

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**

- The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.



CERVICAL CANCER SCREENING

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



Elm & Carlton Streets | Buffalo, New York 14263
www.RoswellPark.org
1-800-ROSWELL (1-800-767-9355)

A National Cancer Institute-Designated Comprehensive Cancer Center
A National Comprehensive Cancer Network Member
Blue Distinction® Center for Cancer Care | A Blue Distinction® Center for Transplants



**PATIENT
EDUCATION**

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 TEST

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

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. 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.

Most women don't need a Pap test every year!

Have your 1st
Pap test when you're

21

if your test results are normal,
you can wait **3 years** for
your next Pap test.



HPV tests aren't recommended for screening women under 30.



When you turn

30

you have a choice:
If your test results are normal,
get a Pap test every **3 years**.

OR

Get both a Pap test and an
HPV test every **5 years**.

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 gynecologic cancer to prevent.