

DON'T  
FEAR THE  
SMEAR

2<sup>nd</sup>

## Cervical cancer

is the second most common female cancer in Europe



**Cervical screening**  
can prevent up to 80%  
of cervical cancers

A smear test is  
quick, easy  
and painless

**It could save  
your life**



Marie Keating  
FOUNDATION



About **300** women are diagnosed with cervical cancer in Ireland each year

However, regular smear tests can help prevent the disease by detecting abnormalities which do not have symptoms

## Free smear tests

CervicalCheck offers free smear tests to **women aged 25 to 60**



Smear tests take **cells** from the neck of the womb



Regular smear tests are **free**



Pick any of the **+4,500** registered GPs or nurses



It takes less than **five minutes**

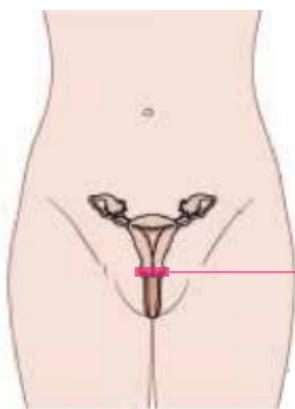


Most test results are **normal**



Check when your next smear test is at **CervicalCheck.ie**

## Where your cervix is



Area where cells are taken from during smear test

Cervix

Vagina



Diagram showing where the cervix is.  
Copyright © CancerHelp UK

## Symptoms of cervical cancer

- Abnormal vaginal bleeding between periods, after sex or after menopause
- Unusual and/or unpleasant vaginal discharge
- Discomfort or pain in your pelvis
- Discomfort, pain or bleeding during or after sex
- Lower back pain

Pre-cancerous cells and early cervical cancer may not have any symptoms which is why going for regular smear tests is so important.

## Reducing your risk



Have regular smear tests **every 3-5 years**



Don't smoke



Practice safe sex



Make sure your daughter gets the HPV vaccine

For more information...

visit [www.mariekeating.ie](http://www.mariekeating.ie)



Marie Keating  
FOUNDATION

## About the Marie Keating Foundation

Following their mother Marie's death in 1998, the Keating family promised that they would do everything they could to bring an end to cancer. They committed to providing Irish people with the necessary information to prevent cancer or detect it at its earliest stages. Their collective aim was **“making cancer less frightening by enlightening”**.

Through its community information service, the Foundation's dedicated nurses have enlightened over 200,000 people of the causes and risk factors of cancer. The Foundation is continuing to expand its awareness campaigns on the most common cancers affecting both men and women in Ireland, at local level through its community outreach approach as well as through national campaigns.

Through its Comfort Fund, the Foundation provides financial assistance to people who are currently receiving treatment for any kind of cancer and who, as a result, find themselves in financial difficulty. In 2015 alone, over 350 families received assistance from the Comfort Fund.

*On 2 February 1998, our mother, Marie died from breast cancer. Throughout her illness, we could do nothing to help the amazing person who had done everything for us, all our lives. We, the Keating family, have set up this charity in her name to try to prevent others going through what our family went through. This is also ensure that such a wonderful person did not die in vain.*

**Take care,**



Marie Keating  
FOUNDATION

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