

# PAP SMEAR

## WHAT IS A PAP SMEAR?

It is a procedure to test for cervical cancer in women.

It involves collecting cells from your cervix. In general, doctors recommend beginning Pap testing at age 21.

Pap testing every three years for women ages 21 to 65.

Kuyindlela yokuhlola umdlavuza wesibeletho kwabesifazane. Kubandakanya ukuqoqa amaseli emlonyen'i wakho wesibeletho.

Ngokuvamile, odokotela batusa ukuqala kokuhlolwa kwePap eniminyaka engama-21 Ukuhlolwa kwePap njalo eminyakeni emithathu kwabesifazane abaneminyaka engama-21 kuya kwengama-65.

Umdlavuza wesibeletho uhlolo lomdlavuza olwenzeke kumaseli womlomo wesibeletho - ingxene engezansi yesibeletho exhuma esithweni sangasese sowesifazane.

Izinhlobo ezahlukahlukene ze-human papillomavirus (HPV), isifo esithathelwana ngocansi, zibamba iqhaza ekubangeleni umdlavuza omningi wesibeletho.

**SEXUAL ACTIVITY EQUALS A NEED FOR A PAP SMEAR**

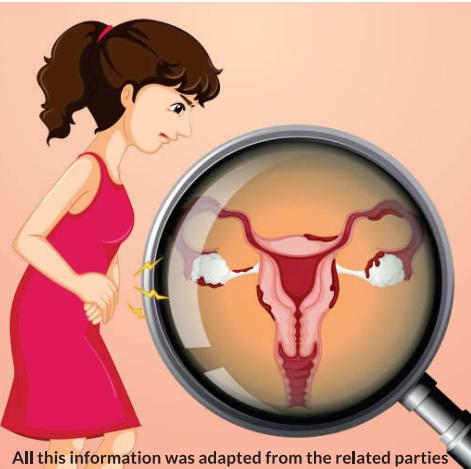
# CERVICAL CANCER

## WHAT IS CERVICAL CANCER?

Cervical cancer is a type of cancer that occurs in the cells of the cervix – the lower part of the uterus that connects to the vagina.

Various strains of the human papillomavirus (HPV), a sexually transmitted infection, play a role in causing most cervical cancer.

# FEMALE REPRODUCTIVE HEALTH



All this information was adapted from the related parties

# SEXUALLY TRANSMITTED INFECTIONS

## WHAT IS AN STI ?

STIs are infections you can get if you have unprotected vaginal, oral, or anal sex or skin on skin contact with someone.

Some STIs have symptoms but often there are no signs at all. People can be infected with an STI without knowing it.

STIs are **curable** and those without a cure can be effectively managed.

Condoms **DON'T** provide 100 percent protection from STIs.

Izifo ezithathelana ngokocansi izifo ongazithola uma uncansi olungavikelekile Iwesitho sangasese sowesifazane, somlomo, noma sendunu noma isikhumba lapho uthinta umuntu othile esikhunjeni.

Amanye ama-STI anezimpawu kodwa imvamisa azikho izimpawu nhlobo. Abantu bangatheleka nge-STI bengazi. Izifo ezithathelana ngokocansi ziylapheka kanti lezo ezingenalo ikhambi zingaphathwa ngempumelelo.

Amakhondomu **ANGANIKELI** ngokuvikelwa okungamaphesenti ayikhulu kwizifo zocansi.

**“KNOWING YOUR STATUS IS THE NEW SEXY”**



Mafu a likobo ke tšoaetso eo u ka e fumanang haeba u na le thobalano e sa sireletsang ea botše haling, ea molomo kapa ea ka morao kapa ea letlalo.

Mafu a mang a likobo a na le matšao empa hangata ha ho na matšao ho hang. Batho ba ka tšoaetsao mafu a likobo ba sa tsebe. Mafu a likobo a phekoleha 'me a se nang pheko a ka laoloa ka nepo.

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Likhohlopo HA HO fane ka tšireletso ea liperesente tse 100 ho mafu a likobo. Ke mokhoa oa ho etsa liteko tsa mofetše oa popelo ho basali.

E kenyelletsa ho bokella lisele molomong oa molomo oa hau. Ka kakaretso, lingaka li khothalets ho qala tlhahlobo ea Pap ha a le lilemo li 21.

Ho etsa liteko tsa pap ea lilemo tse tharo bakeng sa basali ba lilemo li 21 ho isa ho 65.

Kankere ea mokokotlo ke mofuta oa mofets'e o hlhang liseleng tsa molomo oa molomo - karolo e ka tlase ea popelo e hokahanang le botshehad. Mefuta e fapaneng ea human papillomavirus (HPV), e leng tšoaetso e tšoaetsanoang ka thobalano, e bapala karolo ea ho baka kankere e ngata ea popelo.

Ii-STI zizifo onokuzifumana ukuba awukhuselanga kwilungu lobufazi, ngomlomo, okanye ngesondo ezimpundu okanye ulusu kulwalamano fwakho nomntu.

Ezinye ii-STIs zineempawu kodwa amaxesha amaninzi akukho mpawu kwaphela. Abantu banokosulelwya yi-STI bengazi.

Ii-STIs ziyanyangeka kwaye ezingenalo unyango zingalawulwa ngokukolo.

Likhondom **MAZINGABONISI** ukuhuseleko lveepesenti ezili-100 kwizifio ezingumvuka wokwabelana ngesondo. Yinkqubo yokuvavanya umhlaza womlomo wesibeleko kwabasetyhini.

Kubandakanya ukuqokelela iiseli kumlomo wesibeleko sakho.

Ngokubanzi, oogqirha bacebisa ukuqala kovavanyo IwePap kwiminyaka engama-21. Ukuvavanywa kwe pap rhoqo kwiminyaka emithathu kwabasetyhini abaneminyaka engama-21 ukuya kumy-65.

Umhlaza womlomo wesibeleko luhlobo lomhlaza olwenzenka kwiiseli zomlomo wesibeleko-icandelo elisezantsi lesibeleko eliqaghagamshela kwilungu lobufazi.

Lintloblo ngeentloblo ze-papillomavirus yomntu (i-HPV), usulelo olosulela ngokwabelana ngesondo, ludlala indima ebangela uninzi lomhlaza womlomo wesibeleko.



**SANPUD**

South African Network of People Who Use Drugs

All this information was adapted from the related parties