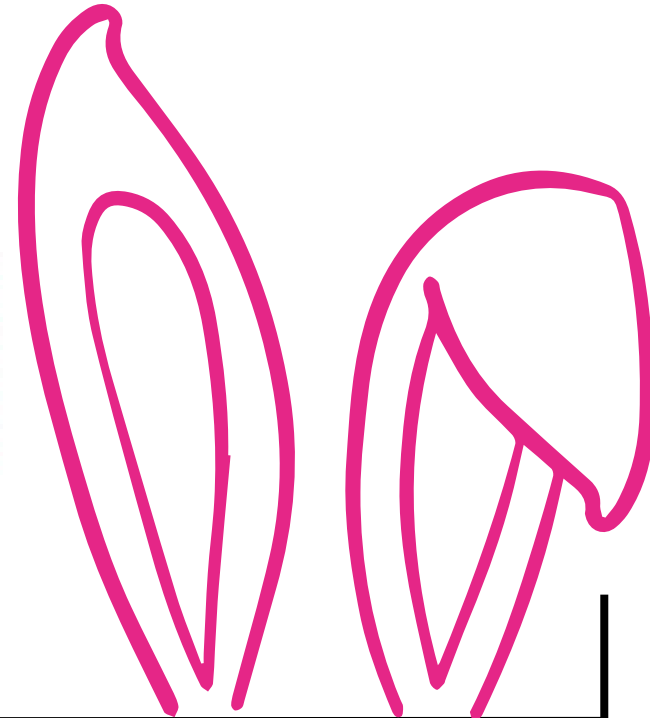


# SYMETRICS

## April Newsletter



### Programs

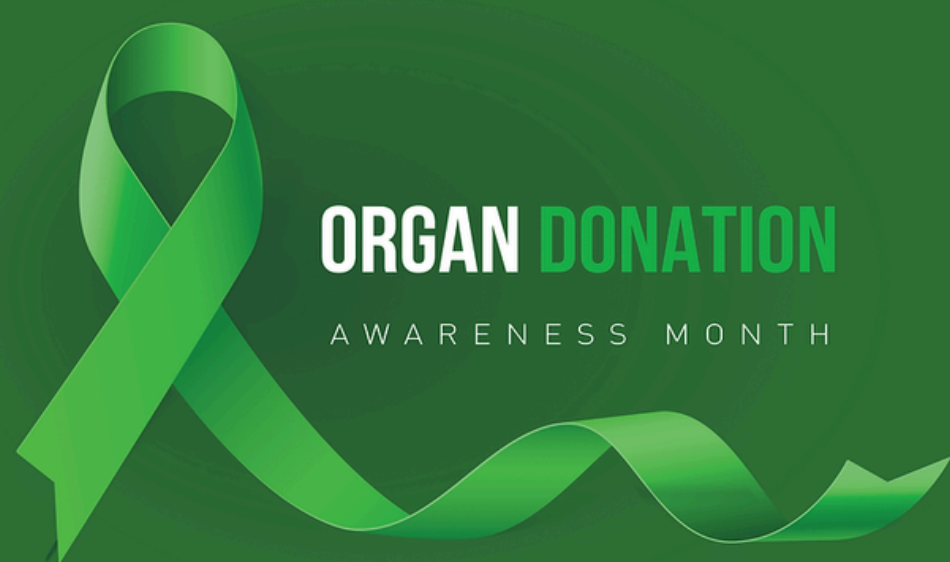
- **Senior Strong:**

April 14th-June 4th, 2025

Monday & Wednesdays: 9:30am-10:30am

- **EXCEL:**

Stay tuned for more information!



**ORGAN DONATION**

AWARENESS MONTH

For more information on how to become an organ donor, visit:

<https://noahstrong.ca/donor/>



### What's New!



**Urban Poles**

Do you have hip or knee osteoarthritis?

Are recovering from surgery?

Decreased balance?

Ask your therapist how Urban/Activator Poles may help you!

### **Summer is just around the corner!**



Ask your physiotherapist, athletic therapist, or chiropractor how to prepare for summer activities!

### Products

- Memory Foam Water Pillow: \$80
- Moist Heat Neck/Back Wrap: \$45
- AcuBall: \$35
- AcuBall Mini: \$23
- Posture Medic: \$38
- Biofreeze: \$20
- Cervical Traction Unit: \$36

#### **Nipissing University Students!**

Get 15% off NEW Physiotherapy and Athletic Therapy Assessments!

**15% OFF!**

Active student card MUST be presented at the time of appointment.

For every 5 Google Reviews, SYMETRICS will be donating \$20 to the North Bay Food Bank!



### Online Booking

Interested in booking your appointments online?  
Ask your provider for access today!

### Updates

#### **Renovations**

Our front desk will be getting a face-lift!

Symetrics will be starting some renovations on our main floor this month!

We appreciate your patience during this time.

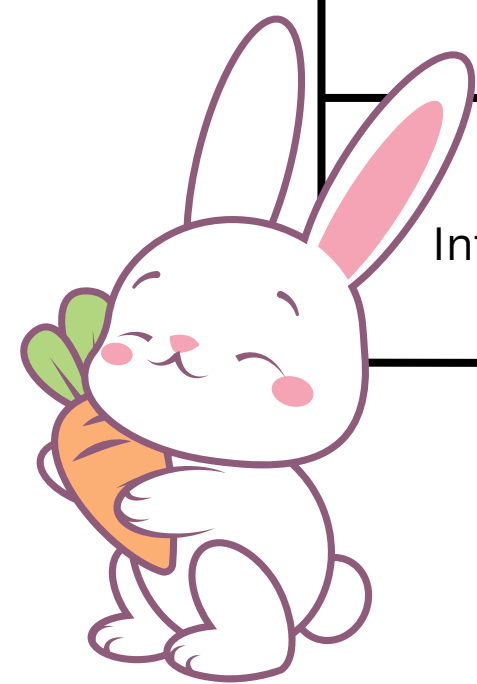
#### **Easter Hours**

*Please note: We will be closed April 18th, 2025 for Good Friday!*

#### **ARE YOU FOLLOWING US ON SOCIAL MEDIA?**



FOLLOW WHAT WE ARE UP TO BEHIND THE SCENES, LIVE UPDATES ON LAST MINUTE OPENINGS, FUN CHALLENGES, EDUCATIONAL POSTS AND MORE!



# As of March 3, Ontario has updated its cervical cancer screening recommendations for those with a cervix.

## What is changing:

For those in 'average risk screening' (immunocompetent, and have ever been sexually active with a partner):

- Traditional PAP cytology tests (taking samples of cells from your cervix) will be replaced by HPV (human papillomavirus) testing
- Follow-up testing will be done every 5 years instead of the current every 3
- The starting age has moved from 21 to 25

## Why it's important:

- HPV testing is more sensitive than cytology, meaning there is a greater potential for catching cancer or precancerous conditions earlier
- HPV testing will allow people to be transitioned off of colposcopy (a procedure where your cervix is examined more closely, often involving biopsies) earlier & more appropriately/with higher confidence, meaning less unnecessary procedures

## What does this mean for you:

- The procedure remains similar for now, with screening performed by a healthcare provider in office, using a speculum with a swab/broom sample being taken
- BUT, self-collection HPV kits are **technically available**, though not currently covered by OHIP nor recommended by the Ontario Cervical Screening Program. They will be available in the future, however, with Ontario planning to roll availability out in phases. This is MASSIVE - it means at-home collection available for everyone in the future, without the need for a healthcare provider. For many, this means a safer, more comfortable experience, ultimately resulting in more people engaging in screening that may otherwise not be (ie have had negative medical experiences in the past, personal/cultural reasons/experiences, history of trauma, etc).
  - o \*\*\* Of note, other provinces already do this type of screening - BC for example has been doing self-collection HPV screening since Jan 2024.
- Of note, due to provincial regulations right now, Naturopathic Doctors in Ontario cannot order HPV testing - this means IF you were getting regular PAPs with your ND, this will not be able to continue at this time. You'll need to see an OHIP-covered provider for HPV testing. Importantly, IF you do not have a family doctor or NP, you can go to the Sexual Health Clinic in North Bay.

**Screening saves lives, and the more accessible the better.**

In health,

**Dr. Jessica Petrusma, ND**