

Cervical Cancer Screening Guidelines

All women between 21-29 years old

get a Pap test every
3 years

All women between 30- 65 years old

get a Pap test every
3 years or

Co- test every 5 years

Knowing your risk factors is a great way to decrease your risk for cervical cancer.

You could be at high risk for cervical cancer if:

- ▶ You smoke commercial tobacco products.
- ▶ Have an HIV infection, or have any other condition that makes it harder for your body to fight off an infection.
- ▶ You have used birth control pills for five years or more.
- ▶ Have given birth to more than three children
- ▶ Have had multiple sexual partners, increasing your risk of having an HPV infection.

Call your provider or clinic if you notice any of these symptoms, these can be symptoms of advanced cervical cancer.

Irregular bleeding or discharge

Pelvic Pain or pain during intercourse

Honor Every Woman supports women who need cervical cancer screening by providing client reminders, referrals, and technical assistance to regional health clinics

Screening Saves Lives!



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Your Guide to Screening for Cervical Cancer

Honor Every Woman



**Great Plains
Breast and Cervical Cancer Early
Detection Program**

“Hecel Oyate Kin Nipi Kte”

“So that the People May Live”

What is a Cervical Cancer Screening?

There are many types of cancer screenings. A cancer screening is a test or medical procedure that can find cancer before symptoms appear.

Women ages 21– 29 should schedule a Pap test every 3 years to screen for cervical cancer.

Women ages 30– 65 should schedule a Pap test every 3 years. Or schedule a co– test every 5 years, a co– test is when you get a Pap test and HPV test at the same time.

Why should I get a cervical cancer screening?

▶ With the increased use of Pap testing, cervical cancer cases and incidence have dropped by 60% since the 1940's. ¹

▶ If you are sexually active there is a good chance you have been exposed to the Human Papilloma Virus (HPV), this virus causes most cases of cervical cancer.



▶ If you haven't been vaccinated against HPV, then Pap Testing/ HPV testing can catch cervical cancer early, while it is treatable.

▶ Cervical cancer is preventable, get screened, get vaccinated, and pass on the tradition of prevention.

Sources: 1. National Institutes of Health website, <https://report.nih.gov/nihfactsheets/viewfactsheet.aspx?csid=76> ; 2. American Sexual Health Association website, <http://www.ashsexualhealth.org/stdsstis/hpv/fast-facts/>; 3. American Cancer Society website, <https://www.cancer.org/cancer/cancer-causes/infectious-agents/hpv/hpv-and-hpv-testing.html>.

Pap Test/ HPV Test

A **PAP Test** is a medical procedure done to detect cervical cancer by collecting a sample of the cells of a woman's cervix.

An **HPV Test** is the same procedure as the Pap Test, but the laboratory testing looks for the presence of the Human Papilloma Virus in those cells.



In both the Pap and HPV tests the provider uses a speculum to open the walls of the vagina.



This is done so the provider can get a clear view of the cervix, and use a swab to collect cells from the cervix.



The provider labels the cells collected and the results are sent to a laboratory for testing.

Preparing for your cervical cancer screening

- ◆ Schedule the test for a time you do not have your period.

Two days before your Pap/ HPV Test

- ◆ Do not douche (rinse the vagina with water or any other fluid).
- ◆ Do not use a tampon.
- ◆ Avoid sexual intercourse.
- ◆ Do not use a birth control foam, cream, or jelly.
- ◆ Do not use any medicinal creams in your vagina.

Human Papilloma Virus (HPV)

HPV is a sexually transmitted virus that causes cancer and genital warts.

80% of people have been exposed to HPV ²

HPV causes cancers in both men and women.

- ▶ HPV is an extremely common virus, it is considered the common cold of sexually transmitted diseases. ³
- ▶ You can prevent the transmission of HPV by getting vaccinated and practicing safe sex.
- ▶ Early adolescence (age 11– 12) is the best time to get the HPV Vaccination.
- ▶ The HPV vaccination (Gardasil 9) protects against 9 types of HPV, 5 of which cause cancer.
- ▶ HPV typically clears up on its own but for about 12,000 women each year this virus progresses into cervical cancer.
- ▶ HPV is related to most cases of cervical, anal, vaginal, vulvar, back of the throat, and penile cancers.

HPV VACCINATION
is
Cancer
Prevention

