

Cervical Cancer May Be Preventable in Women



Wellness Can't Wait

- Schedule a manicure
- Schedule vet appointment
- Schedule your cervical cancer screenings

Some things should be checked first.

Cervical cancer affects more than 14,000 women yearly in the U.S. It starts in the cells lining the cervix, which is the lower, narrow end of a woman's uterus. It is a preventable disease if women have routine screenings and receive the HPV vaccines. **Your Wellness Can't Wait.**



THREE PREVENTIVE SERVICES SPECIFICALLY FOR WOMEN COVERED BY HEALTH INSURANCE ARE THE PAP SMEAR, PELVIC EXAM AND THE HUMAN PAPILLOMAVIRUS (HPV) TEST.

Each of these services plays an important role in keeping you healthy by looking for abnormal cells before they turn into a more serious condition like cervical cancer.

What is a Pap Smear?

The pap smear is a routine outpatient cervical cancer screening recommended for women between the ages of 21 and 65 years old. The Pap test looks for changes in the cervix that may lead to cancer. During the short procedure, your doctor collects cells and mucus from your cervix and the surrounding areas. An abnormal Pap smear doesn't mean you have cervical cancer. There are a number of reasons results can come back abnormal. Be sure to follow up with your doctor to learn more about next steps.

What is HPV?

For women 30 or older, the HPV test can be done at the same time as the Pap test. HPV is one of the leading causes of cervical cancer in the U.S. There are many types of HPV, and it's the most common sexually transmitted infection in the nation. During an HPV test, your doctor checks the cervix for the HPV virus. Doctors don't always test for HPV when you have a Pap smear. Ask your doctor which tests are included in your routine Pap smear and when you'll receive your test results.

What is a Pelvic Exam?

Pelvic exams look for signs of disease in the pelvic area. Doctors use pelvic exams to check your cervix, fallopian tubes, ovaries, rectum, uterus and vulva. Pap smears and pelvic exams check for different things and can be done separately or at the same time by an OB/GYN. Your routine pelvic exam is also covered by your health insurance.

Cervical Cancer Risk Factors

There are several factors that may increase a woman's risk for cervical cancer – HPV infection, weak immune system or Diethylstilbestrol (DES) exposure. DES is a synthetic



form of the estrogen hormone and was prescribed to women to prevent pregnancy complications between 1940 and 1971. While the drug is no longer prescribed, the daughters of women exposed from 1940 to 1971 have an increased risk of developing a rare form of cancer.

Coverage for preventive care services at no cost share may vary depending on your specific benefit plan and use of network providers. If you have questions, call the customer service number on your member ID card.

**TALK TO YOUR DOCTOR
ABOUT WHAT SCREENING PLAN
IS BEST FOR YOU.**