

AMIGAS

Helping Women Take Care of Their Health

Getting screened for cervical cancer can help women stay healthy. Abnormal cells that are found early can usually be treated to prevent cervical cancer. The HPV test can look for the virus that can cause these changes to the cells. That's why it's so important to get screened regularly.

Cervical cancer is easier to treat if it is found early. If found and treated early, cervical cancer is associated with long survival and good quality of life.

It is important to get cervical cancer screenings regularly with a Pap test alone, an HPV test alone, or combined Pap and HPV tests.

- If a woman is age 21 to 29, she should get a Pap test every 3 years.
- Beginning at age 30, a woman has three choices: a Pap test every 3 years, an HPV test every 5 years, or a Pap test and HPV test every 5 years.
- After age 65, you may be able to stop screening, OR you may need to get screened if you haven't been screened in awhile and have not had a hysterectomy. Talk with your doctor.

It is especially important for Latina women to get screened. They are at higher risk of developing cervical cancer.

Women can get screened for cervical cancer in this community. Talk with your community health worker about the clinics in your community where you can be screened. She will help you find a place that is right for you.

Make a promise to yourself and your family to get screened for cervical cancer.

Contact your community health worker or medical clinic today to schedule your cervical cancer screening test.

Community Health Worker: _____ Agency: _____

Phone: _____ Other Information: _____

Remember: One screening is not enough. Regular screening can help prevent cervical cancer or find it early when it's easier to treat.

Get a Pap test every 3 years. Or get an HPV test alone or an HPV test and a Pap test together every 5 years.

