

## Recommendations

- ◆ Get a **Pap test** every year once you turn 21 or as recommended by the doctor.
  - ◆ Get a **Pelvic exam**
- ◆ Get **VACCINATED** (ages 9-26)

## Interesting Facts

- ◆ Most cervical cancers are a result of the **HPV infection**. If HPV does not go away from the body, it can develop into cervical cancer.
- ◆ **Anyone** who has ever had sex is at risk for HPV, **men** included.
- ◆ Using **birth control** for **at least 5 years** may increase a woman's risk of getting cervical cancer
- ◆ If you have a **normal Pap test**, then your recommendation for a Pap test is reduced to **every 3 years**. If not, an annual test is recommended.

## Resources

### Milwaukee Consortium for Hmong Health, Inc.

[www.mkehmonghealth.com](http://www.mkehmonghealth.com)

Office: 414-212-8087

Address: 1802 West Walnut Street  
Milwaukee, WI 53205

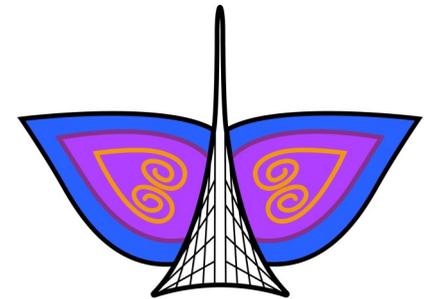
Email: [MkeHmonghealth@gmail.com](mailto:MkeHmonghealth@gmail.com)

Wisconsin Well Woman Program  
Prevent Cancer Foundation

American Cancer Society  
[CDC.gov](http://CDC.gov)



Questions or comments,  
feel free to contact us.  
Our **Community Health Workers** are glad to help you find resources in the community!

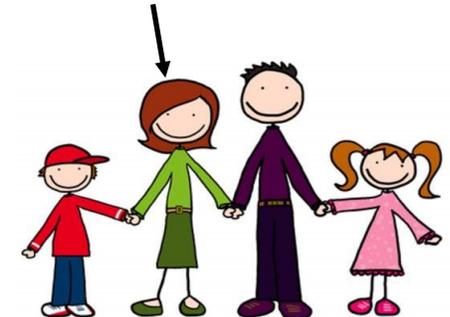


MILWAUKEE CONSORTIUM  
FOR HMONG HEALTH, INC.

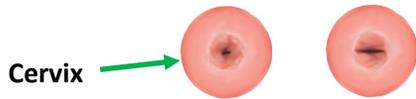
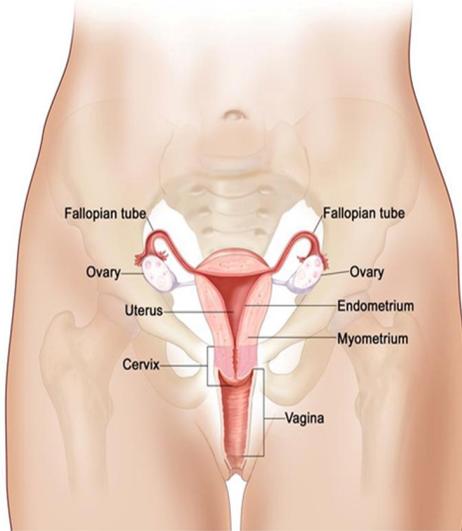
# Cervical Cancer



## What It Is and How It Affects You



# What is the Cervix?



## What is the purpose:

- ◆ The cervix serves as the **barrier** between the **vagina** and the **uterus**.
- ◆ It expands and **dilates** when a mother **gives birth** so that the baby can pass through.
  - ◆ It allows a **small path** for menstrual flow during **menstruation**.
- ◆ It **prevents** or **promotes** pregnancy.

# Symptoms of Cervical Cancer

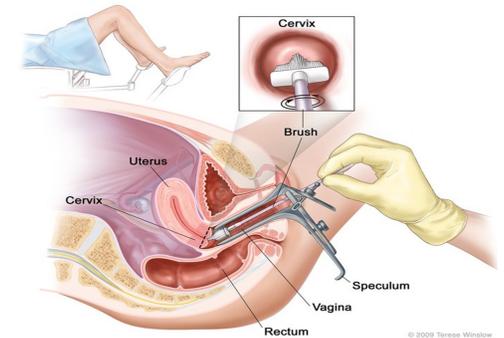
- ◆ Any **unusual discharge** from the vagina (not your normal period)
- ◆ **Blood spots** or **light bleeding** other than your normal period
  - ◆ **Pain** during sex
  - ◆ **Pelvic pain**

# Risk Factors

- ◆ The **Human Papillomavirus (HPV)** is an incurable infection which infects the cells on the surface of the skin, genitals, anus, mouth and throat. HPV causes the growth of papilloma (warts) which will usually disappear on its own. There is a vaccine available for children.
- ◆ The **Chlamydia infection** is a bacterial infection that can be cured if caught early in the pelvic exam. However, if left untreated, the infection can lead to pelvic pain, infertility, and eventually cancer.
- ◆ **Family history of cervical cancer**

# Prevention

- ◆ **Pap Smear Test /Pelvic Exam**



- ◆ **HPV vaccine:** (handout available)
- ◆ **Use condoms**
- ◆ **Limit number of sexual partners**
- ◆ **Do not smoke**
- ◆ **Exercise:** At least 2.5 hours per week of moderate to vigorous physical activity
- ◆ **Be aware of environmental factors**