

Cervical Cancer: A success story in prevention

"Cervical cancer used to be the leading cause of cancer death for women in the United States. However, in the past 40 years, the number of cases of cervical cancer and the number of deaths from cervical cancer have decreased significantly. This decline largely is the result of many women getting regular Pap tests, which can find cervical precancer before it turns into cancer."

Centers for Disease Control and Prevention

Over the last several decades we've seen the successful results from taking preventive steps to reduce your risk for cervical cancer

- Data from women ages 20 to 24 who were first to receive the human papillomavirus (HPV) vaccine showed a 65% reduction in cervical cancer incidence rates from 2012 through 2019.
- The cervical cancer death rate has dropped by more than half since the mid-1970s because of prevention and screening, although rates have stabilized in recent years.

90% of cervical cancers can be prevented by vaccination and screenings



Vaccination

The human papilloma-virus (HPV) causes nearly all cases of cervical cancer and some other cancers that affect both women and men. The HPV vaccine protects against these cancers.



Screening

There are usually no signs or symptoms of early cervical cancer. Pap test checks for cells that are not normal and might lead to cancer. The HPV test checks for the presence of HPV.

Vaccination and screening recommendations



11-12 years

Begin the HPV vaccine series for girls and boys. Approved for ages 9-26. Follow screening guidelines even if you get the vaccine.

21 years

Women should begin the Pap test and get one every three years.

30-65 years

Women should get a Pap test every three years or simultaneous Pap and HPV tests every five years.

80% of women ages 21-65 receive recommended screenings



The following are characteristics of low-risk for cervical cancer. If you are low-risk, talk to your doctor about personalized vaccination and screening recommendations.

- Younger than 21
- Older than 65 with previous normal screenings
- They have had a complete hysterectomy

For more information regarding preventive care and screening, visit Univerahealthcare.com/PreventiveCare



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