

Cervical Health Awareness Month

January is Cervical Health Awareness Month, a great time to learn more about the importance of cervical health. Years ago, cervical cancer was one of the most common causes of cancer death for American women. Today, that number has gone down by more than 40 percent, particularly due to an increase in preventive screenings. Participate in these fun activities throughout the month to learn more!



Activity #1 - Cervical Cancer Fact Sheet & Crossword

Read through the cervical cancer fact sheet on page 2, and use this information to complete the crossword puzzle on page 3.

Activity #2 - Watch Cervical Health Webinar

This webinar covers a high-level overview of cervical cancer including: basic female anatomy, screening recommendations and frequency, what abnormal results mean, signs/symptoms, Human Papillomavirus (HPV), and prevention strategies. Click [here](#) to watch the “Physical: Cervical Health Awareness” webinar.

Activity #3 - Preventive Health Checklist

Go through the checklist on page 4 and complete these items for yourself or someone you care about as their advocate! If you have already completed an item, check the box. Participation is based on reviewing the checklist and preparing, not necessarily completing the items this month.

Activity #4 - Two Truths and a Lie

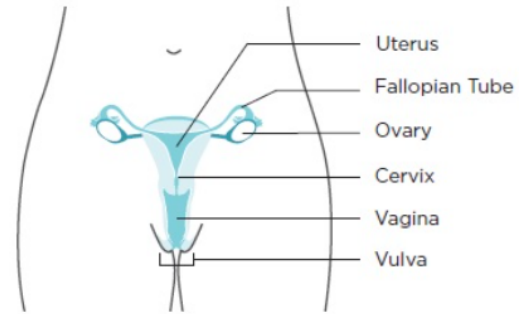
Two truths and a lie is a game on page 5 where you try to guess which two facts are true and which one is a lie. The information may or may not have been addressed in this packet, so just guess and learn something new! The answers are listed at the bottom of page 5.

For questions or more information, please email wellness@wellfirstbenefits.com

Cervical Cancer Fact Sheet



- Cervical Cancer forms slowly and often has no signs or symptoms. Around 13,000 women in the US are diagnosed with cervical cancer every year.
- The cervix connects the vagina to the upper part of the uterus.
- The most important thing you can do to help prevent cervical cancer is to have regular screening tests. There are two screening tests:



This diagram shows different parts of a woman's reproductive system.

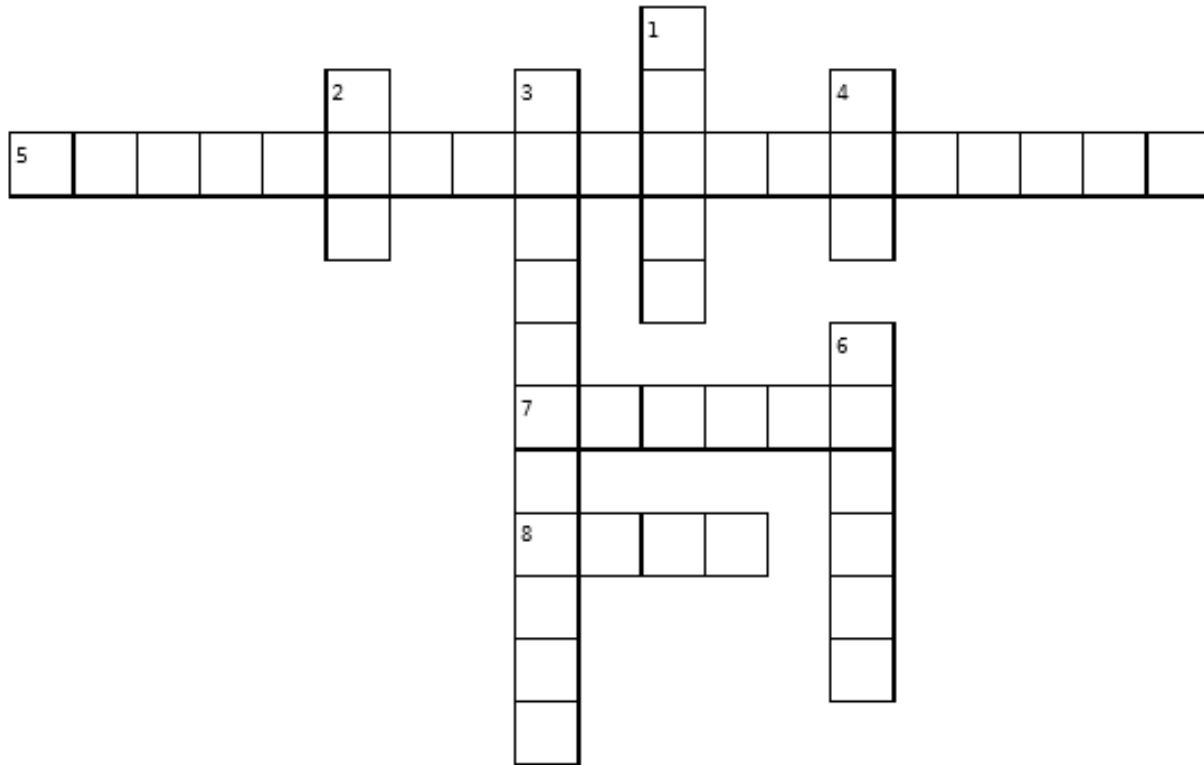
1. Pap test/smear:

- a. A Pap test looks for abnormal or precancerous cells on the cervix that may cause cervical cancer if not treated.
- b. Pap tests have helped with decreasing the number of cervical cancer deaths in the U.S.

2. HPV (Human Papillomavirus) Test

- a. Human Papillomavirus (HPV) is the most common sexually transmitted infection (STI) that affects males and females. Infection with certain strains of HPV can cause cervical cancer when transmitted to women. Condoms can prevent transmission of HPV.
 - b. The HPV test checks for high risk strains of HPV virus that can cause cervical cancer and can be done at the same time as a Pap test.
- Talk with your doctor about if you are eligible to receive the HPV vaccine.
 - The HPV vaccine protects against HPV infection. This is the only vaccine that can actually prevent cancer!
 - The HPV vaccine is available to men and women as early as 9 years old through 26 years old. It is most effective when given prior to becoming sexually active.
 - Other risk factors for cervical cancer are: smoking, family history, and long term use of oral contraceptives.
 - Talk with your provider about getting regular cervical screening tests based on your age and health history.

Cervical Cancer Crossword



Down:

1. The Pap test screens for abnormal or precancerous _____ on the cervix.
2. _____ is the most common sexually transmitted infection.
3. Having certain strains of HPV is one of the _____ for cervical cancer.
4. This test has helped with decreasing the number of female deaths due to cervical cancer in the U.S.
6. The cervix is only part of a _____'s anatomy.

Across:

5. What does HPV stand for?
7. Who can spread HPV?
8. True or False: There is a vaccine for certain strains of HPV that can increase a female's risk for cervical cancer.

Preventive Health Checklist



- Establish care with a primary care provider (PCP) if you do not have one. If you need assistance finding a PCP, visit [wellfirstbenefits.com/find-a-doctor](https://www.wellfirstbenefits.com/find-a-doctor). You can use the search features to search by location, specialist, gender, and language spoken.
- Check if you are due for any preventive health items with your PCP.
- Be prepared to discuss the following about cervical health at your appointment (or the appointment of a loved one):
 - HPV vaccine benefits and qualifications
 - Family history
 - Risk factors (ex: smoking, sexual behaviors)
- If you are an SSM Health patient, set up [MyChart](#) if you have not done so already.
 - Check if you have any overdue preventive health items on MyChart.
 - Login > Hover over “Health” > Click “Preventive Care”

Two Truths and A Lie



1.

- a. HPV is an STI.
- b. Cervical cancer is contagious.
- c. HPV is contagious.

2.

- a. A Pap test collects cells from the cervix and is sent to the lab for examination.
- b. An abnormal Pap test result does not mean you have cervical cancer.
- c. An abnormal Pap test results means that you have cervical cancer.

3.

- a. Women don't need to worry about cervical cancer until they're 35 years old.
- b. HPV infections can occur in all ages.
- c. Women have been diagnosed with cervical cancer in their 20's.

4.

- a. There are more than 100 strains of HPV, but only a few increase a woman's risk for cervical cancer.
- b. The HPV vaccine can cause cervical cancer for some people.
- c. HPV is transmitted through sexual contact and can cause cancer.

5.

- a. Males and females both have a cervix.
- b. Cervical cancer affects the cervix, which is part of the reproductive system.
- c. Screening tests help save lives.

1. b. This is false. Cervical cancer is not contagious, HPV is contagious. HPV has multiple strains that if contracted, can increase your risk for cervical cancer.
2. c. This is false. Having abnormal Pap results does not mean you have cancer. Further testing after an abnormal Pap determines if there is cancer.
3. a. This is false. Cervical cancer has occurred for women in early years of life.
4. b. This is false. The HPV vaccine does not cause cervical cancer.
5. a. This is false. Only females have a cervix if it has not been removed.