

CERVICAL CANCER AWARENESS

Understanding cervical cancer can help you make informed decisions about your health. The facts and tips below can prepare you for discussions with your healthcare provider.

KEY FACTS ABOUT CERVICAL CANCER

It is one of the most preventable cancers.

The cause is typically human papillomavirus (HPV) or a genetic mutation in your DNA.

It often has no symptoms in early stages.

Screening can find changes in the cervix before they turn into cancer.

HOW TO LOWER YOUR RISK



Get the HPV vaccine if eligible.



Stay on schedule with pap smears and HPV screening.



Avoid smoking, which increases risk.



Practice safer sex (e.g., condom use, limiting number of partners).

SIGNS TO WATCH FOR



Bleeding after intercourse.



Pain during sexual activity.



Unusual pelvic pain.



Abnormal vaginal discharge (bloody or foul-smelling).

QUICK TIPS FOR CERVICAL HEALTH

1

Stay up to date with pap smears and HPV tests.

2

Maintain a healthy lifestyle (diet, exercise).

3

Listen to your body, don't ignore unusual symptoms.

4

Talk to your healthcare provider about your risk.

MYTHS VS. FACTS

Myth: Cervical cancer always shows early symptoms.

Fact: It often develops without noticeable symptoms.

Myth: You only need a screening if you feel sick.

Fact: Screening detects cancer before symptoms appear.

Myth: HPV infection always leads to cervical cancer.

Fact: Most HPV infections resolve on their own without causing problems.

SCAN TO LEARN MORE

