

All About Cervical Cancer

Did you know?

All women are at risk for cervical cancer. ²

Cervical cancer occurs most often in women over age 30. ²

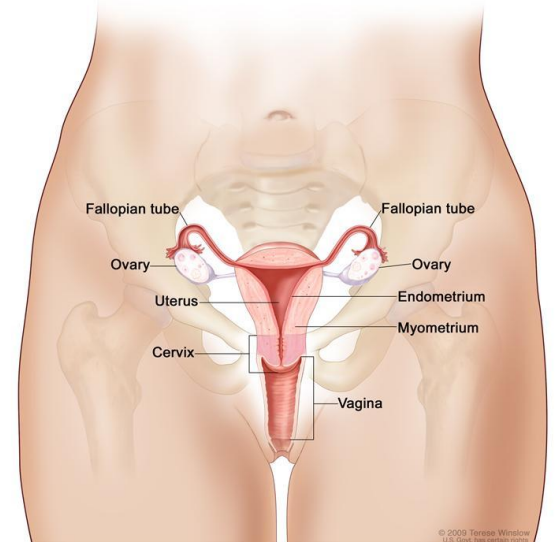
In 2007, 11,150 women in the United States were diagnosed with cervical cancer, and an estimated 3,670 died from the disease. ¹

6 out of 10 cervical cancers occur in women who have never received a Pap test or have not been tested in the past five years. ¹

Human Papillomavirus

Any woman who has ever had sex is at risk for HPV, or the human papillomavirus. HPV is a common virus that is passed from one person to another during sex. Almost all cervical cancers are caused by HPV, and most people do not even know they have it. You are more likely to get HPV if you started having sex at an early age, or if you or your partner has had sex with several others. HPV can go away on its own, but if it does not, it may cause cervical cancer over time.

In addition to having HPV, smoking, having HIV, using birth control pills for five years or more, having unprotected sex, or having gave birth to three or more children can increase your risk of cervical cancer.



HPV Vaccine

Gardasil and Cervarix are the only two HPV vaccines that are licensed by the FDA and recommended by the CDC. ³

- Both vaccines are very effective against HPV types 16 and 18, which cause most cervical cancers, so both vaccines prevent cervical cancer and pre-cancer in women.
- Both vaccines are very safe and are given as shots and require 3 doses.
- Both vaccines are made with very small parts of the human papillomavirus (HPV) that cannot cause infection with HPV, so neither of the vaccines can cause HPV infection.
- If you have more questions on the HPV vaccine contact your local health care provider, or visit www.cdc.gov/vaccines for more information.

Prevention

Cervical cancer is the easiest female cancer to prevent, with regular screening tests and follow-up. It also is highly curable when found and treated early. ¹

A Primary prevention of cervical cancer begins with getting a yearly Pap test, starting regular Pap tests at age 21 or within three years of the first time you have sex, whichever happens first. The HPV test is also used to screen for cervical cancer, and the Human Papillomavirus.

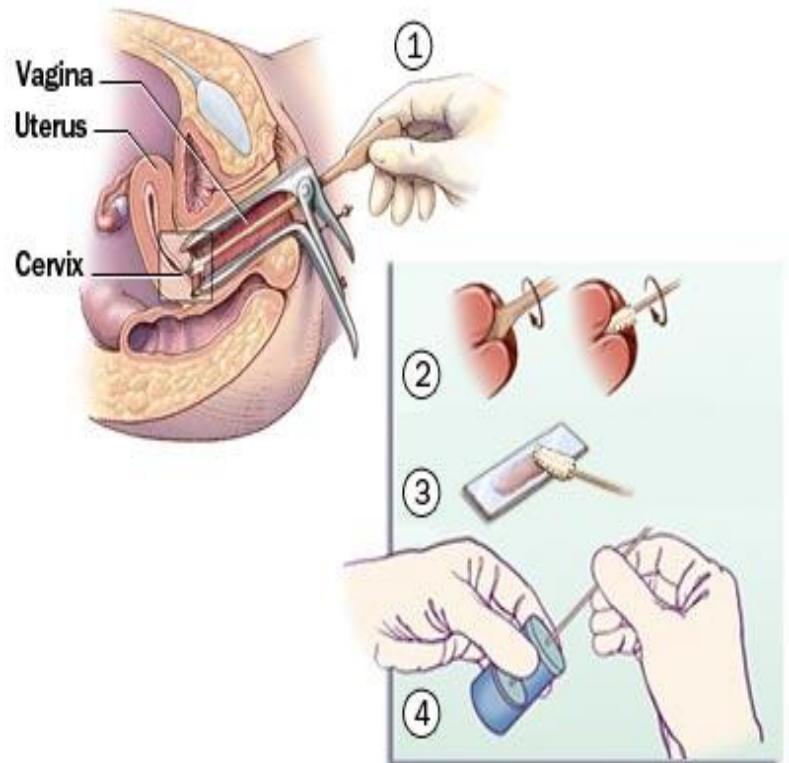
The Pap test looks for pre-cancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective. The Pap test is recommended for all women. ²

How To Prepare for Your Upcoming Pap Test

You should always schedule your Pap test for a time when you are not having your period. The best time is at least 5 days after your menstrual period stops. ¹

If you are going to have a Pap test in the next two days, you should not:

- Douche, which means rinsing the vagina with water or another fluid.
- Use a tampon.
- Have sex.
- Use a birth control foam, cream, or jelly.
- Use a medicine or cream in your vagina.



Did You Know??

- The Pap test is one of the most reliable and effective cancer screening tests available. ²
- The Pap test is also capable of finding other conditions that might need treatment, such as infection or inflammation. ¹
 - Pap tests are safe and painless.

If you have questions or concerns regarding cervical cancer, contact your primary physician. Also below are some helpful resources.

Support & More Information



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CANCER SUPPORT**

www.cancer.gov, www.thegcf.org, www.ascp.org, www.cdc.gov,
www.usiwebpool.cancer.org, www.nccc-online.org, www.gardasil.com,
www.nlm.nih.gov, www.macmillan.org

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