

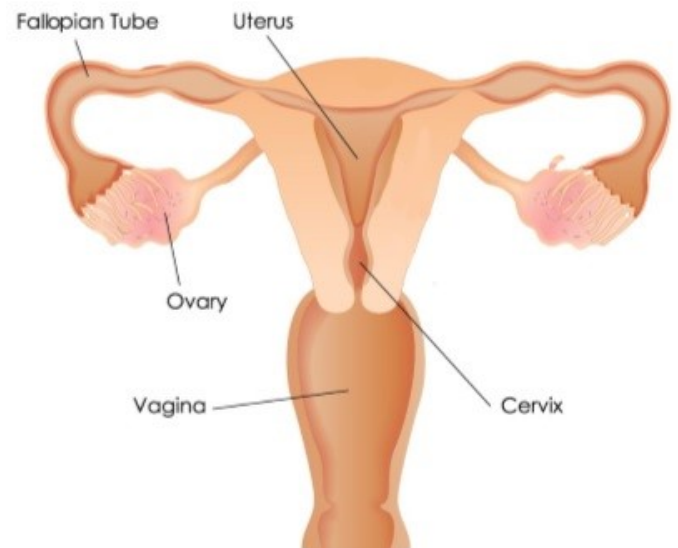
HPV and Cervical Cancer

What is HPV?

- HPV (Human PapillomaVirus) is an infection that you can get from sex. It can cause genital warts and cervical cancer.
- **At least half of all women and men who have sex will have HPV at some point in their lives.** Most of the time, HPV doesn't cause any health problems. But a few women who have HPV will get cervical cancer.

What is cervical cancer?

- Cervical cancer is when cells in the cervix grow out of control. The cervix is the part of the body that connects the vagina to the uterus (where a baby grows when a woman is pregnant).
- **You can prevent cervical cancer or catch it early with a regular screening test called a Pap smear.** Cervical cancer is highly curable when treated early.



What is a Pap smear?

- A Pap smear finds cell changes in the cervix. Cell changes may be cervical cancer.

When should I get a Pap smear?

You should get your first Pap smear when you are 21 years old.

- If your results are normal, you may need a Pap smear every 3 to 5 years.
- If your results are abnormal, or not normal, you may need a Pap smear more often.
- You should get a Pap smear every year if you have risk factors for cervical cancer, like HPV or HIV.

Ask your doctor about how often you need a Pap smear. You may need a Pap smear even if you are not having sex.

How can I prevent cervical cancer?

- Get the HPV vaccine. You can get it if you are between 11-45 years old.
- Tell your partner to get the HPV vaccine.
- Ask your doctor about Pap smears.
- Don't smoke.
- Use condoms during sex.

Talk with your CHN doctor if you have questions about HPV or cervical cancer screening. Set up a visit for a Pap smear at your CHN health center today!

No insurance? No problem. We offer Pap smears for free or at a low cost.