

DETECT, PREVENT, AND SCREEN FOR CERVICAL CANCER



Cervical cancer can be found early and sometimes even prevented through regular screenings. Early detection is key to successful treatment. Talk to your doctor about a vaccination and cancer screening plan.

ARE YOU AT RISK?

Several risk factors increase your chance of developing cervical cancer, but screenings help catch it early. Risk factors include:

- Previous infection by the human papillomavirus (HPV) or chlamydia
- Having many sexual partners or one high-risk partner
- Smoking
- Having a weakened immune system
- Long-term use of oral contraceptives
- Having multiple full-term pregnancies or a full-term pregnancy under age 20
- Exposure to diethylstilbestrol (DES)
- Family history of cervical cancer


PREVENTION IS BETTER THAN A CURE

Preventing disease is more effective than dealing with it after a diagnosis. To reduce your risk of cervical cancer:

- Ask your doctor about vaccinations that may reduce your risk of cervical cancer
- Most medical organizations suggest beginning routine Pap tests at age 21 and repeating them every few years
- Use a condom every time you have sex and limit your number of sexual partners



[BCBSND.com](https://www.bcbnsd.com)



The CDC recommends
the HPV vaccine for
girls and boys

CERVICAL CANCER AND HPV

It isn't clear what causes cervical cancer, but it's certain HPV plays a role. The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccine for girls and boys (because it can prevent some male cancers as well) according to this schedule:

- Ages 11-14: two doses of the HPV vaccine at least six months apart
- Ages 15-26 who are just beginning the series: three doses of the vaccine
- HPV vaccination isn't recommended for everyone older than 26-years-old



Scan the code or visit nd.blue/CDCancerInfo to get more helpful information from the CDC about cervical cancer, including preventative measures for yourself and loved ones.



Or scan this code or visit nd.blue/PreventiveCare to see a full list of preventive care recommendations for you and your family.

Sources: The American Cancer Society, webmd.com, Mayo Clinic, CDC



Monthly wellness materials are part of a comprehensive health and wellness platform, BlueElements, which focuses on six dimensions of well-being—physical, social, emotional, financial, professional and community.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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