



It's true:

You can help prevent cervical cancer.

One of the best things you can do to keep from getting cervical cancer is get regular screening for it.

The tests for cervical cancer screening are the HPV test and the Pap test. The HPV test looks for infections from types of HPV that can cause precancers and cancers of the cervix. The Pap test looks at the cells taken from the cervix to find changes that might be cancer or precancer.

Your doctor or nurse can tell you how often you need to get tested.

If you are 25 to 65 years old, you should get a primary HPV (human papillomavirus) test every 5 years (this is best). If you cannot get a primary HPV test, get a co-test (an HPV test with a Pap test) every 5 years or a Pap test every 3 years.

Having regular screening tests can help find changes before they become cancer, and can also help find cervical cancer early, when it's small, has not spread, and might be easier to treat.

Most people don't know if they have HPV, so it's important to get tested regularly.

Even if you've gotten the HPV vaccine, you still need to get regular testing through age 65.

For more information about cervical cancer, visit www.cancer.org or call the American Cancer Society at **1-800-227-2345**.