



how can i prevent cervical cancer



Vaccinate Early

<https://www.nccc-online.org/hpv-vaccines/>

Cervical cancer is linked to infection with the human papillomavirus (HPV). **The HPV vaccine protects against the types of HPV that cause about 90% of cervical cancers.** The Centers for Disease Control and Prevention recommend vaccination at ages 11-12, but women can be vaccinated up to age 26. Starting early is best—up to age 14, only two doses are needed. From ages 15-26, a three-dose series is recommended.

Screen Regularly

<https://www.nccc-online.org/cervical-cancer-screening/>

Each year, nearly 14,000 women are diagnosed with cervical cancer in the United States. **Yet cervical cancer is one of the most preventable cancers today. Early detection is the key.** Starting at age 21, women should be screened with a Pap test. Then at age 30, there are three choices: an HPV test alone, co-testing with an HPV test and a Pap, or a Pap test alone.

January is Cervical Health Awareness Month

<https://www.nccc-online.org/cervical-health-awareness-month/>



The **National Cervical Cancer Coalition (NCCC)** and its many local chapters across the country highlight issues related to cervical cancer, HPV disease and the importance of early detection with special events in January.