



January is Cervical Cancer Awareness Month, and each week brings a vital message about women's health and prevention. Below are five key tips to guide us through this important month.

January 3

Understanding Your Risk

Start your year by learning about risk factors and discussing your family history with loved ones. Knowledge is your first line of defense.

January 10

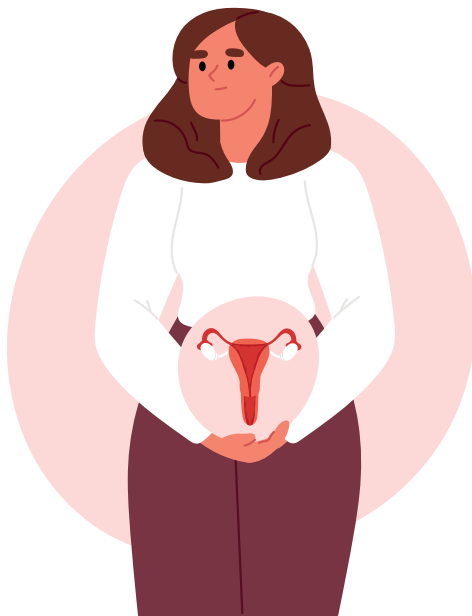
The Power of Prevention

The HPV vaccine is a game-changer in cervical cancer prevention. While typically recommended between ages 9-14, it's available through age 26 and sometimes up to 45.

January 17

Screening Saves Lives

Use this week to schedule your next screening appointment or remind a friend to schedule their appointment.



January 24

Know Your Body

Being aware of changes in your body is crucial. Unusual bleeding, changes in vaginal discharge, persistent pelvic pain, or unexplained fatigue are signs that warrant attention.

The HPV vaccine protects against 90% of cervical cancers.

January 31

Spreading Awareness

As we close out Cervical Cancer Awareness Month, let's focus on sharing what we've learned. The global health community aims for 90% of eligible girls to be vaccinated against HPV by 2030. Share this information with other women in your life — your mother, sister, daughter, or friend. Together, we can work toward eliminating cervical cancer.

Send our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

Source: [who.int](https://www.who.int)