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 Iowa

116 new cases in Iowa each year

- Pottawattamie: 4

NCCC
National Cervical Cancer Coalition
A program of the American Sexual Health Association
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:

Care for Yourself
State of Iowa Department of Health and Human Services
321 East 12th Street
Des Moines, IA 50319
(866) 339-7909

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).