**Cervical Screening social media posts**

In England two women die every day from cervical cancer, yet it is one of the most preventable cancers. Getting your screening can help stop it before it starts. So don't ignore your invite, and if you missed your last cervical screening, book an appointment with your GP practice. Find out more at nhs.uk/cervicalscreening

**Why is cervical screening,** or smear testing, **important?**

Cervical screening is not a test for cancer. It helps prevent cervical cancer by checking for a virus called high-risk HPV. If left untreated, these cells can develop into cancer. Cell changes are easily treated and this prevents cervical cancer.

Cervical screening can help stop cancer before it starts, so don't ignore your invite. If you missed your last one, book an appointment with your GP practice or local sexual health clinic today. For more information visit nhs.uk/cervicalscreening

**Why is repeat cervical screening,** or smear testing, **necessary?**

Around 570 women in England aged between 50 and 64 are diagnosed with cervical cancer each year. That's why it is still important to attend your cervical screening even if you've had clear results in the past.

In England, women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening when invited, every 3-5 years depending on their age.

Find out more at nhs.uk/cervicalscreening

**What does cervical screening do?**

Cervical screening, or smear tests, are not tests for cancer. They help prevent cervical cancer by checking for a virus called high-risk HPV. If left untreated, these cells can develop into cancer. Cell changes are easily treated and this prevents cervical cancer.

Cervical screening saves lives - encourage those you love to get screened if they are overdue a test. For more information visit nhs.uk/cervicalscreening

**What can I do if I am worried about my test?**

We understand that getting a cervical screening, or smear test, can be nerve-wracking or inconvenient, whether it's your first time or not. We all have our reasons for putting it off, but don't ignore that invite, even if you think everything's okay. If you're feeling anxious, here are a few tips to make the day a bit more comfortable:

* Wear a skirt or dress if you feel more comfortable; you can keep it on during the test and only remove your underwear.
* Request a nurse or doctor of a specific gender if it helps you feel more at ease during your cervical screening.
* Different-sized speculums are available; if the standard size is uncomfortable, ask to try another size.
* If lying on your back is uncomfortable, request to lie on your left side with your knees bent.
* If you're experiencing discomfort due to menopause, ask your nurse or doctor for a prescription of vaginal estrogen cream or pessary, which may provide relief.

Cervical cancer is one of the most preventable cancers, but screening can help stop it before it starts.

Don't ignore your invite and remind your loved ones to book theirs. For more information visit nhs.uk/cervicalscreening

Even if you expect everything’s fine, don’t ignore your smear test invite. The appointment only takes only takes 5 minutes, and it’s the best thing you can do to stop cervical cancer before it starts.

Even if you expect everything’s fine, the test can detect any cell changes early on. And the earlier cervical cancer is found, the easier it is to treat. In fact, you’re nine times more likely to survive cervical cancer when it’s found at an early stage, compared to a later stage. For more information visit nhs.uk/cervicalscreening