End Cervical Cancer in Indian Country

What is cervical cancer?
Cervical cancer is a disease where abnormal cells grow on the cervix.

What can I do?

GET VACCINATED
The human papillomavirus (HPV) vaccine is recommended for everyone ages 9-26 to protect against HPV cases that lead to 9 out of 10 cervical cancers. Learn more at: AICAF.org/hpv

PRACTICE SMART SEX
Use protection and talk with your sexual partners: anyone who has ever had anal, vaginal or oral sex can get HPV.

QUIT SMOKING
Smoking weakens the immune system, making it harder for the body to fight HPV infection. Learn more at: AICAF.org/quit

GET SCREENED
Cervical cancer is highly curable when detected and treated early.
American Indian women are nearly 2X more likely to develop cervical cancer than white women.

**Screening Tests**

- **PAP TESTS** look for cell changes on the cervix during a pelvic exam. Regular Pap tests are the ONLY effective way to find cancer early.
- **HPV TESTS** look for HPV that can cause cell changes that may lead to cervical cancer.

**When should I get screened?**

- **21-29**
  - Pap test every 3 years

- **30-65**
  - Two options:
    1) Continue Pap test every 3 years OR
    2) Pap test AND HPV test every 5 years

- **65+**
  - Talk to your health care provider

*These are screening guidelines for average-risk women with normal test results. Talk to your health care provider about guidelines with abnormal test results.*

**Abnormal Pap? Don’t panic!**

An abnormal Pap test is not a diagnosis of cervical cancer. Follow up with your health care provider to discuss your screening results and recommendations.