginal walls, gather it up and pull it up with the pelvic floor muscles.

There are now excellent medical and surgical options. WONS nurses are able to support women with bladder health.

Sponsorship

WONS would like to take the opportunity to thank the following organisations for their generous support of WONS services. We could not do the work without you:

- Francis Frames, Royal Oak
- Business Technology Services and the Bank of New Zealand for their gold coin donations
- The Trusts for purchase of equipment
- Sky City Community Trust for purchase of a pelvic training model and equipment

Health Courses 2008

Cervical Smear Taker Training

Disability Resource Centre, Royal Oak

Friday 7 November	8.30am – 5.00pm
Saturday 15 November	8.30am – 5.00pm
Wednesday 19 November	5.00pm – 9.30pm

For:

- Registered nurses
- Midwives
- GPs
- Enrolled nurses/Nurse assistants

Course Fees:

- \$650 theory
- \$100 clinical support 3 hours in own practice (optional but recommended)

Health Updates

Topic	Date	Time	Venue
Cervical Screening Update	3 Nov	6-8.30pm	Kohia Epsom

Cost: \$45.00

We have moved!

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