



BRINGING AWARENESS TO CERVICAL HEALTH

January 31, 2022 – As January and Cervical Health Awareness Month come to a close, the urgency remains for women to have a conversation with their healthcare provider about cervical health.

According to the Centers for Disease Control and Prevention (CDC), more than 14,000 women in the United States are diagnosed with invasive cervical cancer each year. Yet, this type of cancer is largely preventable with appropriate screenings and vaccination.

Early on, individuals should begin receiving cervical health screening regularly. At the age of 21, individuals can begin receiving Pap Tests (Pap Smears) and then at the age of 30, the Human Papillomavirus (HPV) Screening Test.

- 1. Pap Test (Pap Smear)
 - A method used to look for precancers, cell changes in the cervix, that might become cervical cancer if not treated
- 2. Human Papillomavirus (HPV) Screening Test
 - A method that looks for the virus that can cause these precancers

Both men and women should also choose to receive the HPV vaccine because HPV is the most common sexually transmitted infection in the United States. Receiving the vaccine protects against the types of HPV that most often cause cervical cancers in women, as well as other cancers in both 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 HPV virus," stated Dr. Jennifer Morse, Medical Director for District Health Department #10. "Of course, women up to age 26 and men up to age 21 can still get the vaccine if they didn't get it as pre-teens."

Don't let the cost of the HPV vaccine prevent you from receiving the vaccination. District Health Department #10 (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 also urges program-eligible women to take advantage of and receive free cancer and health screenings through the Breast and Cervical Cancer Control Navigation Program (BC3NP).

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Not sure if you are eligible for the BC3NP program? A family of 4 can make up to \$66,250. Check to see if you are eligible <u>here</u>.

To schedule a screening with DHD#10 or to learn more about the BC3NP, visit <u>www.dhd10.org</u> or call 888-217-3904.



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