

## What about mammograms?

If you are over 40yrs, it is recommended that you have a mammogram. There is a screening mammography service at BC Women's Hospital + Health Centre. You can call 604-775-0022 to book your appointment for the same time as your ACCESS clinic appointment.

**For any other health problems or concerns related to your disability, please visit your primary care provider.**

## ACCESS CLINIC

The ACCESS clinic provides gynecological care including breast and Pap test screening for adolescents and women with disabilities or who experience barriers to having a pap test or pelvic exam in their health provider's office.

The ACCESS clinic helps women have these simple tests done in a safe and respectful way.

### Finding us

Women's Health Centre, door #77 F2  
4500 Oak Street  
Vancouver, BC V6H 3N1



**Removing barriers**  
to health services one at a time

### What's New?

Together a Nurse Practitioner and Gynecologist provide complex contraception counselling, menstrual suppression and dilator therapy in addition to regular reproductive health screening for transgender patients, adolescents (16+) and older women with intellectual or physical disabilities.

Patients will be triaged to either a Nurse Practitioner or MD depending on the reason for referral.



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### **What is the ACCESS Clinic?**

The ACCESS Clinic offers cervical cancer screening (Pap Tests) to adolescents and women with disabilities, or who have had difficulties with routine screening at their health care provider's clinic. We aim to help any woman who has experienced barriers to cervical cancer screening, menstrual management, or who require specialized contraception counselling.

### **What is a Pap test & why is it important?**

A Pap test is a procedure that removes a small sample of cells from the cervix. Screening can detect abnormal cells, and if treated early, cervical cancer can be prevented from developing.

### **Who should get screened?**

All women between the ages of 25 to 69 should be screened every three years.

### **How is a Pap test done?**

The nurse practitioner will ask a few questions about your medical and sexual history in private. If you need help transferring to our special examination table, we will assist you and do all we can to make the examination as comfortable as possible for you.

The nurse practitioner will perform a Pap test, and check your ovaries and uterus. If further evaluation is necessary, the nurse practitioner will refer you to a gynecologist in the program.

### **What is Abnormal Uterine Bleeding (AUB)?**

AUB is bleeding that is excessive or occurs outside of the normal menstrual cycle. Hormonal management is often the treatment after more serious causes are ruled out.

### **What is Menstrual Management?**

Menstrual management often involves hormones to stop or reduce your periods so they are more manageable for you.

### **What should I wear?**

Wear comfortable clothing that is easy to remove. We will help you dress and undress if assistance is needed.

### **Do I need to bring someone?**

You may bring whomever you want to the appointment. This may be an advocate or an attendant. If you require assistance with transferring, it is recommended, but not required, that you have someone attend to assist. Please let the scheduling clerk know when you book your appointment.

### **How do I get an appointment?**

A referral is not required.

Please call (604) 875-3290 to book an appointment

The Access clinic is held on Tuesday afternoons.