

## Free Cervical Smears and Mobile clinics

We are now offering:

- **Mobile van** clinics throughout Auckland at Work and Incomes, shopping malls and alongside BSA mobile vans.
- See [www.wons.org.nz](http://www.wons.org.nz) for the van schedule.
- WONS can come to you if you have more than 4 women due for a cervical smear test
- **Criteria** for a free cervical smear is Maori, Pacific and Asian women 20 to 69 years who are due a smear; European women who are over 30 years and not had a smear in 5 years.
- Set clinics remain in all Auckland areas.

Contact details: Betty Ling (Chinese) 846 7886 ext 711  
or 021 0566118  
or Susan Hwang (Korean) 846 7886 ext 707 or 021 230 8144



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*Nursing, Education and  
Health Promotion Services*

## Asian Women's Newsletter May 2010



Fourth edition

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## Did you know?

### Human Papilloma Virus (HPV) and cervical cancer

Most people come into contact with HPV at some stage during their life. Most HPV infections clear by themselves, but some high risk types can cause cell changes on the cervix that may lead to cervical cancer 10 to 20 years after the infection. It is very commonly passed on by sexual contact, with an estimated 80% having had contact at some stage in their life.

A woman's best protection against developing cervical cancer is having regular three yearly cervical smear tests every three years from ages 20 to 69 years, stopping at 70 years.

### Human Papilloma Virus (HPV) testing is now available

Women who have had treatment for high grade cell changes of the cervix are now able to have a free HPV test one year apart. This is done at the time of the annual smear using the same sample. If the smear and HPV test are negative two years apart, you can go back to three yearly cervical smears.

For women over 30 years who have low grade cell changes, an HPV test is routinely performed. If this is positive she will be referred to colposcopy services for more investigations. If negative a repeat smear in one year occurs. If this is negative she returns to three yearly smears.

This test is a major breakthrough in the management of abnormal cell changes of the cervix. It is not routinely performed



## The Cervical Cancer Vaccination



Cancer of the cervix occurs at the lower part of the uterus or womb at the top of the vagina. 160 women are diagnosed cervical cancer each year in NZ and 60 women die from it. GARDASIL – helps protect against FOUR HPV types. 70% of cervical cancers will be prevented which means 30% will not be prevented. Women will still require cervical smear tests. It also protects against two types of HPV which can cause warts to occur.

- Young women born on or after 1 January 1990 can have the vaccine for free.
- If you don't have the HPV immunisation through school this year, you can still get it from your General Practice.
- It takes three doses. 1<sup>st</sup>, second dose two months after the 1<sup>st</sup>, third dose four months after the second dose.



Free breast screening for women aged 45 to 69 years is provided by the national breast screening programme, BreastScreen Aotearoa. The aim of breast screening is to find very small breast cancers before a lump can be felt. Early treatment has the best chance of success. Breast cancer is less common in women under 50 years. You do not need a doctor's referral to have a mammogram. You can phone directly for an appointment on 0800 270 200 or see WONS health promoter for more advice.

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