Are you due for a screening and need help finding a provider or scheduling an appointment? Contact us.



The Presbyterian Customer Service Center is here to help. Contact us at the number listed on the back of your member ID card.

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ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'dę́ę́', t'áá jiik'eh, éí ná hóló, kojį' hódíílnih (505) 923-5420, 1-855-592-7737 (TTY: 711).

For more information, visit https://www.phs.org/nondiscrimination.



Presbyterian Health Plan, Inc. Presbyterian Insurance Company, Inc.

# Get Screened for Cervical Cancer



**Cervical cancer screenings** check for abnormal cells in the cervix. This screening is called a Pap test, and can also include a human papillomavirus (HPV) screening. HPV is the leading cause of cervical cancer. Screening is recommended for women 21-65 years of age.

Cervical cancer can be prevented or found early with regular screenings. If you're due for a screening, don't wait.

### **Screening Options and Frequency**

# Pap test (or Pap smear) – every three years

A Pap test, also known as a Pap smear, looks for changes in cells taken from the cervix and is sent to a lab to be looked at under a microscope. It is most often done during a routine pelvic exam. If the Pap test shows cells that are not normal and may become cancer, your healthcare provider will contact you.

#### High Risk (HR) HPV test – every five years

The HR HPV test looks for types of HPV that cause most cases of cervical cancer. The HPV test can be done at the same time as the Pap test. A positive result for HR HPV means that your healthcare provider should follow up with you often to make sure that abnormal cells do not develop.

### **Frequently Asked Questions**

## What's the difference between a pelvic exam and a Pap test?

It can be easy to confuse pelvic exams with Pap tests because they are usually done at the same time. During a pelvic exam, the healthcare provider feels the reproductive organs. The pelvic exam may help find diseases of the female organs, but it will not find cervical cancer at an early stage.

# When may I no longer need to be screened?

- If you are over 65 and have had normal Pap test results for many years.
- If you have had a total cervix removal for a non-cancerous reason.

#### Do I still need regular screening for cervical cancer if I am not sexually active?

• Yes

Do I still need regular screening for cervical cancer if I am too old to have a child, don't plan to have children or don't plan to have more children?

Yes

### Do I need an HPV vaccine?

In females, the HPV vaccine helps to prevent cervical, vaginal and vulvar cancers. It also protects against cancer of the anus, mouth and throat.

- The HPV vaccine is recommended for teens and young adults through age 26.
- Women who have had the HPV vaccine still need regular screening.