

# JANUARY IS CERVICAL HEALTH AWARENESS MONTH



## What is a Cervix?

The cervix connects the vagina to the upper part of the uterus. The uterus is where a baby grows when a woman is pregnant.

## What is Cervical Cancer?

When cells in the cervix grow out of control. Almost all cervical cancers are caused by Human Papilloma Virus (HPV).

## Symptoms of Cervical Cancer:

- Bleeding or discharge from the vagina that is not normal.
- Pain during sex.
- Pain in the “pelvis” or lower back.
- May not cause symptoms early on.

## How to Protect Yourself:

- Get an HPV vaccine.
- All women get a Pap test 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.
- Avoid smoking commercial tobacco.

