



# TSUUT'INA HEALTH AND WELLNESS SERVICES



Diganádats'idinidali

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## Cervix Self-Screening

Pilot Project - Available until September 2025

### What is HPV?

HPV is a common virus that spreads through sexual contact. Most people will have HPV infection at some point in their life and never know it. Usually there are no symptoms and it clears on its own. Certain types of HPV don't clear on their own and can cause changes to the cells on the cervix.

### What is cervix self-screening?

- Cervix self-screening uses HPV testing that looks for high risk HPV in the vagina
- Cervix self-screening is a vaginal swab that you can do by yourself, you do not need to see a doctor
- The self-screening is an alternative to a PAP test which is done by a physician and tests for cell changes caused by HPV
- Self-screening is very accurate and detects HPV before abnormal cells develop

### Who can get cervix self-screening?

- People who identify as Indigenous, immigrant, or live in rural Alberta and have a cervix
- Ages 25-69 and not currently pregnant or having menstrual period
- Your last PAP test was 3 or more years ago and was normal

### Why is cervical cancer screening important?

- The cell changes that lead to cervical cancer can happen without you knowing
- Finding out if you are at risk for developing abnormal cells early can help prevent cancer

### How to get a cervix self-screening kit?

- Please call Tsuut'ina Medical Clinic at 403-251-7575 ext. 2 or come to the Health Centre Mon-Friday 8am-3:30pm and ask for a clinic nurse
- Nurse will review eligibility and instructions so that you can collect the sample on your own in the exam room
- We will send the sample to the lab and you will get results by mail or phone call

Please call Medical Clinic Coordinator Moriah Whitney if you have any questions