

## About Your Doctor

**Dr. Richa Garg** completed her Post Graduate from J.J.M.C Davangere. Dr. Richa Garg is Head of Department and Quality Head at S.M.Path Lab and Hormone Centre. Her field of interest is histopathology and cytology. She work hard for ensuring accurate diagnosis. She has introduced an exclusive PAP clinic 'where she performs PAP Smear by liquid based cytology technique, in a comfortabale and hygeinic environment.

Regular Cervical Cancer Screening Campains and awareness programmes are being performed. So as to increase consciousness among women. This is her way of contributing towards women empowerment.

**Dr Richa Garg** is surgical pathologist and cytologist at SM PATH LAB & HORMONE CENTRE (Department of Pathology Shanti Madan Hospital). She has special interest in field of histopathology and cytology .Lab is equipped with high and fully automated machineries for hematology biochemistry and hormone assays.lbc for pap smear reporting and microbiology cultures are being performed .

She is also the quality head at sm path lab and regularly Carries out external and internal quality assurance by renowned institutes like a.i.i.m.s. and c.m.c. She has a dream of building one of the finest labs of India ...



**Dr. Richa Garg**  
M.B.B.S., D.C.P.  
(Surgical Pathologist & Cytologist)

## Central laboratory

The Central Laboratory at Shanti Madan Hospital "SM PATH LAB AND HORMONE CENTRE" under the guidance of Dr. RichaGarg, aims to provide the highest standards of diagnostic healthcare services regarding patient care, education and research. This department comprises New diagnostic techniques, automated instruments, and clinical laboratory technology, that keep patient convenience and efficient services in mind.

Our vision is to provide the best pathology lab experience to our patients by offering high-quality, accurate tests at affordable prices.

### Infrastructure & Equipment's:

- Advanced microscope with high end cameras
- Fully automated biochemistry analyser-EM 200
- Cell Counter Sysmex-XP 10
- Mini Vidas Hormone Analyser
- Roche 9180 Electrolyte Analyser
- Ecl 108 Coagulometer
- Affinion -2
- Photometer
- Laminar Air Flow Station For Microbiology
- Centrifuges, Incubators And Ovens



## About Shanti Madan Hospital

With desire to serve humanity, Shanti Madan Hospital (A Unit of Hans nursing home pvt ltd) was established in the year 1992 by **Dr Pradeep kumar**, with the divine blessings of Murari Bapu Ji.

**Dr. Pradeep kumar** gave the shape to the dream of his loving parents **Late SMT SHANTI DEVI JI** and **LATE SRI MADAN GOPAL JI**. And the dream was a modern and affordable Hospital, full of multiple facilities in Muzaffarnagar to serve the city and its surroundings.

A multi-speciality Modern Hospital



Paediatrics



Urology



Dental



Orthopedic



Pathology



Medicine

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**CERVICAL CANCER IS  
SILENT & DEADLY.**

Cervical Cancer Screening  
**THE PAP TEST**

at Mahi PAP Clinic

Get The PAP Test, (cancer screening test)  
done today to prevent cervical cancer.

**CERVICAL CANCER IS CURABLE**

Early Detection Saves Lives !

## Cervical Cancer Screening The PAP Test Saves Lives !

## Making Your PAP TEST Count

- What is a PAP SMEAR TEST?**  
A PAP Smear test is a procedure to test cervical cancer in women. The PAP test (or PAP SMEAR) looks for precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately. It is a routine procedure where cells from the cervix (opening between vagina and uterus) are scraped away and checked for signs of cancer.
- When to get a Pap Smear?**  
It's recommended to get a regular Pap test starting about age 21 until 29 at least every three years. After that, if you've had three consistently normal Pap smears, ask your doctor about having one in every five years. It is advisable that women over the age of 60 with a history of normal Pap test results may be able to stop having Pap smears.
- What to expect during a Pap test?**  
With the Pap test, the lab checks the sample for cancer cells or abnormal cells that could become cancer later. Try to schedule the test some time when you do not expect your menstrual period. Now, that you're at the clinic, what will happen? During a Pap test, we will collect cells from your cervix using a small scraper or cervical brush. Those cells are then sent off to a lab to be analyzed for any abnormalities that could be associated with HPV or cervical cancer.
- Do Pap smears hurt?**  
The word "scraping" doesn't sound nice if you're thinking of the pain factor. The test is going to be physically uncomfortable. It's not an everyday thing where your feet are up in the stirrups and your gyno is down there. But the thing is, despite the awkwardness, Pap smears don't take all that long to do.

## Why is Pap Smear IMPORTANT for women

### How often do you need a Pap smear?

How often you need a Pap smear is determined by various factors, including your age and risk.

Age	Pap smear frequency
<21 years old,	none needed
21-29	every 3 years
30-65	every 3 years or an HPV test every 5 years or a Pap test and HPV test together every 5 years
65 and older	you may no longer need Pap smear tests; talk to your doctor to determine your needs

### Cervical Cancer Screening: The Pap Test

Cervical cancer is the 2nd leading cancer site among women and the fact is that cervical cancer when detected early is curable.

The cervix is the opening of the uterus where a baby grows during pregnancy. Cervical cancer screening is usually part of a woman's health checkup. One of the readily available cervical cancer screening tests in almost all hospitals is the Pap smear test.

A Pap smear, also called a Pap test, makes it possible to find and treat cervical cancer in the early stages. According to the National Cancer Institute, regular Pap screening decreases cervix cancer incidence and mortality by at least 80%.

Tips to  
make your  
PAP TEST  
as ACCURATE  
as POSSIBLE



Schedule your appointment for at least 5 days after your period ends.



Avoid putting tampons and any kind of cream or liquid in your vagina for 2-3 days before the test.



Don't have sexual intercourse for 2 days before the test.



## Risky Factors:



Many Sexual Partners



Weak immune system



Cigarette Smoking



Long use of oral contraceptive pills



Pre-cancerous cells in your cervix

