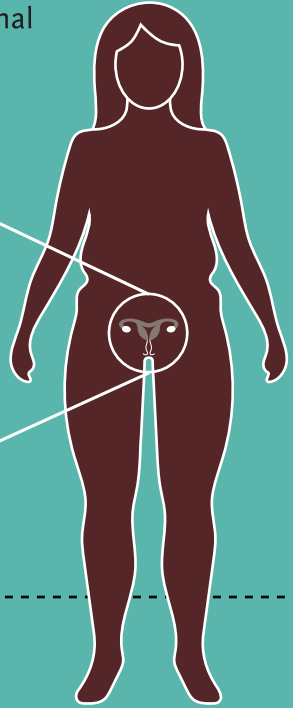
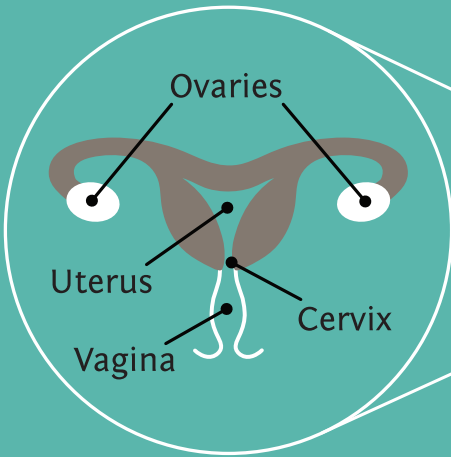


End Cervical Cancer

▶▶▶▶▶ in Indian Country

What is cervical cancer?

Cervical cancer is a disease where abnormal cells grow on the cervix.



What can I do?



GET VACCINATED

The human papillomavirus (HPV) vaccine is recommended for everyone **ages 9-26** to protect against HPV cases that lead to 9 out of 10 cervical cancers. *Learn more at: [AICAF.org/hpv](https://www.aicaf.org/hpv)*



PRACTICE SMART SEX

Use protection and talk with your sexual partners: anyone who has ever had anal, vaginal or oral sex can get HPV.



QUIT SMOKING

Smoking weakens the immune system, making it harder for the body to fight HPV infection. *Learn more at: [AICAF.org/quit](https://www.aicaf.org/quit)*



GET SCREENED

Cervical cancer is highly curable when detected and treated early.



American Indian women are nearly **2X** more likely to develop cervical cancer than white women.

Screening Tests

- ▶ **PAP TESTS** look for cell changes on the cervix during a pelvic exam. Regular Pap tests are the **ONLY** effective way to find cancer early
- ▶ **HPV TESTS** look for HPV that can cause cell changes that may lead to cervical cancer

When should I get screened?

21-29

Pap test every **3** years

30-65

Two options:

- 1) Continue Pap test every **3** years OR
- 2) Pap test AND HPV test every **5** years

65+

Talk to your health care provider

THESE ARE SCREENING GUIDELINES FOR AVERAGE-RISK WOMEN WITH NORMAL TEST RESULTS. TALK TO YOUR HEALTH CARE PROVIDER ABOUT GUIDELINES WITH ABNORMAL TEST RESULTS.

Abnormal Pap? Don't panic!

An abnormal Pap test is not a diagnosis of cervical cancer. Follow up with your health care provider to discuss your screening results and recommendations.



American Indian
Cancer Foundation.

