



January Is Women's Health and Cervical Cancer Awareness Month

Cervical cancer is a cancer of the cervix, a donut-shaped passage between the uterus and the vagina. Human papillomavirus (HPV) is the top cause of cervical cancer and the most common sexually transmitted infection. Here are some essential facts about preventing cervical cancer:

What are the prevention methods?

90%

The HPV vaccine protects against 90% of cervical cancers.



HPV infections may not have symptoms, so you need to get screened regularly for HPV and cervical cancer.



Cervical screening starts with a pap smear. Your healthcare provider will take a small sample of cells from the cervix, send it to a lab for testing, and then discuss the results with you.

Who should be screened?

Women 21-29

should have a Pap test every 3 years.

Women 30 and older

should have one every 5 years, along with an HPV test, or every 3 years without an HPV test.

Source:
njfpl.org

