

WA Cervical Cancer Prevention Program

What if I forget my next Pap smear?

The WA Cervical Cancer Prevention Program maintains a confidential record of all Western Australian women's Pap smear and other cervical test results.

This acts as a 'safety net', providing a reminder to women and medical practitioners when Pap smears and other follow up tests are overdue.

Don't wait for a sign. Early stage cervical cancer often has no symptoms

Every woman aged 18-70 years who has ever been sexually active should have regular Pap smears every two years.

Make an appointment with your health care provider today and use this card to remind you when your next Pap smear is due.

For more information contact:
WA Cervical Cancer Prevention Program
Phone 13 15 56
cervicalcancer@health.wa.gov.au
www.health.wa.gov.au/cervical

Women's health check card



Department of Health



www.breastscreen.health.wa.gov.au

Delivering a Healthy WA

13 20 50

Mammogram and Pap smear diary

2022	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2021	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2020	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2019	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2018	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2017	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2016	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2015	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2014	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Mark mammograms with ○ Mark Pap smears with ✕

Important information from BreastScreen WA

- The most important risk factors for developing breast cancer are being a woman and getting older.
- It is important women 50 years or over have a **FREE** screening mammogram every two years.
- Get to know your breasts and what is normal for you. Look in the mirror at your breasts and feel your breasts from time to time.
- If you notice any unusual changes in your breasts such as lumps, nipple discharge, or persistent new breast pain, even if your last screening mammogram was normal, please see your GP promptly.
- Ask your GP to check your breasts regularly.

**To make an appointment
for a FREE screening
mammogram phone
13 20 50**

In addition to having a screening mammogram every two years, it is important to be breast aware: