

# Cervical Cancer

## Are you at risk?

### Find out.

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#### You can have cancer and not know it.

Cervical cancer is a slow-growing cancer that develops in the cervix, the lower section of a woman's uterus.

Cervical cancer can be caused by a human papillomavirus (HPV) infection. HPV is spread among men and women. You can have HPV and not know it.

#### You can help prevent cervical cancer.

Talk to your doctor or health care provider about receiving an HPV vaccine. Then get regular HPV screenings to catch any changes — before these cells have a chance to turn into cancer.

- The HPV vaccine is for both males and females ages 9-26 and ages 27-45 for those at risk per doctor's advice.
- This vaccine can help protect you against some types of HPV infections.

#### Get screened before you get cancer.

If you are 21 or older,\* ask your OB-GYN or health care provider about screening tests that can find potential problems early.

EVERY  
**3**  
YEARS

##### PAP TEST

Doctors view cells from the cervix and vagina under a microscope.

Every three years, starting at age 21,\* or yearly per your doctor's advice

EVERY  
**5**  
YEARS

##### HPV TEST

Tests the cervical cells.

Every five years, starting at age 30,\* with or without a Pap test



**Simple tests can catch cervical cancer early.**

**Vaccines can help protect you.**

\*These are general guidelines. Talk to your health care provider and follow their recommendations.



Because Life.™

\*Sources: CDC, USPSTF

## Don't forget to follow up.

You may need follow-up tests if you have:

- Abnormal results on your Pap test.
- Unexplained vaginal bleeding or pelvic pain.

## Questions?

Talk to your doctor and follow their recommendations. Keep in mind that every plan is a little different, so if you have questions about your costs and coverage, call the number on the back of your member ID card. That number is plan specific and the quickest path to correct answers.

### My appointment is on:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

## You can reduce your risk.

One way to reduce your risk is to get the HPV vaccine.

You are at **GREATER** risk if you use the pill (oral birth control), have a weak immune system, or have had chlamydia.

You can **REDUCE** your risk if you don't smoke cigarettes, limit your sexual relationships, use condoms, and avoid partners who have sexually transmitted diseases.

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