Don’t Be a Dick to Cancer Prevention

If there’s one thing you do today, book in for your pap smear.

January 25, 2018 By Amanda Hayes

Now I’m not someone who usually preaches to others on how they should live their lives, but I came across something this week that just staggered me.

Women getting smear tests is at a new 20-year low.

Are some women just stupid? Or ignorant? With an “it’ll-never-happen-to-me” attitude.

Jo’s Cervical Cancer Trust is doing a #smearforsmear campaign to promote the importance of gynae health. I cannot emphasise enough the importance of gynae health.

KNOW YOUR VAGINA!!!

As a beauty therapist, I can’t tell you the amount of bikini waxes I’ve done over the years. Hundreds. Maybe even thousands. You’ll make yourself look pretty but you won’t make sure your foo foo is in top notch condition?

That’s just stupid. You spend longer on my beauty couch then you actually do getting a smear test.

Well what’s the point in a pretty foo foo if you’re not gonna look after the whole of your body.

Now you may think I’m being overdramatic here when I say the whole of your body but that’s what it is. I had a gynaecological cancer but it’s now in my lungs. Chemo affects your whole body, Radiotherapy irritates your stomach, bowel, bladder. Would you rather that than 5 minutes in the doctor’s office?

Take it from someone who’s done a smear test. It’s simple. You go in, you drop your panties, nurse does their thing and boom. You’re done. It’s important. That’s it.

Now these days I’m a realist… You may not take my advice. And you may not care about my story and how my life has changed from cancer and that’s fine. It’s your choice. But you’re stupid if you ignore booking in for your test. It doesn’t bother me if you do it or not.

You can take the alternative instead if you ignore that reminder from the NHS or those silly little

niggles that you never had before…

5+ Doctors prodding and poking your vagina, putting fingers up your butt, operating with countless doctors and students getting a good view of you in all your glory when you're knocked out! Yeah you might not know what they get up to and you may prefer it that way but you know more people have seen your downstairs in a week than ever before.

Case studies are done on your vagina. You're now a student GP's case that he talks about and learned from because you're so "rare."

No, for me, I'm not your usual case. Not all symptoms of vaginal cancer related to me. The most obvious was the heavy bleeding. And I don't mean just a heavy period. Big big clots the size of your palm. But I knew something wasn't right.

So I went to my doctors. Now don't get me wrong, if something is not right, you may have to fight. Don't ever give up if you think something is not normal. December 11th was my first port of call to the doctors. January 10th was my official cancer diagnosis.

Doctors and nurses don't care what you look like. Hairy, bald, clean, smelly, fat, thin, big or small. It's all in their job. They signed up for it and they knew what they got themselves in for. It's all in your head so get over it, buck up and get yourself booked in.

If there's one thing you do today it is book in for your smear (if you're a girl, obviously, otherwise go tell a girl to do it). And tell your friends to do it too. Pass the message on.

Oh also, donate blood when you can too!! I'm not asking for too much am I? Give blood!

If you fancy a read and are actually concerned about your vaginal health, check out Eve Appeal, they're a charity that promotes the importance of gynae health and offers support and advice to those in need.

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