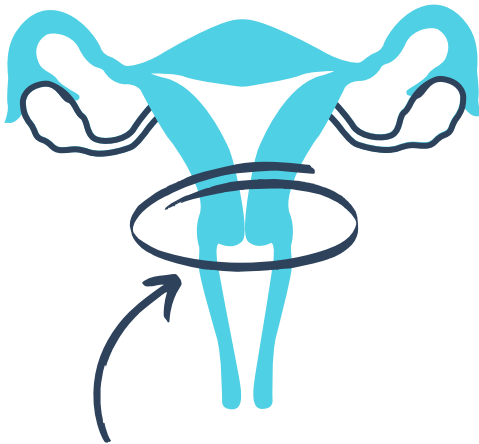


JANUARY IS

CERVICAL HEALTH MONTH

Cervical cancer is one of the most preventable cancers through HPV vaccination and regular screening with Pap and HPV testing.



This is the cervix!

Cervical cancer is caused when abnormal cells grow out of control. All people with a cervix can get cervical cancer. Long-lasting infection with certain types of HPV (human papillomavirus) is the main cause of this type of cancer. Health care providers can find these abnormal cells through a Pap test, and if found early can often remove them before they become cancer. Screening is key!

What can you do?

- 1** People ages 9-45 can get the HPV vaccine to help prevent the virus that causes 90% of cervical cancers.
- 2** Those age 21-29 should get a Pap test every 3 years to screen for cervical cancer.
- 3** Those age 30-65 should get a Pap test every 3 years OR a high risk HPV test/co-test every 5 years.



Learn more: <https://bit.ly/CervicalHealth2023>

