



Cervical Cancer Fact Sheet

12,820

Each year 12,820 women in the United States get cervical cancer.

70.9%

American Indians have cervical cancer rates up to 70.9% higher than Non-Hispanic Whites.

4,210

Number of women who die from cervical cancer each year.

2X



American Indian women are 2 times more likely to develop cervical cancer than white women.

91%

Women with invasive cervical cancer have a 91% five year survival rate when detected early.

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Cancer Health Facts

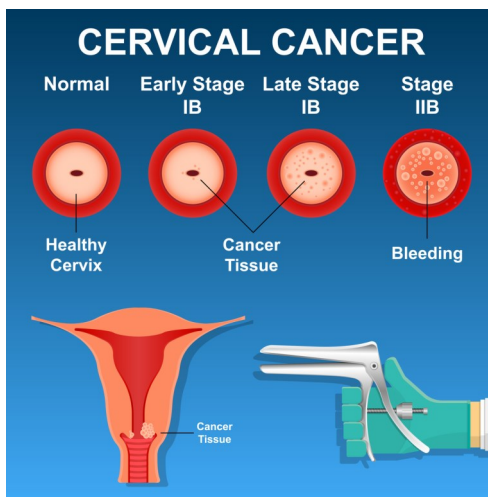
Awareness. Hope. Believe. Cure. Love. Early Detection. We Can Win This Fight.

What is Cervical Cancer?

The cervix is the lower, narrow end of the uterus. When cancer starts in the cervix, it is called cervical cancer. Also known as the womb, the uterus is where a baby grows when a woman becomes pregnant. The cervix connects the upper part of the uterus to the vagina (the birth canal).

The main types of cervical cancer are squamous (*skway-mus*) cell carcinoma (kar-sih-no-muh) and adenocarcinoma. Squamous cell carcinoma begins in the thin, flat cells that line the cervix. Adenocarcinoma begins in cervical cells that make mucus and other fluids.

All women are at risk for cervical cancer. It occurs most often in women over the age of 30. Each year, over 12,000 women in the United States get cervical cancer and over 4,000 women die from it. American Indian/Alaskan Native (AI/AN) women are 4.2 times more likely to die from cervical cancer than non-Hispanic white women.



70% of cervical cancer are caused by the Human Papillomavirus (HPV). HPV is spread through sexual contact, and can be prevented by getting vaccinated, and limiting the number of sexual partners that you have.

Screening Tests for Early Detection

Cervical cancer is the most preventable female cancer. Prevention is done through routine screenings such as Pap Tests or HPV Tests and early treatment.

Pap test (pap smear) - looks for abnormal cells on the cervix that can turn into cancer over time.

HPV test - looks for the virus that can cause abnormal cells on the cervix

Age	HPV Test	Pap Smear, only	Both Tests
Under 21	No test, consider HPV Vaccination if eligible.	Not recommended	Not recommended
21-30	No test recommended, consider vaccination	Every 3 years	No
30-65	HPV and Pap test ng recommended together	Every 3 years	Every 5 years
Over 65	Not recommended	Not recommended	Not recommended

Reducing Your Risk

You can make small changes to your daily life which will greatly reduce your risk of cervical cancer. These changes involve lifestyle changes. In addition to lifestyle changes, managing a timely screening schedule will help reduce your cervical cancer risk by increasing the chances that you catch cervical cancer early.

Lifestyle Changes

- Reach and maintain a healthy weight by:
 - Increasing physical activity - go for a walk, hike, or bike
 - Changing your diet to include more fruits and vegetables and less junk food
- Live a commercial tobacco free lifestyle
- Limit the number of sexual partners you have, and practice safe sex

Early Detection

- If eligible (females, ages 9-26, and males, ages 9-21), get the HPV Vaccination and encourage other eligible individuals to get vaccinated
- Get your Pap Test every 3 years, if you are 21-30 years old
- Get your HPV and Pap Test (co-test) if you are 30-65 years old

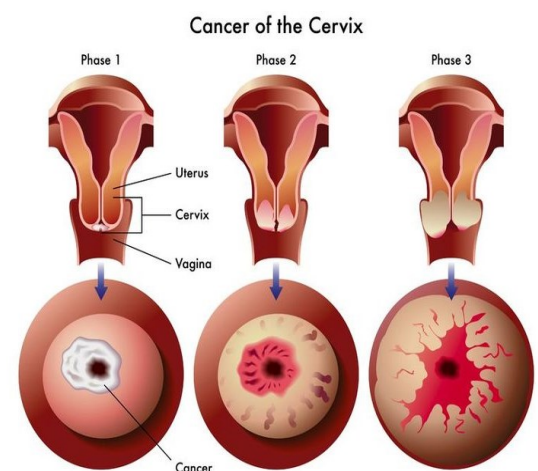
Signs & Symptoms of Cervical Cancer

Abnormal cervical cell changes rarely cause symptoms. But you may have symptoms if those cell changes grow into cervical cancer. Symptoms of cervical cancer may include:

- Bleeding from the vagina that is not normal, such as bleeding between menstrual periods, after sex, or after menopause
- Pain in the lower belly or pelvis
- Pain during sex
- Vaginal discharge that isn't normal

As part of your regular pelvic exam, you should have a Pap test. Your doctor may also do a Pap test and take a sample of tissue (biopsy), if you have symptoms of cervical cancer, such as bleeding after sex.

Image Source: <http://www.healthandfitnessstalk.com/wp-content/uploads/2013/07/cervical-cancer.jpg>



Questions to ask your Doctor at your Pap Test

One of the best ways to understand medical tests like the Pap Test is to ask your doctor questions. Here are some things you may want to ask.

- When will I receive my results?
- Do you have counselors available if I receive an abnormal result?
- What can I do to learn more about my Pap Test?
- Does the Pap test look for other diseases besides cervical cancer?

Remember:

Ask your doctor if you have experienced any uncomfortable or irregular menstrual bleeding, or other unusual symptoms.

If you have unexplainable swelling, pain, or symptoms in other parts of the body that have persisted tell your gynecologist.

Remember that it is ok to ask your doctor anything. Be brave, ask questions.



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