

Providing high quality patient-centered primary
and reproductive health care.



How often should I get a pap smear for cervix cancer detection?

Pap smears are an important way to screen for cervical cancer. However, too frequent of testing can lead to false positive results and unnecessary treatment. At Blue Mountain Clinic we are choosing to follow national guidelines and want you to be aware of why we are changing our screening methods. We are always open to screening more often if that is the right choice for you, but based on the evidence behind screening for cervix cancer less, we are comfortable with using the new “less screening” guidelines. Of course all guidelines are just guidelines and we will discuss with you what may be appropriate based on your past medical history and symptoms.

We feel that women still need **annual well exams** to check blood pressure, screen for sexually transmitted infections, discuss birth control, discuss prevention for many commonly seen illnesses, and address any other concerns.

Our job is to help you stay healthy in regards to all parts of your life!

New American Cancer Society Guidelines:

- 21-29 year old every 3 years pap smear
- 30-65 year old every 3 years pap smear **or** 5 years with HPV typing done at the same time.
- Over 65 no pap smears unless there is a history of abnormal pap smears in last 20 years.

Note: If a pap smear returns as abnormal, sometimes HPV typing will be added immediately to determine the best plan for your care. So costs can vary based on your results.

Thank you and feel free to ask any questions you have.

Blue Mountain Clinic Team