

# CERVICAL CANCER AWARENESS

## I was lucky.

"I was busy – working, traveling, enjoying life. I was overdue for a Pap test to check for cervical cancer. By the time I was tested, we thought I might have cervical cancer. After worrying and worrying, I finally got good results. I was so relieved – no cancer!

Women, please stay on top of your health. Get screened for cervical cancer. And get the *Inside Knowledge* about gynecologic cancers."

Cote De Pablo, Actress



The five main gynecologic cancers are: cervical, ovarian, uterine, vaginal, and vulvar. Cervical is the only one with a screening test to help prevent the disease or find it early.

Learn the symptoms and what you can do to prevent gynecologic cancers.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

[www.cdc.gov/cancer/knowledge](http://www.cdc.gov/cancer/knowledge)  
1-800-CDC-INFO



## You Can Prevent Cervical Cancer!

Did you know that as many as 93% of cervical cancers can be prevented by a combination of screening and vaccination? It's true. Cervical cancer is caused by infection with a common virus, HPV, which is transmitted during intimate activity. January is Cervical Cancer Awareness Month, and that is a good time to learn more about a cancer that can actually be prevented. If everyone eligible got the HPV cancer vaccine early, and if all adult women got their Pap tests as recommended (every three years starting at 21), this would prevent the more than 4,000 deaths from cervical cancer each year in the U.S.

Women should start to get a Pap test when they are 21. A Pap can detect early changes in a woman's cervix that can later turn into cancer. If the abnormal cells are found early, they can be removed so that they do not grow and worsen. When cervical cancer is found early, it is highly treatable and related with long survival. Half of cervical cancers occur among women rarely or never screened for cancer. Another 10%-20% of cancers occur in women who were screened, but did not receive adequate follow-up care.

For women that do not have insurance to pay for a Pap or a mammogram, there are programs to pay for some or all of these services. Call 712-243-7443 to see if you qualify for a program that will pay for Paps, exams or mammograms.

## FREE SCREENINGS

### QUALIFICATIONS:

Age: 40-64  
Income

Uninsured or Under Insured

### SCREENINGS:

Physical & Mammogram  
Clinical Breast Exam

Pelvic/Pap

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