



The United States Congress designated January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year and almost one third will die, but the disease is virtually always preventable with appropriate screening (Pap and HPV tests) and vaccination.

Pap and HPV Testing (Screening Test)

A Pap test can find cell changes to the cervix caused by Human Papilloma Virus (HPV). HPV

tests find the virus and help healthcare providers know which women are at highest risk for cervical cancer. Pap and HPV tests (either alone or in combination) are recommended for women over 30: each woman should ask her health care provider how often she should be screened, and which tests are right for her.

Vaccination

HPV vaccines can help prevent infection from both high-risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The Center for Disease Control and Prevention (CDC) recommends all boys and girls get the HPV vaccine at age 11 or 12 as the vaccine produces a stronger immune response when taken during the preteen years. For this reason, up until age 14, only two doses of the vaccine are required. The vaccine is available for all males and females through age 45 but, for those 15 and older, a full three-dose series is needed.

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Cervical Cancer Awareness

Screenings are tests that look for diseases before you have symptoms, when they're easier to treat.

Every Women Is Responsible for Her Own Health And Well-being

The cervix is the lower part of the uterus, the place where a baby grows during pregnancy. Cervical cancer screening is usually part of a woman's health checkup.

Types of tests: the Pap test and the HPV test

PAP TEST

The lab checks the sample for cancer cells or abnormal cells that could become cancer later

Human Papilloma Virus (HPV) TEST

HPV is a virus that spreads through sexual contact. It can sometimes lead to cancer. If your screening tests are abnormal, your doctor may do more tests, such as a biopsy.

Screening: shown to decrease the number of deaths from cervical cancer. You and your doctor should discuss your risk for cervical cancer, at what age to start being screened, and how often to be screened.

Screening Saves Lives!