

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.

