

**Cervical cancer is preventable. Getting the HPV vaccine, being tested for HPV, and getting routine Pap screening tests can save lives—Possibly, your own.**

### Who is at risk?

Almost all cervical cancers are caused by HPV, a common virus that is spread through sex. HPV infection is so common that most people will have it at some point in their lives. Smoking tobacco also increases risk of cervical cancer.

Your provider can help you assess your risk level by considering your age, personal medical history, and your lifestyle; and can identify the screenings or vaccines you need.

**fight  
cancer.**



### You **CAN** reduce your risk of cervical cancer:

- Get the HPV vaccine, if you're eligible;
- Have regular Pap and HPV tests; and
- Quit smoking tobacco (we can help!).

### Get vaccines and screenings, and know these signs:\*

- The HPV vaccine is recommended for pre-teens and everyone under 26 years old who hasn't yet received it.
- Adults between 27 and 45 years of age may be eligible for the vaccine. Ask your doctor.
- Get regular Pap tests and be tested for HPV.
- Bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex or between periods.
- Pelvic pain, or pain during sex.
- Changes in bowel movements.

*These symptoms can be present with conditions that are **not** cancer.*  
If you notice any of these symptoms, call your health care provider right away.

\*Early on, cervical cancer may not cause noticeable symptoms, which is why screening is so vital.  
[Learn more about the HPV vaccine and how it protects you from cancer. Use this QRC for a video. —>](#)

