

# #IHADMINE

Take a selfie with this card, upload to social media and use #Ihadmine to help spread the word about cervical screening and save the lives of other women.



@HealthierNWL



[www.healthiernorthwestlondon.nhs.uk](http://www.healthiernorthwestlondon.nhs.uk)



NHS Stay Well

# If you could reduce your risk of getting cervical cancer would you?

Did you know...

Cervical cancer is largely preventable

Cervical screening\* (smear tests) saves 5,000 lives a year in the UK

A cervical screening lasts five minutes but the impact of cervical cancer can last a lifetime

Book an appointment to have your screening with a nurse or doctor at your GP practice today, you can request a female if you prefer. Appointments are available in the evening and at the weekend across North West London seven days a week. Ask your GP practice receptionist for more details.

My appointment is on ..... at .....

*\* Cervical screening is a test to detect abnormalities that can be treated to prevent cancer developing. Being screened regularly (every 3-5 years) provides a high degree of protection against developing cervical cancer. All women aged 25 to 64 who are registered with a GP are invited for cervical screening. If you don't have an invitation and are unsure if you are due for a screening you should contact your GP to find out.*