

Cervical Cancer Screening

Prevention

Cervical cancer is the easiest gynecologic cancer to prevent, with regular screening tests and follow-up. Two tests can help prevent cervical cancer or find it early – a Pap test and an HPV test.

Recommendations

Begin Pap tests at age 21 and start HPV testing at age 30.

Other actions you can take to lower your risk of cervical cancer:

- Use condoms during sex (condom use is associated with a lower rate of cervical cancer)
- Limit your number of sexual partners
- Avoid all tobacco products. If you smoke, quit. Help is available from the NY State Quitline at **866-697-8487** and online at www.nysmokefree.com or you can register for smoking cessation classes at Roswell Park by calling **(716) 845-8667**.

Preparing for a Pap Smear

Do not have a Pap test when you are having your period. If your Pap is scheduled within the next 2 days, do not:

- douche
- use a tampon
- have sex
- use any medicine or cream in your vagina

During a Pap test, your provider will do an exam and collect a sample of cells from around the cervix. The cells are sent to the laboratory. If you are also having an HPV test, the same cells are used for both tests.

When to Get Screened

Age 21-30: Have yearly pelvic exams and regular Pap tests. If the Pap test results are normal, your provider may tell you that you can wait 3 years for your next Pap test.

Age 30-65: You may choose to have an HPV test along with your Pap test. If your results are normal, your provider may tell you that you can wait 5 years for your next HPV test. You should still go to the doctor for regular exams. It is important for you to continue having regular exams and Pap tests as directed by your provider – even if you think you are too old to have a child or are not having sex anymore.

Age 65+: If you have had normal Pap test results for several years and have no history of cancer or have had your cervix removed for a non-cancerous condition, your provider may say you no longer need Pap tests.

HPV Vaccine

An HPV vaccine can protect against some of the cancers caused by HPV infection such as cancers of the cervix, vagina, and vulva in

women; penile cancer in men; and cancers of the tonsils, base of the tongue, and anus in men and women. Some vaccines also protect against the type of HPV that causes genital warts.

HPV vaccination is encouraged.

2 Doses 6-12 months apart	9-14 years
3 Doses	Ages 15 – 26
	Ages 9 – 26 if you have certain conditions that compromise your immune system
Women who are vaccinated against HPV still need to have regular Pap tests to screen for cervical cancer because the vaccine doesn't protect against all types of HPV.	

More information about cervical cancer is available on the CDC's (Centers for Disease Control) website: www.cdc.gov/cancer/cervical

With regular screening and follow up, cervical cancer is the easiest gynecological cancer to prevent.

Almost all cervical cancers are caused by a common virus – the human papillomavirus or HPV. The virus passes easily between partners during sex.

Approximately 80 million, or 1 out of every 4 people in the U.S., are currently infected with HPV. Most never develop symptoms or health problems. Some types of HPV, however, cause long lasting infections, which may develop into cancer over time.

Screening tests can find abnormal cells so they can be treated before they turn into cancer cells. The Pap test looks for changes in the cells on the cervix that could turn into cancer if left untreated. The human papillomavirus (HPV) test looks for the virus that causes these cells changes.

Make an appointment online now or call us at 1-800-ROSWELL (1-800-767-9355).