



how can i prevent cervical cancer



Vaccinate Early

www.nccc-online.org/hpv-vaccines

Cervical cancer is linked to infection with the human papillomavirus (HPV). **The HPV vaccine protects against the types of HPV that cause about 90% of cervical cancers.** The Centers for Disease Control and Prevention recommend vaccination at ages 11-12, but vaccination can start as early as age 9. Starting early is best—up to age 14, only two doses are needed. From ages 15-26, a three-dose series is recommended.

Screen Regularly

www.nccc-online.org/cervical-cancer-screening

Each year, nearly 14,000 cases of cervical cancer are diagnosed in the United States. **Yet cervical cancer is one of the most preventable cancers today. Early detection is the key.** Screening with the Pap test should start at age 21. (Screening is not recommended under age 21.) Starting at age 30, there are three options available for screening: a Pap test alone every three years, co-testing with a Pap and HPV test, every five years, or an HPV test alone, every five years.

January is Cervical Health Awareness Month

www.nccc-online.org/cervical-health-awareness-month



The **National Cervical Cancer Coalition (NCCC)** and its many local chapters across the country highlight issues related to cervical cancer, HPV disease, and the importance of early detection with special events in January.