

# WHAT TO KNOW ABOUT Cervical Cancer Screening

Cervical cancer is a disease where cancer cells form in the tissues of the cervix, the opening to the uterus at the top of the vagina. About all cases of cervical cancer are caused by infection with the human papillomavirus (HPV). HPV is very common. Nearly 80% of people in the United States have been infected with HPV.

Cervical cancer screening from your doctor helps find cancer early, when it is easier to treat. The screening tests are a pelvic exam, Pap test, and Pap/HPV cotest.



During a **pelvic exam**, a doctor checks the vagina, cervix, uterus, fallopian tubes, and ovaries for signs of disease.



During a **Pap test**, a doctor collects cells from the cervix with a small brush and looks at them under a microscope to make sure they are normal.



During a **Pap/HPV cotest**, a Pap test and a HPV test are done at the same time. A HPV test allows the doctor to look for evidence of HPV. This test is more likely to find cervical cancer than a Pap test alone.

## SCREENING RECOMMENDATIONS

### FOR WOMEN AGE 21-29

Huntsman Cancer Institute **recommends a Pap test every 3 years.**

### FOR WOMEN AGE 30-65

Huntsman Cancer Institute **recommends a Pap test every 3 years or a Pap/HPV cotest every 5 years.**



## SIGNS AND SYMPTOMS

- Unusual vaginal bleeding
- Unusual vaginal discharge or odor
- Pelvic pain
- Bleeding during or after sex
- Pain during sex

**If you feel or notice any of these things, talk to your doctor as soon as possible.**

## HOW TO PREVENT CERVICAL CANCER



**Get the HPV vaccine.** Vaccination protects against HPV and helps prevent cancers of the cervix, head, and neck. All boys and girls age 9–26 should get the vaccine. It is available up to age 45. Talk to your doctor about vaccination if you are over age 27.



**Get screened regularly.** Ask your doctor which screening test is right for you.



**Avoid tobacco.** Avoid all forms of tobacco, including cigarettes, e-cigarettes, vaping, and chewing tobacco.



**Be physically active.** Exercise for at least 30 minutes each day.



**Eat healthy food.** Diets high in fruits and vegetables and low in fats and red or processed meats can help prevent cancer.



**Know your family history.** Talk with your doctor about your own health and your family's health history.



**QUESTIONS?**

**1-888-424-2100**

**HUNTSMANCANCER.ORG/SCREENING**

02/2021