

Get Smart About Cervical Cancer

Women today have more opportunities than ever before. The advances in women's healthcare are making great gains as well. But these advances mean nothing, if we don't get smart about our own health.

According to the American Cancer Society, this year in the United States, more than 11 thousand women will be diagnosed with cervical cancer and close to four thousand will die. Cervical Cancer is both preventable and curable. That's why it is so important to get smart about the facts related to this disease.

The American Medical Women's Association (AMWA) and the Nation Council of Women's Organizations recently launched a new campaign, Know the Facts About Cervical Cancer Prevention.

"There have been a lot of exciting advances recently in cervical cancer prevention, from an FDA-approved test to detect the human papillomavirus (HPV), which causes cervical cancer, to a vaccine against HPV," says medical doctor and former president of AMWA, Susan L. Ivey.

Dr. Ivey encourages all women to tune into these three important points:

- **The CDC recommends that girls aged 11 and 12 get the HPV vaccine.** Talk to your doctor to find out more about this vaccine for you or your child.
- **All women should get regular Pap tests**, beginning at age 21 or within 3 years of becoming sexually active, annually or as recommended by your doctor.
- **Women age 30 and older should get an HPV test with their Pap test.**

The more you know and understand about cervical cancer, how it is prevented, and best approaches for early detection, the "smarter" you can be with the healthcare choices you make.

More information about cervical cancer is available at www.bluekc.com. Just click on A Healthier You.

Source: American Cancer Society, American Medical Women's Association