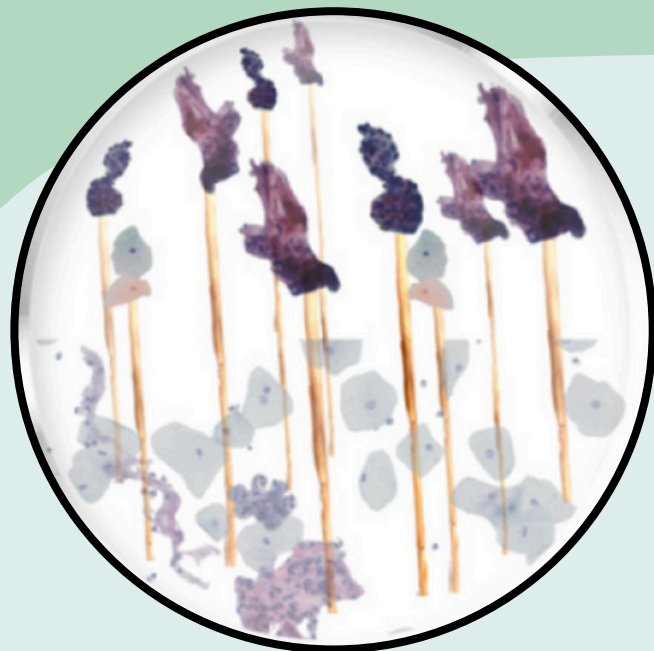


Well-Being Walk



Reeds

Work to restore habitats and make new connections between them is called nature "recovery".

Creating new connections will help the wildlife within these habitats survive changes to local weather patterns caused by our warming planet.

[Learn more about nature recovery in Norfolk](#)

Can you spot which parts of the cells may have been stained by which dye?

When the cells are first put onto the slide, they are transparent and it wouldn't be possible to see them properly under the microscope. In the lab we use a machine which uses dyes to colour the cells so we can see the cytoplasm and the nucleus of the cells. This stain is called the 'Pap stain'. It is named after the man who developed it. His name was George Papanicolaou and he invented it in 1928. This is why you may have heard the cervical screening test called a 'Pap test'.

There are 3 dyes used in the staining process – one called 'haematoxylin' stains the nuclei red initially, then the slide is put into tap water and this changes the colour to blue. The cytoplasm of the cells is stained using OG6 and EA50. OG6 is an orange colour and EA50 is pink/green.

Screening should feel right for you.

There are lots of simple ways to make your cervical screening more comfortable—like asking for a longer appointment, changing positions, or using a smaller speculum. You deserve to feel at ease. Here's a helpful guide:

[Eve Appeal – Adjustments You Can Ask For](#)