

PROTECT

*yourself*

PROTECT

*your*  
future

The CLINICS listed on this brochure are especially for YOUTH. You can visit any of them. All visits to these clinics are confidential. No one will call your home to say you were there.

## YOUTH CLINICS

in the Vancouver/Richmond area

Youth clinic hours may change.

Please call the clinic of your choice first to make sure that it is open before you drop in.

### PINE COMMUNITY HEALTH CLINIC

1985 West 4th Avenue; 604-736-2391

Monday, Tuesday, Thursday, Friday:

9am-12:00pm, 2:00pm-5:00pm

Wednesday: 9:00am-12pm, 2:30pm-7:30pm  
(call to confirm)

\* every 3rd Wednesday: 4:30pm-7:30pm

Saturday (youth under 25 only) 1:00pm-4:00pm

### BOULEVARD YOUTH CLINIC

2110 West 43rd Avenue; 604-261-6366

Tuesday: 2:30pm-5:30pm

### COMMERCIAL DRIVE YOUTH CLINIC

1145 Commercial Drive; 604-253-3575

Thursday: 2:30pm-6:00pm

### THREE BRIDGES YOUTH CLINIC

1292 Hornby Street; 604-736-9844

Monday-Friday: 8:30am-8:00pm

Saturday 10:00am-5:00pm

### EVERGREEN YOUTH CLINIC

3425 Crowley Drive (Joyce Skytrain);

604-872-5217 local 3469

Tuesday: 3:30pm-6:00pm

Friday: 2:00pm-4:30pm

### KNIGHT STREET YOUTH CLINIC

6405 Knight Street; 604-301-2227

(CLINIC HOURS ONLY)

Monday: 2:00pm-4:30pm

Thursday: 5:30pm-8:00pm

### MAIN STREET YOUTH CLINIC

3998 Main Street; Information 604-709-6400

Wednesday: 2:30pm-5:00pm

### BROADWAY YOUTH RESOURCE CENTRE

691 East Broadway; 604-709-5720

Monday: 2:30pm-5:30pm

Thursday: 2:30pm-5:00pm

### RICHMOND YOUTH CLINIC

7000 Westminster Highway; 604-233-3150

Monday: 3:00pm-5:00pm

Wednesday: 3:30pm-5:30pm

Friday: 2:00pm-3:45pm (by appointment)

### OPTIONS FOR SEXUAL HEALTH

(PLANNED PARENTHOOD)

Facts of Life Line: 604-731-7803

1-800-739-7367

Visit our website: [www.planetahead.ca](http://www.planetahead.ca)

[www.not-2-late.com](http://www.not-2-late.com)

[www.vch.ca](http://www.vch.ca)

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# THE PAP TEST

TALK CHOICE  
DECIDE  
FUTURE  
HEALTH  
SEX  
PROTECT  
SAFETY

## THE PAP TEST

One way young women can stay healthy is by having a regular Pap test. This simple test checks for early changes in the cells of the cervix (opening to the uterus or womb). These cell changes can warn you of a possible health problem – cervical cancer. Although you may feel uncomfortable or embarrassed.....

- It is a simple test that only takes a few minutes.
- You can bring a friend with you.
- It should be painless.



## WHO NEEDS A PAP TEST?

- Women of all ages (including teens) who have had sex need regular Pap tests.

Note: You are at higher risk for cervical cancer if you:

- started having sex in your teens,
- haven't used a condom every time,
- smoke,
- if you or your partner have had more than one sex partner.

## WHEN SHOULD I HAVE A PAP TEST?

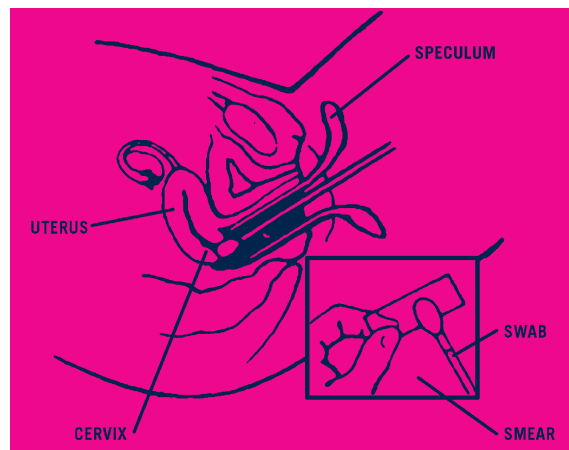
- As soon as you start having sex and once a year after that.
- If Pap test results are normal for several years, then you can have the test every two years.
- A Pap test cannot be done during your menstrual period.

## WHY IS A PAP TEST IMPORTANT?

- A Pap test shows early cell changes, the cervix can then be treated before cancer develops.
- It usually takes many years for a normal cell to change into a cancer cell.
- When found early, these cancers are 100% treatable.

## HOW IS MY PAP TEST DONE?

- You lie on the examining table.
- The doctor or nurse gently places a small speculum into your vagina to look at the cervix.
- The cervix is wiped to get some cells.
- The cells are smeared onto a glass slide.
- The slide or smear is sent to the lab.
- The results are sent back to the doctor or clinic in 6-8 weeks.
- Contact the clinic for your results.



## WHAT DO MY RESULTS MEAN?

### Normal:

- your next test should be in 12 months.

### Mild cell changes:

- your next test should be in 6 months.  
- cell changes often return to normal by the second test.

### Moderate to severe changes:

- you will be referred to a specialist for more testing.

### Unsatisfactory smear:

- the smear does not have enough cells for testing and the test needs to be repeated.

## IS THIS AN STD TEST?

(STD - sexually transmitted disease)

- No – it is only a test for changes in the cells of the cervix.
- Other tests for STDs can be done at the same time as a Pap test.

## WHERE CAN I GET A PAP TEST?

- Youth clinics.
- Family doctor.
- STD clinic.
- Planned Parenthood clinics.

CHOICE