

## WONS Cervical Screening

### Did you know that...

- Cervical cancer is one of the most preventable of all cancers.
- A woman's best protection against developing cervical cancer is having regular cervical smear tests.
- Cervical cancer is caused by human papilloma virus (HPV), a common, sexually transmitted infection.
- There are many types of HPV and only a few "high risk" types can lead to abnormal precancerous cells.
- A cervical smear test is a screening test to find abnormal changes in the cells of the cervix.
- Regular cervical smear tests every three years are recommended for women from the age of 20 until they turn 70 if they have ever been sexually active.
- Having regular cervical smears can reduce a woman's risk of developing cervical cancer by 90 percent.

### Criteria for a Free Smear

- Community Services Card Holder
- Not had a smear test for 5 years or more

### Free clinics around Auckland

For Chinese - Betty Ling ph 846 7886 ext 711 or 021 056118

For Korean - Susan Hwang ph 846 7886 ext 707 or 021 230 8144

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*Nursing, Education and  
Health Promotion Services*

## Asian Women's Newsletter March 2009



First edition

Email: [rdavy@wons.org.nz](mailto:rdavy@wons.org.nz)

## Asian HPV Vaccination Auckland District Health Board



WONS is able to provide **education sessions for young women and parents** living in the Auckland city region free of charge! Chinese, Korean and Indian facilitators are available. The new HPV immunisation programme begins in participating schools across New Zealand this term. The programme's long term aim is to help protect girls and young women from the most common cause of cervical cancer, Human Papillomavirus (HPV).

From term 1, 2009, girls in school year 8 (approximately 12 years of age) will be offered the choice of free immunisation against the types of HPV that cause most cervical cancer. Girls and young women aged 13 to 18 are also entitled to the free immunisation through a catch-up programme.

Written consent is required for the immunisation to be given at school. This is required from parents or guardians for girls under 16. However girls aged 16 and over may complete and sign the consent form themselves. All girls will be encouraged to speak with their parents or caregivers about the immunisation and to make an informed decision.

Nurses will be in participating schools providing information and consent forms for girls to take home. Girls and young women who do not want to be immunised at school, or where the programme is not available through school, can receive the free immunisation from their local doctor, family planning clinic or local health provider.

Dr Greg Simmons, clinical lead for immunisation at the Ministry of Health says: *"This immunisation provides our daughters with an opportunity to protect themselves against the strains of the Human Papillomavirus that causes most cervical cancer. In the long term, this programme has the potential to save about 30 lives a year in New Zealand."*

The immunisation is given as a series of three injections in the upper arm, usually over a six-month period. As with all immunisations, common reactions include pain at the injection site, redness and swelling and sometimes a raised temperature. Less commonly, dizziness or fainting has been reported.

## Chinese Women's Wellness Community Group



The CWWCG was established in 2003. Our aim is to promote and educate Chinese women in the community on health issues. We have education talks on cervical cancer, breast cancer, HPV Vaccine and sexual health, printed materials in Chinese, eg menopause and osteoporosis, provide colposcopy support for Chinese women who do not understand or speak Chinese, organise Women's Health days throughout the year, participate in Chinese festive events to promote our services, hold regular clinics in Highland Park, Takapuna, New Lynn and St Lukes. Contact details : Betty Ling 846 7886 Ext 711 or 021-0566118 ; Linda Wu 021-250 6924 ; Janice Lin 021 - 0494631

## Korean Women's Wellness Community Group

We are pleased to inform you that we will hold the **'2009 Korean Day' at the North Shore Event Centre on 28 March 2009** with a view to enhancing awareness of the Korean community amongst all communities in New Zealand. The 2009 Korean Day will invite 200 guests of New Zealand political and financial leaders including the Prime Minister John Key and 5,000 guests of Korean residents living in New Zealand as well as 1,000 guests of local New Zealanders.

## South Asian

WONS is facilitating a **focus group of South Asian women on March 17<sup>th</sup>** at 7pm to 8.30pm at unit 14 / 49 Sainsbury Road, St Lukes. Light refreshments provided. If you are interested please email [admin@wons.org.nz](mailto:admin@wons.org.nz) or phone 846 7886 ext 0 for more information. If you would like to be on our email database for this group please let us know

## Asian Health Foundation of New Zealand

The Asian Health Foundation of New Zealand is looking for a volunteer to assist with fund raising grants. Remuneration will occur once grants are approved. If interested in supporting this group and learning about Asian health. Email: [Kawshi.DeSilva@middlemore.co.nz](mailto:Kawshi.DeSilva@middlemore.co.nz) .