

5 FAST FACTS ABOUT CERVICAL CANCER

FACT ✓



AGE 25



Cervical cancer was once one of the deadliest cancers for women. Now it's one of the easiest to prevent and treat.

- Thanks to regular screening, death rates have dropped by more than half in recent years.
- The American Cancer Society says screening should start at age 25 for most women.

Book your screening test now, or ask your doctor when you need it.

FACT ✓



Cervical cancer is almost always caused by HPV (human papillomavirus).

- The virus spreads through sexual contact, often without symptoms.
- The Gardasil-9 HPV vaccine can prevent most cervical cancers, as well as other HPV-related cancers.

Ask your doctor if you need the Gardasil-9 vaccine. It's approved for kids and adults ages 9 to 45.

FACT ✓



Practicing safe sex can lower your risk of HPV and other cancer-causing STIs (sexually transmitted infections).

- HIV, chlamydia, gonorrhea, syphilis, and herpes can also raise your cervical cancer risk.
- Many people don't even know they're infected

Always use a condom during sex to protect yourself and others.

FACT ✓



Smoking cigarettes can DOUBLE your risk of cervical cancer.

- Weakens your immune system, so it's harder to fight HPV infections.
- Damages the DNA of cervix cells.

If you smoke, ask your doctor about ways to quit. It's never too late to stop.

FACT ✓

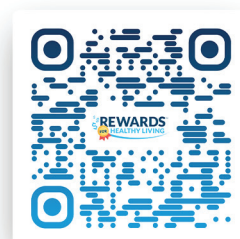


Other things that can raise your risk:

- Taking birth control pills for 5+ years (risk goes down when you stop)
- Being sexually active at an early age, or having multiple partners
- Having your first child before age 20

Talk to your doctor about your risk factors and what you can do to lower them.

Register today to learn more about cervical cancer.



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Still need to sign up?

Go to rewardsforhealthyliving.com and follow the instructions.