Cervical Cancer:
Take steps to protect yourself

Cervical cancer was once the leading cause of cancer-related deaths in women, but the number of deaths has been significantly reduced since women began getting regular preventive testing.

Here's what you should know:

All women are at risk for cervical cancer, but it most often occurs in women over age 30.

It is one of the most preventable types of cancers, thanks to the availability of screening tests and a vaccine.

The main cause is long-lasting infection with certain types of human papillomavirus (HPV), a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

If found early, it is highly treatable and associated with a long survival and good quality of life.

Here's what you can do:

Get regularly screened, starting at age 21.

Here are the two screening tests (which can be done in a doctor's office or clinic) that can help prevent cervical cancer or find it early.

- **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.
- **The HPV test** looks for the virus that can cause these cell changes.

Talk to your doctor about getting the HPV vaccine.

The vaccine protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers and works best before exposure.

For more information about cervical cancer, including the reccomendations for getting the HPV vaccine according to age and other preventive steps that may help lower your risk, go to:

www.cdc.gov/cancer/cervical/basic_info/index.htm

Turn to us—we can help.

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/

Download the app today!
Download on the App Store
GET IT ON Google Play

HealthAdvocate℠