



AMIGAS

HELPING WOMEN TAKE CARE OF THEIR HEALTH

Getting a Pap test can help women stay healthy

Abnormal cells that are found early can usually be treated to prevent cancer. That's why it's so important that we all get our Pap tests regularly.

Cervical cancer is easier to cure if it is found in time

If detected and treated early, cervical cancer is highly curable.

It is important for all women to get regular cervical cancer screenings – either through a Pap test alone or with Pap and HPV tests

- If a woman is age 21–29, she should get a Pap test every 3 years.
- After age 30, a woman has 2 choices: a Pap test every 3 years or a Pap test and HPV test every 5 years.
- It is especially important for Latina women to get a Pap test. They are at higher risk of cervical cancer because they get Pap tests less often.



Women can get a Pap test in this community

Talk with your *promotora* about the clinics in your community where you can get a Pap test. She will help you find a place that is right for you.

Make a promise to yourself and your family to get a Pap test

Call your *promotora* or medical clinic TODAY to schedule your Pap test.

Agency: **No insurance, call
The Health Center @ LCH, 105 Vineyard Way, West Gove, PA**
.....
Phone: **610-444-7550**
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Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion



HPV* Vaccine

A Guide for Young Adults

* human papillomavirus



HPV is a very common virus that can lead to:

- ▶ Cancers of the mouth and throat
- ▶ Cancer of the cervix
- ▶ Cancer of the penis, vagina, vulva, or anus
- ▶ Genital warts

HPV vaccine can prevent these!

Do I really need HPV vaccine? **Yes!**

You should get HPV vaccine because it can prevent some types of cancer and genital warts.

Do I need it if I haven't had sex yet? **Yes!**

- You don't have to have sex to catch HPV, but sex increases your risk.
- You can get HPV by skin-to-skin intimate contact.
- People can get and spread HPV without knowing it.
- It's best to get vaccinated before you ever have sex.

Should I get HPV vaccine if I've already had sex? **Yes!**

You still need to get vaccinated even if you have had sex. The vaccine provides a lot of protection.

Why do I need more than 1 shot?

You need a series of HPV shots to be fully protected.

I didn't get the vaccine at age 11 or 12. Should I get it now? **Yes!**

HPV vaccination is recommended for people ages 9 through 26. Even though it is ideal to get HPV vaccine at age 11–12, it is still highly effective in teens and young adults.

Is HPV vaccine safe? **Yes!**

- Millions of doses of HPV vaccine have been given without any problem.
- You may get a sore arm.
- Occasionally, a few people faint, so sit for 15 minutes after getting the vaccine.

Make sure you get all your HPV shots. Complete your series!

When Should I Get HPV Vaccine?

Make sure your healthcare provider reviews with you when you should be vaccinated.

AGE AT FIRST DOSE	DOSE #2	DOSE #3
9 years until 15th birthday	6–12 months after dose #1	Not needed
15 years or older	1–2 months after dose #1	Approximately 4 months after dose #2

NOTE: If you have problems with your immune system, you will need to receive 3 doses of HPV vaccine.

For more information on vaccines for teens and young adults, visit www.vaccineinformation.org/teens or www.vaccineinformation.org/adults

Adapted with permission from the Academic Pediatric Association



Saint Paul, Minnesota • 651-647-9009 • www.immunize.org • www.vaccineinformation.org

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www.immunize.org/catg.d/p4251.pdf • Item #4251 (1/17)