

# 子宮頸抹片檢查

通向女性健康的新台階

## Pap Testing

A New Step on  
the Path to Women's Health

### 請 記 住：

健康是寶貴的，家庭也是寶貴的，抽出些時間，照顧您的健康、您的家庭……盡快同您的醫生約時間做子宮頸抹片檢查……定期去做抹片檢查。

### Remember

- Health is very precious, and so is your family.
- Take time to care for your health, your family.
- Schedule a Pap test appointment with your doctor today.
- Get Pap tests regularly.



Drawings and artwork by: **Budong Zhao**  
Pamphlet written and prepared by: **Hoai Do**  
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# Facts About Cervical Cancer

Cervical cancer can be prevented.

One of the best ways we, Chinese women, can take care of our health is to have Pap tests regularly.

**FACT:** One study showed that Chinese women in North America are twice as likely to get cervical cancer as their White counterparts.

**FACT:** A Pap smear is a simple test for cervical cancer. The doctor simply takes a sample of cells from the cervix and sends a slide to the laboratory.

**FACT:** Cervical cancer is a common cancer and is preventable. It is 99% curable if discovered very early. Pap tests are used to detect the disease and can save your life.

**FACT:** Cervical cancer can be asymptomatic. A woman can have cancer without knowing it. A Pap test can tell you if your cervix is normal or not. If it is not normal, the earlier cancer is found, the easier it is to cure.

**子宮頸癌** 是可以預防的，對於我們中國女性，保護健康的最好方法之一便是定期做子宮頸抹片檢查。

**事實：** 一項研究表明住在北美的中國女性得子宮頸癌的機會是白種女性的兩倍。

**事實：** 子宮頸抹片檢查是簡單易行，醫生從子宮頸底部取一些細胞樣品，然後送到實驗室檢查是否有子宮頸癌。

**事實：** 子宮頸癌是一種常見的癌症，但也可以預防，如果提早發現，99%可以治癒。子宮頸抹片檢查是一種檢驗法，可以拯救您的生命。

**事實：** 子宮頸癌有時毫無徵狀。患子宮頸癌的女性有可能毫無察覺。子宮頸抹片檢查可以檢查您的子宮頸是否正常。如果不正常，越早發現，越容易治好。



Mrs. Leung

**Mrs. Leung:** "I am 56 years old and spend most of my time doing housework and taking care of children. I have been blessed with good health all my life. My husband, my children and grand children are also healthy. I cook "bou" (replenishing) soups, take anti-cancer herbs and do light exercise whenever possible. I observed the sitting month rituals and practice women's health hygiene. I heard my friends and daughters talk about Pap testing but I don't think women like me need one."

**FACT:** Women can develop cervical cancer at any age. All women, healthy or not, rich or poor are at risk of developing cervical cancer. Getting a Pap test is a smart thing you can do to take care of your health. The test is like a pair of eyes that can see things that your own eyes can not see. It can tell you if you have a cervical problem or not. The Pap test gives you a jump-start on taking care of yourself before any problem becomes too big.

**FACT:** Cervical cancer is a preventable disease. Getting a Pap test regularly can detect cancer early and prevent cancer from becoming worse. A Pap test can help you stay healthy.



Mrs. Leung

**梁太太:** 我 56 歲，大部份時間做家務，照顧孩子。我很幸運，一生都很健康。我的先生、孩子們、孫子們也很健康。我盡可能多煮補湯，服用防癌草藥，經常運動。我遵守“坐月子”的規則，注重婦女衛生。我聽我的朋友和女兒談起過子宮頸抹片檢查，但我覺得像我這樣的女性不用做子宮頸抹片檢查。

**事實:** 婦女在任何年齡都可能患上子宮頸癌。所有的女性，不管健康與否，也不論是貧是富，都有可能得子宮頸癌。子宮頸抹片檢查是您保護健康的最明智方法。通過子宮頸抹片檢查，您可以查出您的子宮頸是不是存在問題，並盡早治療，可防止疾病擴散。

**事實:** 子宮頸癌是一種可以預防的疾病。定期做子宮頸抹片檢查可以早期發現癌症，預防加重，幫助您保持健康。



Annie

**Annie:** “My husband, an assistant cook for a Chinese restaurant, and I have three young children. We are very busy working to support our family. The last Pap test I had was over five years ago. I was overdue for another one but was too busy to make it to the doctor’s office. I am concerned about not getting Pap tests regularly but at least I had one before.”

**FACT:** Many clinics are open evenings and weekends to serve working women like you. It is important to get a Pap test regularly even when you feel healthy.

**FACT:** Cervical cancer takes a long time to develop. Women with early cervical cancer may feel completely normal. Therefore, it is very important to have regular Pap tests.

**Annie:** “My mom never gets a Pap test. She keeps saying that she does not need one because she is old, no longer has periods, and has stopped having a sex life since her husband died. She feels too embarrassed to let a doctor examine her ‘down there.’ Also, she is scared of hearing bad news about the Pap test result. I believe my mom should have a Pap test. In fact, I will go so that she can go with me.”

**FACT:** Many cervical cancers can occur in women who are post-menopausal and who are no longer sexually active.

**FACT:** Herbal medicines and traditional health promotion practices can go hand in hand with Pap testing. One does not keep you from using the other.



Annie

**安 妮:** 我先生是個中餐館的廚師助手，我有三個孩子，為了支持這個家，我們工作得很忙。我上一次做子宮頸抹片檢查是五年前了。我早應該再做抹片檢查，可是我一直忙得沒時間去看醫生。沒能定期做子宮頸抹片檢查使我很焦慮，但至少我以前做過。

**事 實:** 許多診所晚上和週末就可以就診，以方便您這樣工作的女性。即使您覺得健康，也應定期做子宮頸抹片檢查。

**事 實:** 子宮頸癌潛伏期較長。早期子宮頸癌患者可能感覺完全正常。因此，定期做子宮頸抹片檢查非常重要。

**安 妮:** 我母親從未做過子宮頸抹片檢查。她常說沒必要，因為她年紀大，已經過了更年期，丈夫去世後也不再過有性生活。她覺得讓醫生檢查下體很不好意思。而且，她怕會聽到不好的抹片檢查結果。我認為我媽媽應該去做子宮頸抹片檢查。事實上，我應該和她一起去。

**事 實:** 許多過了更年期，不再有性行為的女性也會患子宮頸癌。

**事 實:** 草藥和傳統保健方法可以同子宮頸抹片檢查互補，它們並不互相排斥。



Mrs. Hu

**Mrs. Hu:** “I had cervical cancer and feel fortunate to have my normal life back. If it was not for my friend, Mrs. Yip, who convinced me to have a Pap test, my cancer would not have been discovered and treated. I am now 64 years old and happy that I have lived to see my grand children and great grand children.

“After living through the ordeal, I want to tell all women the importance of getting a Pap test. It is one thing we can do to take care of our health. Even now, no matter how busy I am with housework and babysitting, I will never skip my Pap test appointment. The Pap test gives me peace of mind.”

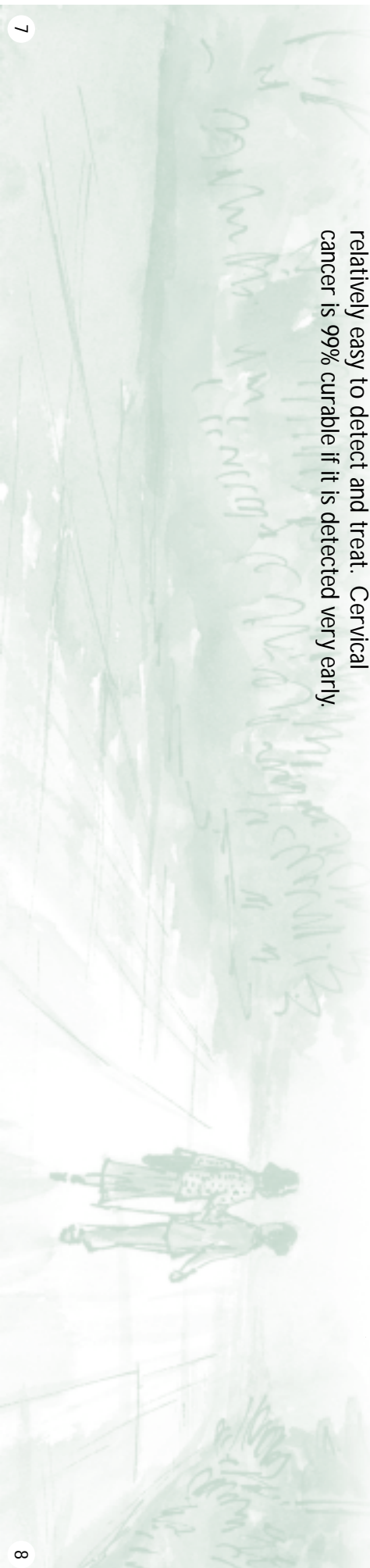
**FACT:** Compared to other cancers, cervical cancer is relatively easy to detect and treat. Cervical cancer is 99% curable if it is detected very early.



Mrs. Hu

**胡太太:** 我患過子宮頸癌，能夠重新恢復以前的生活，我覺得很幸運。多虧我的朋友葉太太說服我去做子宮頸抹片檢查，我的癌症才發現，而被治療。我現在64歲，都有孫子和曾孫子了。自從那次經歷，我想告訴所有女性做子宮頸抹片檢查的重要性。它是我們為保護健康而應做的。至今，不論家務事，帶孩子有多忙，我都不會錯過去做子宮頸抹片檢查，只有做了檢查我才能放心。

**事實:** 同其它癌相比，子宮頸癌比較容易探測並加以治療。早期發現的子宮頸癌99%可以治癒。



# Questions & Answers

# 問與答

**QUESTION:** My doctor does not suggest a Pap test. Do I still need to have one?

**ANSWER:** Yes. It is important to have Pap tests regularly. If your doctor does not suggest it, you can ask for one.

**QUESTION:** Where can I get a Pap test?

**ANSWER:** You can get a Pap test from family or general practitioners, gynecologists, medical clinics or local health departments.

**QUESTION:** I have a male doctor and feel embarrassed about getting a Pap test from him.

**ANSWER:** You can request a female doctor specifically for the Pap test. Your doctor can arrange that for you.

**QUESTION:** I heard my friends and neighbors talk about the Pap test but I don't know much about it.

**ANSWER:** If you want to learn about Pap testing, you can talk to your doctor or nurse.

**QUESTION:** I am always busy taking care of my grand children and doing housework. I do not have time to see a doctor, let alone to have a Pap test done.

**ANSWER:** Taking good care of your health is the most important thing you can do for yourself. Prevention and early treatment of cervical cancer can help avoid potential pain and suffering for you and your family. A Pap test is worth your time and investment. It could save you unnecessary worry.

**QUESTION:** Would I feel pain and discomfort if I had a Pap test?

**ANSWER:** You may feel pressure during Pap testing. However, Pap tests should not be painful and do not harm the cervix.

**問：**我的醫生沒有建議子宮頸抹片檢查。我是否需要做子宮頸抹片檢查？

**答：**是的。定期做子宮頸抹片檢查非常重要。如果您的醫生沒有建議，您可以要求做抹片檢查。

**問：**在哪裡可以做子宮頸抹片檢查？

**答：**家庭醫生、主治醫生、婦科專家、醫療診所及當地保健機構都可以做子宮頸抹片檢查。

**問：**我有個男醫生，我覺得讓他做子宮頸抹片檢查不好意思。

**答：**您可以特別要求女醫生做子宮頸抹片檢查。您的醫生可以為您安排。

**問：**我聽朋友和鄰居談起過子宮頸抹片檢查，但我對子宮頸抹片檢查知道得很少。

**答：**想了解更多子宮頸抹片檢查的最好步驟，是先詢問您的醫生或護士。

**問：**我常常忙著照顧孫子、做家務，連看醫生的時間都沒有，更別說做子宮頸抹片檢查了。好好照顧您的健康是最重要的。預防和早期治療可以避免您和家人可能面臨的痛苦。子宮頸抹片檢查值得您的時間和精力，還能省去不必要的擔憂。

**問：**做子宮頸抹片檢查是否會讓我覺得疼痛不安？您可能會覺得有壓力，但子宮頸抹片檢查並不會讓您覺得疼，也不會傷害子宮頸。