

Every year,  
about  
**4,000**

women die in  
the U.S. from  
cervical cancer.\*

**Over 21?**  
It's time for a  
screening.

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12/23 Z MX3226191



Cervical cancer  
Are you at risk?  
Find out.

**HIGHMARK**   
Because Life.™

## You can have cancer and not know it

Cervical cancer is a slow-growing cancer that develops in the cervix, the lower section of a woman's uterus. Each year, around 13,000 new cases of cervical cancer are diagnosed.

Cervical cancer can be caused by a human papillomavirus (HPV) infection and can be spread among men and women.

## You can help prevent cervical cancer

Talk to your doctor or health care provider about receiving an HPV vaccine. Then get regular HPV screenings to catch any changes before these cells have a chance to turn into cancer.

- The HPV vaccine is for both males and females ages 9–26 and ages 27–45 for those at-risk per doctor's advice.
- This vaccine can help protect you against some types of HPV infections.



## You can reduce your risk

One way to reduce your risk is to get the HPV vaccine.

**You are at GREATER risk if you** use the pill (oral birth control), have a weak immune system, or have had chlamydia.

**You can REDUCE your risk if you** don't smoke cigarettes, limit your sexual relationships, use condoms, and avoid partners who have sexually transmitted diseases.

## Get screened before you get cancer

If you are 21 or older,\* ask your OB-GYN or health care provider about screening tests that can find potential problems early.

### PAP TEST

- Doctors view cells from the cervix and vagina under a microscope
- Every three years starting at age 21\* or yearly per your doctor's advice

### HPV TEST

- Tests the cervical cells
- Every five years — starting at age 30,\* with or without a Pap test

These are general guidelines. Talk to your health care provider and follow their recommendations.

\*Sources: CDC, USPSTF

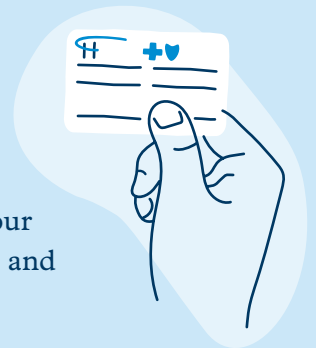
## Don't forget to follow up

You may need follow-up tests if you have:

- Abnormal results on your Pap test.
- Unexplained vaginal bleeding or pelvic pain.

## Questions?

Every plan is a little different, so if you have questions, just call the number on the back of your member ID card and we can help.



## My appointment is on:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

\_\_\_\_\_