

One STEP Ahead of cervical cancer



January | Join us by registering at: ascension.org/GaviniCancer

Cervical cancer is cancer located in the cervix — the organ that connects the uterus to the vagina. In recognition of Cervical Cancer Awareness Month, join us as we stay One STEP Ahead of Cervical Cancer this January.

Risk factors for cervical cancer can include:

- HPV infection, especially at younger ages
- High-risk sexual activity, including multiple and/or infected partners and STIs
- Smoking
- Diets low in fruits and vegetables; obesity
- Weakened immune system
- Long-term use of oral contraceptives
- First pregnancy at a young age
- More than three full-term pregnancies
- Economic status

Reducing your risk

Understanding and monitoring factors that make you at-risk for developing cervical cancer, as well as getting the HPV vaccination, may reduce your likelihood of developing the disease. The following regular screenings are also recommended for early detection of risk factors and cancer.

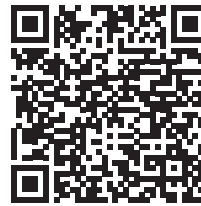
For women ages 21-30:

- Get a Pap exam every three years.
- If you have certain risk factors, your doctor may recommend more frequent screenings.

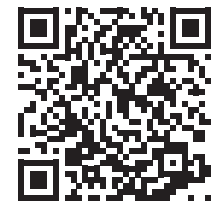
For women ages 30-65:

- Get a Pap exam every three years, an hrHPV test every three to five years, or co-test every five years.

Resources:



Cervical cancer screening FAQs



Patient support and advocacy



Cervical cancer research and resources



Risk factors

Next steps:

To learn more or register for the January STEP Ahead virtual seminar, scan the QR code below or visit ascension.org/GaviniCancer. For more information, call 248-849-2781.

