



# WHAT IS CERVICAL CANCER?

- Cancer that begins in the cells of the cervix.
- Abnormal cell growth that forms a mass or a lump.
- Can spread to lymph nodes and other parts of the body.



## Who gets cervical cancer?

- It occurs most often in women over age 30.

## What are the symptoms?

- Early stages may have no symptoms.
- Abnormal vaginal bleeding, such as bleeding after vaginal sex, and bleeding after menopause.
- Discharge from the vagina with an odor.
- Pain in the pelvic area.
- Pain during sex.

## Can it be found early?

- The best way to find cervical cancer early is to have regular pap test (which may be combined with a test for human papillomavirus (HPV)).
- Be aware of any signs and symptoms to avoid delays in getting a test.
- Finding cancer early increases successful treatment.

## Who should get tested?

- All women starting at age 21.
- Every 3 years, all women ages 21-29 need a pap test.
- At age 30, women should get a pap test along with a HPV test every 5 years if both test results are normal.

## What can I do to reduce my risk?

- Get a HPV vaccine.
- All preteens who are 11 to 12 years old should get a HPV vaccine.
- Everyone through 26 years old, should get a HPV vaccine if not done already.
- The HPV vaccine should be given to everyone by the age of 26 years old.
- Do not use (commercial) tobacco.
- Use condom during sex.
- Limit your number of sexual partners.

## What tests are available?

Talk to your doctor about which test are right for you.

- Pap test is a procedure used to collect cells from the cervix and sent to the lab to find cancer and pre-cancerous cells.
- The HPV test looks for the high-risk HPV types that may cause cervical cancer. The test can be done at the same time as the Pap test.

**If you are 21-65 years old, talk to your care provider or call your local IHS, tribal or urban Indian health clinic to get a Pap test.**

