



LAZIOSANITÀ
AGENZIA DI SANITÀ PUBBLICA

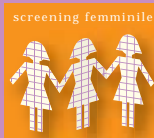


REGIONE
LAZIO



A Women's guide to prevention

Screening for reproductive cancers



Preventing cervical cancer



Each female between the ages of **25 and 64** has the right to a Pap test every three years.

The screening test to prevent cervical cancer is the Pap test, simple and usually painless; a sample of cells are taken from the cervix in a couple of minutes, performed by a trained obstetrician. The sample is swiped on a slide and analyzed under a microscope (cytological exam).

All materials used are disposable.

At times it is necessary to repeat the exam for technical reasons (insufficient sample, blood traces) or due to cervical-vaginal inflammation, both of which impede reading the sample.

The Pap test is used exclusively to detect cellular alterations in the cervix and not other gynecological diseases.

Remember that:

- The test cannot be performed during menstruation, but at least three days after.
- The use of vaginal suppositories, creams, or vaginal washes should be avoided in the three days preceding the test.
- Sexual relations should be abstained from 48 hours before the test.
- The test can also be done during pregnancy.

Early diagnosis of breast cancer

Every female between **50 and 69** has the right to a mammogram every two years.

The screening test used for the early detection of breast cancer is mammography, an x-ray of each breast from two different angles.

It is the most effective exam for early breast cancer detection because it can even detect very small masses that have not yet been noticed. As a result, the possibility of survival and of less aggressive treatments increase.

The exam is conducted by qualified radiologists. During the test some women experience modest discomfort for a short time. The hypothetical risks caused by exposure to x-rays are negligible and are significantly outweighed by the advantages of prevention.

It is important to always pay attention to any changes in the breast and to systematically perform self-examination of the breasts and underarm area. If variations in the breast are noticed, contact the screening coordination or family doctor.

Screening Process

for cervical and breast cancers

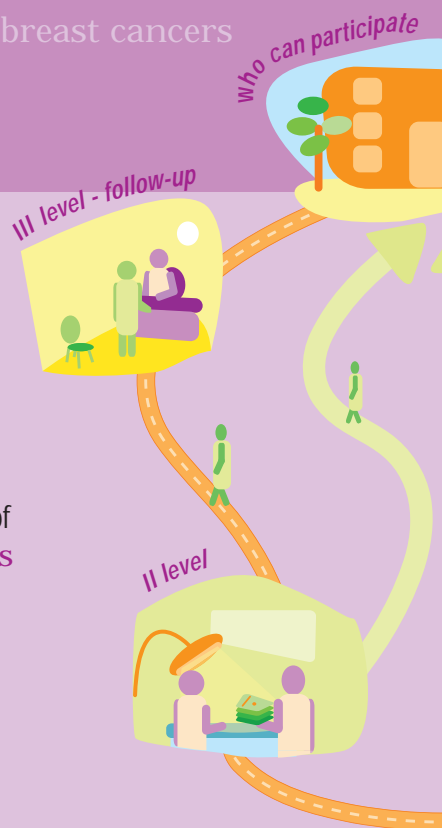
It is important to get scheduled screening checks, at the right time. This is the only way to ensure the effectiveness of prevention.

who can participate?

The screening program is a **public** health intervention offered free to women between **25 and 64 years of age** for the prevention of cervical cancer and between **50 and 69 years of age** for the early diagnosis of breast cancer.

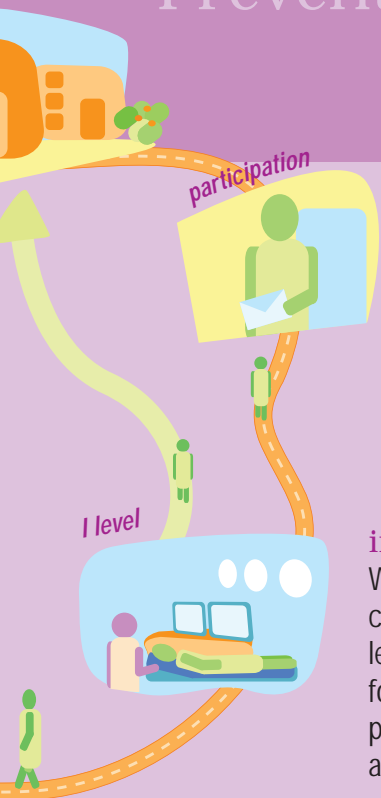
how to participate

Women are sent a letter of invitation by their local ASL of residence, they can go directly to a family planning clinic or call the toll-free number (numero verde) for screening at their local ASL to make an appointment.



You too have the right to participate

Cancer can be a silent killer Prevention is your defense



the tests

The screening exams include the Pap test and mammogram. The results are sent to the patient by mail. In case a repeat test or additional tests are necessary the woman is contacted by phone.

in-depth diagnostic exams

When the initial exam results are suspect, the patient is contacted to visit a specialized screening center (2nd level Screening Center - Centro di Screening di II livello) for more in-depth exams. The center's staff will personally contact the patient to communicate the appointment, and later, the outcome of the exams.

treatment course

When the in-depth tests identify pathologies, the 2nd level screening center guarantees assistance throughout the treatment process where it would be convenient for the patient to be treated; obviously if not, the patient is free to choose their usual center.

ate in a screening program

Prevention is Possible



- The exams are free and no referral (ricetta) is required.
- Any previous test results should be brought to the exam.
- Besides Pap tests and mammograms, all further diagnostic tests or therapeutic treatments are guaranteed to be free.
- Psychological support during the diagnostic-therapeutic process is available upon request.
- Certificates for work absence can be requested
- Starting checks early or increasing the number of exams does not improve protection.

Getting a mammogram every two years reduces the risk of dying from breast cancer by 35% in women between **50 and 69 years old**.

A Pap test every three years reduces the probability of cervical cancer by 88% and reduces almost to zero the risk of dying from the disease.

Contacts:

Comune di Roma

AZIENDA ASL ROMA A

Screening for reproductive cancers

- toll-free number: 800.334.900
- mon-fri: 8.00-17.00

AZIENDA ASL ROMA B

Screening for reproductive cancers

- toll-free number: 800.543.900
- mon-fri: 8.00-17.30

AZIENDA ASL ROMA C

Screening for reproductive cancers

- toll-free number: 800.405.051
- mon-fri: 8.00-18.00

AZIENDA ASL ROMA E

Screening for reproductive cancers

- toll-free number: 800.536.693
- mon-fri: 8.00-17.45
- saturday: 8.00-12.45

Comune di Roma e di Fiumicino

AZIENDA ASL ROMA D

Screening for reproductive cancers

- toll-free number: 800.634.634
- mon-fri: 8.30-18.00

Provincia di Roma

AZIENDA ASL ROMA F

Screening for reproductive cancers

- toll-free number 800.539.762
- mon-fri: 09.00-13.00

AZIENDA ASL ROMA G

Screening for breast cancer

- toll-free number: 800.084.986
- mon, wed, fri: 9.00-13.00
- tue, thu: 14.00-17.00

Screening for cervical cancer

- toll-free number 800.043.355
- mon, wed, fri: 9.00-13.00
- tue, thu: 14.00-17.00

AZIENDA ASL ROMA H

Screening for breast cancer

- toll-free number: 800.430.264
- mon-fri: 14.00-18.30

Screening for cervical cancer

- toll-free number 800.160.622
- mon-fri: 14.00-18.30

Provincia di Viterbo

Screening for reproductive cancers

- toll-free number: 800.840.359
- mon-fri: 9.00-13.00
- mon and thu: 15.00-17.00

Provincia di Rieti

Screening for reproductive cancers

- toll-free number: 800.646.999
- mon-fri: 11.00-13.00

Provincia di Latina

Screening for reproductive cancers

- toll-free number: 800.065.560
- mon-fri: 9.00-13.00

Provincia di Frosinone

Screening for reproductive cancers

- toll-free number: 800.003.422
- mon-fri: 9.00-13.00



For more information:
www.asplazio.it
www.osservatorionazionale screening.it