

# Well-Being Walk



## Great White Egret

Scientific name: *Ardea alba*

In the UK, they are most frequently found in south-east England and East Anglia.

[Learn more about the Great White Egret](#)

### **Smear tests - did you know?**

You may have heard cervical screening being called a 'smear test'. This is because when cervical screening first started it involved taking a sample of cells from the cervix and then 'smearing' them onto a slide.

This process worked fine, but it's been very much improved by the introduction of liquid based cytology; where the cells are taken and then the brush is swilled about in a pot of liquid, which fixes the cells and makes sure they are well preserved. This pot can be used to test for HPV, and can be put on a special machine which puts the cells onto a slide in a thin layer so that they can be looked at using a microscope.

### **Let's break down barriers.**

Some people from minority backgrounds face cultural or religious barriers to screening. Awareness and conversation can help. This video from the North East London Cancer Alliance speaks directly to Muslim women:

[Watch on YouTube](#)