



California Nursing Students' Association
January, 2020 | Community Health

CERVICAL HEALTH AWARENESS MONTH

Inside This Toolkit:

**FACTS ABOUT
CERVICAL CANCER &
TIPS FOR PREVENTION**

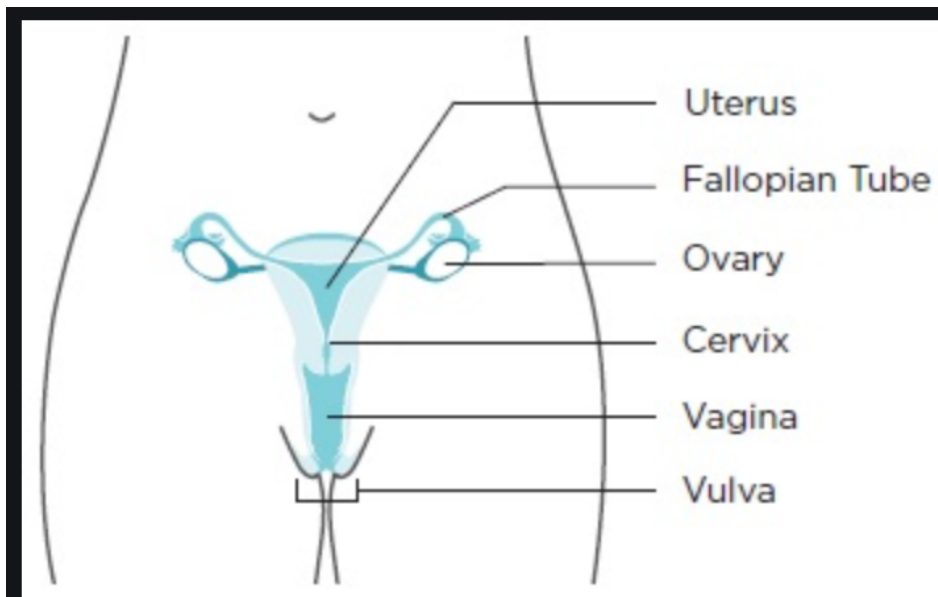


Facts About Cervical Cancer

Cervical Cancer is the out of control growth of cells in the cervix, the lowermost part of the uterus

Each year, 13,000 women are diagnosed with cervical cancer with women over 30 being the most at risk

Human Papilloma Virus (HPV) is the leading cause of Cervical Cancer



Risk of HPV is increased by smoking, extended birth control use (>5 years), giving birth to 3 or more children, and having HIV or another immunosuppressive condition

Cervical Cancer often initially presents with no symptoms but advanced stages may have abnormal bleeding or discharge

Tips For Prevention

HPV vaccines protect against virus strains that cause cervical cancer. People under 15 can receive 2 doses of the vaccine while people over 15 need 3

Pap smears detect changes in cervical cells and are recommended every 3 years between the ages of 21 and 65

At age 30 people can alternatively opt to receive a Pap smear and HPV test every 5 years. The HPV test detects the virus itself and identifies risk of cancer

Resources:

Center for Disease Control and Prevention (2019). Cervical Cancer . Retrieved https://www.cdc.gov/cancer/cervical/pdf/cervical_facts.pdf

National Cervical Cancer Coalition. (2019). Cervical Health Awareness Month. Retrieved <https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>



**CERVICAL CANCER
AWARENESS**