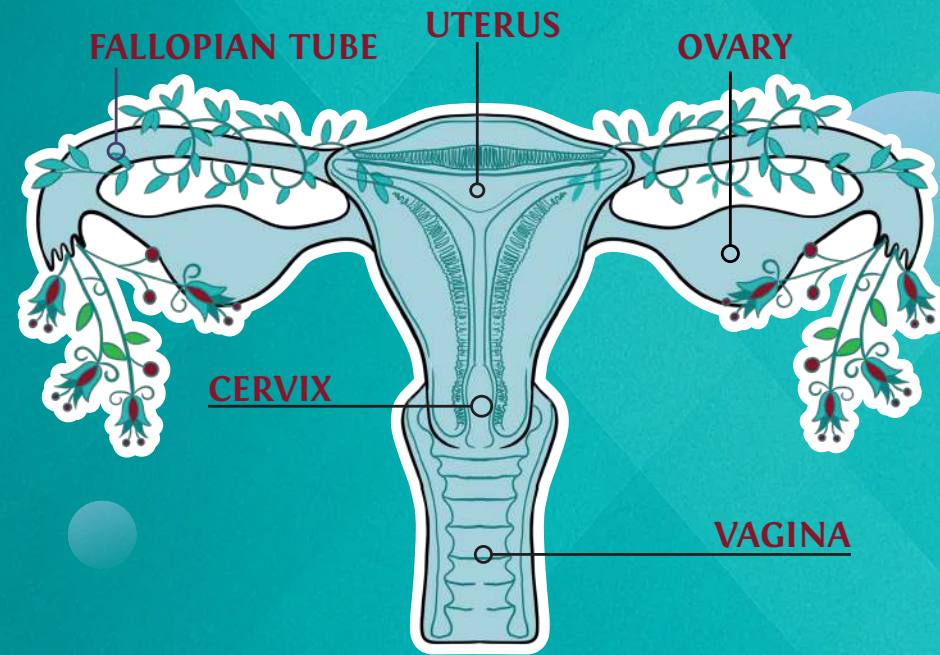


# Understanding Pap Tests & Cervical Health

## FEMALE REPRODUCTIVE SYSTEM



### Honoring Our Bodies & Protecting Our Health

Our bodies carry the stories of who we come from. Caring for them is an act of love for ourselves, our families, and our Nations.

### What is the cervix?

It's the lower part of the uterus. The cervix is a small opening at the end of the uterus a baby passes through here as well as your moon cycle (your period) and then out through your vagina.



## WHAT IS A PAP TEST?

A Pap Test is a preventative cancer screening that collects cells from the cervix to be examined for cancer or other cell changes. The test may make you feel uncomfortable, but the test is quick and taking care of your body and health is a gift to yourself.

A Pap Test and STD tests are different. A Pap Test does not test for STDs.

### A Pap Test can find:

- Cervical cancer at an early stage when it is easier to treat
- Certain types of human papillomavirus (HPV), a common infection that increases the risk of cervical cancer

### How often should people get a Pap Test?

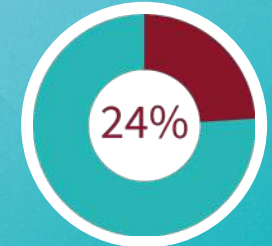
- 21-29 year olds every 3 years
- 30-65 year olds every 3 years or every 5 years depending on if the health care provider tested for HPV

The timing of your Pap Test could change based on your results, always talk to your health care provider to decide which schedule is right for you.

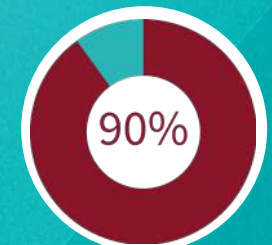
[WWW.AICAF.ORG](http://WWW.AICAF.ORG) FOR MORE INFO

## WHY PAP TESTS MATTER

### Screening Saves Lives



24.2% of women ages 21-65 are not up to date with cervical cancer screening



More than 90% of cervical cancers are caused by HPV



Cervical cancer screening can prevent cancer or help catch cervical cancers at earlier stages, when they are easier to treat

Sources: Centers for Disease Control and Prevention (CDC) and National Cancer Institute cervical cancer screening data ([cdc.gov](http://cdc.gov), [progressreport.cancer.gov](http://progressreport.cancer.gov)).