



How can I get more information?

For more information about cervical cancer and vaccinated against HPV, talk to your health care provider or contact:

The Cervical Cancer Campaign

www.cervicalcancercampaign.org/ccfacts/vaccine.html

The Centers for Disease Control and Prevention

www.cdc.gov/cancer/cervical

1-800-CDC-INFO

Talk to your health care provider for more information about what you can do to help prevent HPV and cervical cancer.

Quick Facts

- HPV is a very common infection and can cause cervical cancer.
- HPV is preventable.
- Talk to your doctor about things you can do to prevent HPV and/or cervical cancer, such as:
 - Getting vaccinated
 - Delaying having sex
 - Using condoms
 - Getting regular Pap tests
 - Not smoking

National
Family Planning
& Reproductive Health Association

1627 K Street, NW, 12th Floor

Washington, D.C. 20006

Phone: (202) 293-3114

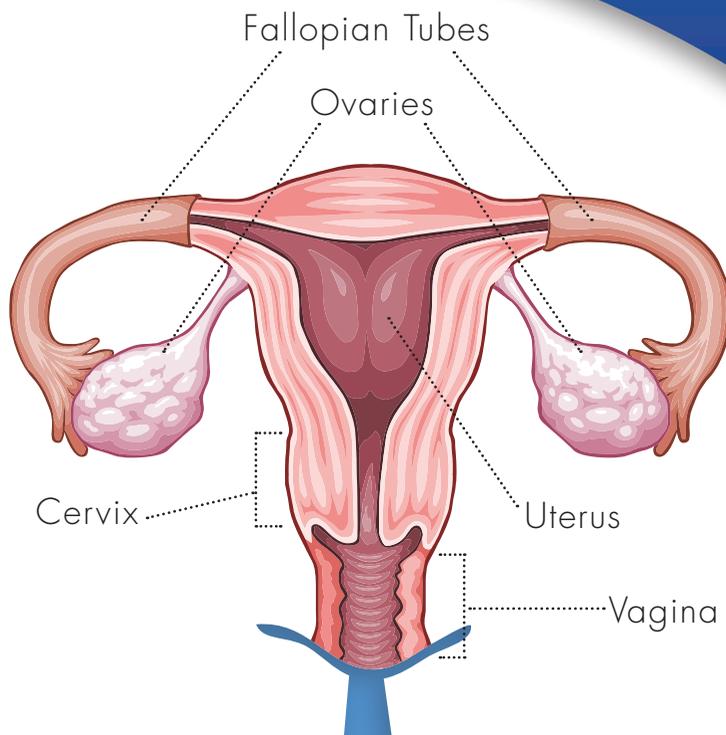
E-mail: info@nfprha.org

You Can Help Reduce the Risk of HPV and Cervical Cancer



HPV and Cervical Cancer: The Basics

- HPV is a very common infection. In fact, most women will have HPV at some point in their lives.
- For most women who get HPV, the virus will go away on its own.
- But if HPV does not go away, it can cause harmful cervical tissue changes in a woman's cervix that can lead to cervical cancer.



How can I help prevent HPV and cervical cancer?

Vaccinate Early

- There are vaccines to help protect against the HPV strains that most often cause cervical cancer.
- The CDC recommends vaccination for girls and women aged 9-26.
- Vaccination does not take the place of regular Pap tests. Both are needed.
- Talk to your health care provider about getting yourself or your daughter vaccinated.

Pap Test Regularly

- The Pap test is an important and easy way you can help prevent cervical cancer. Talk to your doctor to see if it is recommended for you.
- The Pap test checks the cells of your cervix to see if they are normal.
- Getting regular Pap tests can help your health care provider catch changes in your cervix before cancer can even happen.
- Next time you visit your health care provider, ask if you should get a Pap test and talk with him or her about how often you should get the test.

HPV Test When Recommended

- Your health care provider may recommend that you get an HPV test if you are over 30 or if you have an abnormal Pap test result.

What else can I do to help reduce my risk of getting HPV and cervical cancer?

- You can delay having sex until you are older.
- If you do choose to have sex, use a condom each and every time, and reduce your number of partners.
- Don't smoke! Smokers have a higher risk of getting cervical cancer.
- Talk to your health care provider about getting vaccinated.

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