

Healthy People

Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV. Many people with HPV don't know they are infected.

The good news?

The HPV vaccine (shot) can prevent HPV. Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

Cervical cancer screenings can help detect abnormal (changed) cells early, before they turn into cancer. Most deaths from cervical cancer could be prevented by regular Pap tests and follow-up care.



How can Cervical Health Awareness Month make a difference?

Use this opportunity to spread the word about important steps women can take to stay healthy.

Here are just a few ideas:

- Encourage women to get their well-woman visit this year.
- Let women know that the health care reform law covers well-woman visits and cervical cancer screening. This means that, depending on their insurance, women can get these services at no cost to them.
- Talk to parents about how important it is for their pre-teens to get the HPV vaccine. Both boys and girls need the vaccine.



Schedule
Preventive
Exam

Preventive Exam Reminder

When it comes to maintaining wellness, prevention is the best medicine. Likewise, early detection is the next best thing. In both, timing can be everything.

Preventive care is one of the most underused, yet highest-impact strategies for improving wellness. Early detection of health concerns greatly increases the chances of positive health outcomes.

Yet amazingly, many Americans of all ages don't take advantage of simple, potentially lifesaving resources ranging from cancer screenings to immunizations to tips for safe recreational activity.

Schedule your preventive exam today! A new year, a healthier you!