

Cervical Health Awareness Month

Cervical Health Awareness Month in January is a chance to share information about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer.

ABOUT 79 MILLION AMERICANS CURRENTLY HAVE HPV, AND MANY DON'T KNOW THEY ARE AFFECTED.




DID YOU KNOW?

- Over 13,000 women will be diagnosed with Cervical cancer in 2019
- Pap tests have helped decrease Cervical cancer death rate by 50%
- Most cases are in women younger than 50
- Risk factors include smoking, obesity and HPV


3 WAYS TO RAISE AWARENESS & HELP PREVENT CERVICAL CANCER



ENCOURAGE WOMEN TO GET THEIR WELL-WOMAN VISIT THIS YEAR



LET WOMEN KNOW THEIR INSURANCE PLANS COVER WELL-WOMAN VISITS AND CERVICAL CANCER SCREENINGS



TALK TO PARENTS ABOUT HOW IMPORTANT IT IS FOR THEIR PRE-TEENS TO GET THE HPV VACCINE

HOW OFTEN SHOULD YOU GET SCREENED?

Regular health exams and tests can help find problems before they start.

- Women should get a pap screening test every 3 years if it comes out clear from ages 21 to 65
- Women should get an HPV test every 5 years if it comes out clear after the age of 30



DON'T FEAR THE DOCTOR

- Cervical cancer screenings can help detect abnormal (changed) cells early, before they turn into cancer. Most deaths from cervical cancer could be prevented by regular screenings and follow-up care.
- The HPV vaccine (shots) can prevent HPV. Both boys and girls need the vaccine

