

BRINGING AWARENESS TO CERVICAL HEALTH

December 26, 2019 – January is Cervical Health Awareness Month, and District Health Department #10 (DHD#10) wants to spread awareness about the importance of cervical health to women everywhere.

One virus that impacts thousands of women every year is HPV (human papillomavirus). HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. At any given time, 79 million Americans have HPV, but many people with HPV don't know they are infected. Yearly, 13,000 HPV cases in women will turn into cervical cancer.

The good news? There's a lot that can be done to prevent cervical cancer:

- **Seek out regular screening tests and follow-up care.**
 - Cervical cancer can often be prevented with regular screening tests and follow-up care.
 - Women- begin receiving routine Pap tests at age 21.
- **Talk with your healthcare provider about any concerns.**
 - Get the conversation started, make it a priority.
- **Elect to have yourself or your child receive the HPV vaccine.**
 - Ideally, pre-teens should receive the vaccine by age 11 or 12. However, the vaccine can be administered up to age 26 in men and women.

“Vaccinating pre-teens, both girls and boys, at age 11 or 12 ensures they are protected before ever being exposed to the virus,” stated Dr. Jennifer Morse, Medical Director for DHD#10. “Of course, teens and young adults can receive the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.”

Don't let the cost of the HPV vaccine prevent you from receiving the vaccination. DHD#10 can bill most insurances to cover the cost of vaccination, and for those with limited or no insurance, DHD#10 uses a sliding-fee scale to help cover the cost of vaccine administration.

DHD#10 offers free Breast and Cervical Screenings to women up to age 64, regardless of insurance status. This program can assist women with clinical breast exams, pap smears, pelvic exams, cervical cancer screening, and screening mammograms (must be 40 years or older for mammogram).

Call 888-217-3904, option #2 to make an appointment at your local DHD#10 office.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental



MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



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Kalkaska
Lake
Manistee
Mason
Mecosta
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Newaygo
Oceana
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Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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