

**You can book a Pap test by calling your doctor's office or one of the following:**

Blackmarsh Road Family Care Walk In Clinic (Dominion)	576-6555
Carbonear Women's Wellness Clinic	945-5278
Chapel Arm Medical Clinic	592-2210
* Churchill Square Medical Clinic	722-8561
Memorial Student Health Services (MUN students only)	864-7597
Mt. Carmel Health Centre (Tues & Thurs only)	521-2113/2331
Newhook Community Health Centre (Whitbourne)	759-2300
* NL Sexual Health Center (Planned Parenthood)	579-1009 (1-877-666-9847)
Placentia Health Centre	227-4105
Quidi Vidi Family Practice (Dominion, Lake Ave) Wednesdays	579-5711
St. Mary's Bay Health Centre	525-2980
Towers Medical Clinic (Elizabeth Ave)	753-9900
Women's Health Clinic, Health Sciences Centre (Bookings)	777-3018 Main - 777-7460
Dr. Amanda Compton/Dr. Carolyn Jewer/Dr. Jennifer LeGrow (Family First Medical- Topsail Rd)	753-4800
Dr. Gayle Garber (Kelligrews Clinic, CBS)	834-2171
Dr. Maureen Gibbons (Major's Path)	579-2324
Dr. Allison Hillman (North Plaza Medical, Goulds)	747-7544
Dr. Ruth LeDrew (Paradise Medical Clinic)	782-3883
Dr. Annette McCarthy (Bay Bulls)	334-2206
Dr. Cliona McManamon & Jennifer Miller BN (63 Airport Rd)	579-4901
Dr. Karl Misik (Topsail Medical Clinic)	368-2101
Dr. Pinos Mpiana (The Good Sheppard Medical Center)	722-1227
Dr. Sepideh Nafisi (Plaza Medical)	722-9000 Press 4
Dr. Brian Ramjattan (First Line Clinic, Topsail Rd)	368-1610
Dr. Chin-Chai Tan (Walk-In, Empire Medical Centre)	579-7391
Dr. Walter Templeman Health Center (Bell Island)	488-2821
Dr. A.A. Wilkinson Memorial Health Clinic (Old Perlican)	587-2200
* <b>Height Adjustable Bed</b>	

**To find a family physician taking new patients in the St. John's area call 729-4984.**

## *Facts*

### *A lot has changed about Pap testing in NL Talk to your doctor about what is right for you!*

- ❖ A regular Pap test can prevent almost all cancer of the cervix!
- ❖ Unless your doctor tells you otherwise have a Pap test once a year for 3 years in a row. If all results are normal, begin having a Pap every 3 years.
- ❖ Women can reduce their risk of developing cervical cancer by: having a regular Pap test, limiting their number of sexual partners, not having sex at an early age, and not smoking.
- ❖ If you are sexually active, start Pap testing at age 20, but don't wait that long to talk to your doctor about sexual health!
- ❖ Most Cervical cancer affects women between the ages of 30 to 59.
- ❖ Women in Newfoundland and Labrador have one of the highest rates of cervical cancer in the country.
- ❖ The lifetime probability of a woman developing cervical cancer in Canada is 1 in 153.



*How far will you go  
to prevent Cervical Cancer?*

**Go the distance....Have a regular Pap test!**

**709.752.4353 - 1.866.643.8719**

Facts taken from Provincial Cervical Screening Initiatives Brochure and  
The Canadian Cancer Society website

<http://info.cancer.ca/E/CCE/cceexplorer.asp?tocid=12>