

We can prevent cervical cancer!

There are simple steps to prevent cervical cancer.

Vaccinate early

Cervical cancer vaccination is available for all genders and can be given as early as age nine. The vaccine gives the strongest immune response when given during the preteen years, but routine vaccination is recommended for everyone through age 26.

Screen regularly

Cervical cancer screening should start no earlier than age 21. The specific approach to screening depends on the patient's age, medical history, and health care provider preference and may include a Pap test alone, an HPV test alone, or a Pap/HPV co-test. Ask your health care provider which approach is recommended for you and how often you should screen.

Nearly all cases of cervical cancer are preventable!



Cervical Cancer Prevention in Washington

**253 new cases in
Washington each year**

- King: 64
- Snohomish: 10
- Pierce: 34

Your NCCC Seattle, Washington Chapter

Chapter Leader

Selena Rushton

srushton@nccc-online.org

Screening

The Affordable Care Act (ACA) requires insurance to cover cervical cancer screening.

Those lacking insurance can check with the Breast and Cervical Cancer Services program for help finding quality, low-cost breast and cervical cancer screening services.

You can find more information and eligibility requirements at:

Breast, Cervical and Colon Health Program

Washington State Department of Health
111 Israel Road Southeast
Tumwater, WA 98501
(888) 438-2247

Vaccination

Regardless of gender, there are a number of HPV-related diseases against which the vaccine protects. This is why HPV vaccines are available for everyone beginning at age nine.

Why vaccinate so young? The immune response to the vaccine is stronger in pre-teens, although it's still excellent in older youth and can be given routinely through age 26. Another advantage to early vaccination is only two doses are required until age 14 (those 15 and older need the full three-dose series).

Cervical Cancer Screening Guidelines

Screening is not recommended for those under age 21 (cervical cancer is very rare in younger people). The specific approach chosen depends on factors such as age and medical history, and include:

- A Pap test alone every three years
- Co-testing with a Pap and HPV test, every five years
- An HPV test alone, every five years

Depending on the results of the Pap and/or HPV tests, a health care provider may recommend additional screening or procedures, so some people may be screened more often. Talk with your health care provider to see when screening should start (and how often), and which tests they recommend. Regardless of which approach is taken, the most important thing is to be screened regularly!



www.nccc-online.org