

## Capel Parish Nurses: *Serving the Community of Capel St Mary*

Having just entered a new year, people often pause and make new years resolutions. It is a great opportunity to examine our life styles and think about how we could become more healthy. Resolutions often involve eating more healthily, losing weight, exercising more, drinking less, stopping smoking – these are all positive life style changes and things that we can help you with. We will shortly be updating our website to include health promotion information and links to different organisations and websites.

It is also an opportunity for us to all think about whether our health screening tests are up to date. In particular this month, I am going to look at cervical screening. Smear tests prevent 75% of cervical cancers from developing and yet one in four women do not attend cervical screening when invited. In fact, smear tests save the lives of 5,000 women every year in the UK alone (1).

In my role as a practice nurse, I am one of the nurses who perform smear tests. I remember when I was first being trained, being told that the test was developed by George Papanicolaou and that he took samples from his wife every day for more than a decade! That puts our one test every 3-5 years (depending on age) into perspective. If you are anxious about having the test taken and would like to speak to someone about it then give me a call (Caroline) or look on the NHS choices (<http://www.nhs.uk/conditions/Cervical-screening-test/Pages/Introduction.aspx>) website or Jo's cervical cancer trust (<https://www.jostrust.org.uk/>) for further information. It really could save your life. Also, if you have had your test done and the result has come back with abnormal cells and you would like someone to talk it through with then give me a call (Caroline).

**Caroline: 07588 706869 [Caroline@CapelParishNurses.org.uk](mailto:Caroline@CapelParishNurses.org.uk) Wed & Fri 9:30-2:30**  
**Margaret: 07588 698284 [Margaret@CapelParishNurses.org.uk](mailto:Margaret@CapelParishNurses.org.uk) Mon & Wed 9-4**

**Website: [www.CapelParishNurses.org.uk](http://www.CapelParishNurses.org.uk)**

(1) Peto et al., 2004. The cervical cancer epidemic that screening has prevented in the UK. Lancet 35, 249-256.