Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at https://www.albertahealthservices.ca/news/Page9966.aspx

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January is Cervical Health Awareness Month

Getting screened for cervical cancer can save your life. The Alberta Health Services (AHS) Alberta Cervical Cancer Screening Program team encourages all women and people with a cervix to get a Pap test today.

Did you know that almost all cases of cervical cancer are caused by the human papillomavirus (HPV)? HPV usually doesn't cause symptoms, so most people don't even know they have it.

Cervical cancer is one of the most preventable cancers. Ninety per cent of cervical cancers can be prevented with regular cervical cancer screening (Pap tests).

A Pap test checks the cervix for any abnormal cells. This quick test can be done at your healthcare provider's office or at a women's health clinic.

Screening regularly means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments for follow-up testing if recommended by your healthcare provider. The earlier cancer is found, the easier it is to treat.

Even if you've been immunized for HPV, it's recommended that you start having Pap tests at age 25 years or three years after becoming sexually active, whichever is later.

You should plan to be screened once every three years until you're 69 years old, unless your healthcare provider tells you otherwise.

Enhanced health and safety measures continue to be in place to keep you safe and help prevent the spread of COVID-19 during your appointment. You can contact your healthcare provider's office for more details.

Remember to book your cervical cancer screening appointment and talk to your healthcare provider if you have any questions or concerns.

To learn more, visit screeningforlife.ca.