AMIGAS
HELPING WOMEN TAKE CARE OF THEIR HEALTH

Getting a Pap test can help women stay healthy
Abnormal cells that are found early can usually be treated to prevent cancer. That’s why it’s so important that we all get our Pap tests regularly.

Cervical cancer is easier to cure if it is found in time
If detected and treated early, cervical cancer is highly curable.

It is important for all women to get regular cervical cancer screenings – either through a Pap test alone or with Pap and HPV tests

- If a woman is age 21–29, she should get a Pap test every 3 years.
- After age 30, a woman has 2 choices: a Pap test every 3 years or a Pap test and HPV test every 5 years.
- It is especially important for Latina women to get a Pap test. They are at higher risk of cervical cancer because they get Pap tests less often.

Women can get a Pap test in this community
Talk with your promotora about the clinics in your community where you can get a Pap test. She will help you find a place that is right for you.

Make a promise to yourself and your family to get a Pap test
Call your promotora or medical clinic TODAY to schedule your Pap test.

Promotora’s Name: ............................................................
Agency: ........................................................................
Phone: ........................................................................
Other info: .....................................................................