

# Prevent Cervical Cancer

Cervical cancer can be **cured** when found early!

## Who needs to be tested?

**Women** ages 21-65

## What type of test and how often?

You can get tested for cervical cancer at your yearly check-up or at an OB-GYN visit. There are 2 kinds of tests:

### 1. Pap test

This test looks for pre-cancer cells in the cervix.

### 2. HPV test

This test looks for a virus called HPV (human papillomavirus) The HPV virus can lead to cervical cancer.

Age	Type of test	How often
21-29	Pap test	Every 3 years
30-65	Pap test	Every 3 years
	<b>or</b> Pap + HPV test	Every 5 years
65+	Don't need to be tested if: <ul style="list-style-type: none"><li>• Had regular tests for last 10 years</li><li>• No serious pre-cancer found in last 20 years</li></ul>	

**⚠ You may need to be tested more often if you:**

- Had an abnormal Pap in the past.
- Have a weak immune system. For example: HIV infection, organ transplant or long-term steroid use.
- Your mother used DES estrogen treatment to prevent miscarriage, and you were born between 1940-1971.

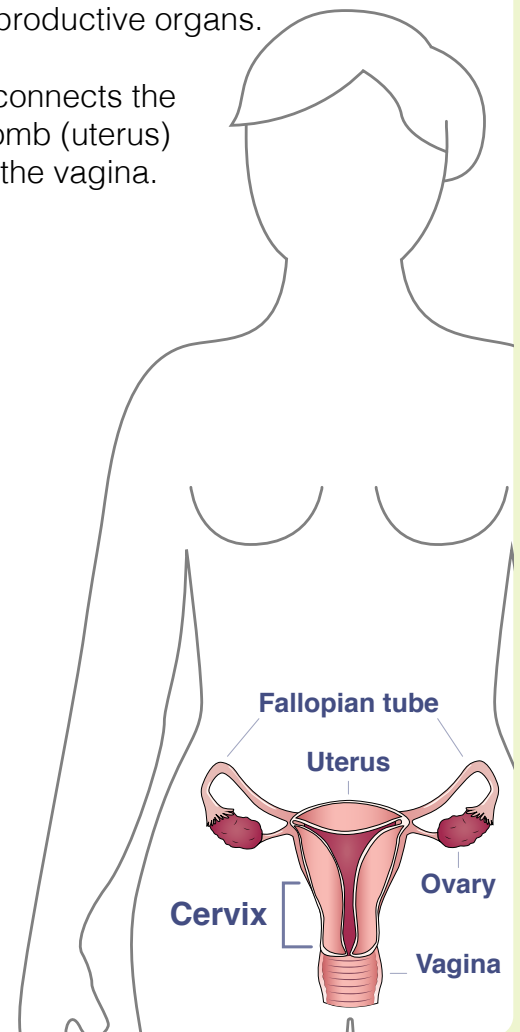
There are free and low-cost test options.

Check the back

## What is the cervix?

The cervix is often called the birth canal. It's part of a woman's reproductive organs.

It connects the womb (uterus) to the vagina.



## Paying for the test:

### Health insurance

Cervical cancer tests are free with health insurance

### Family planning program

Pays for cervical cancer tests if you:

- Are a U.S. citizen, refugee, asylee or other legal immigrant who has lived in the U.S. for 5 years or more (if over age 18)
- The person applying has a monthly income between \$0-\$3,096

### Well Woman Program

Pays for cervical cancer tests if you:

- Are between ages 45-65
- Don't have health insurance, or need help paying for a cervical cancer exam
- Have a monthly income between:

Family Size	1	2	3	4	5
Monthly Income	\$0-\$2,685	\$0-\$3,523	\$0-\$4,444	\$0-\$5,365	\$0-\$6,285

Count the income of all people in your family

If you need treatment, you may qualify for Well Woman Medicaid. This is a different program that covers the cost of treatment and services. Call 608-266-1720 to apply.

### Community Health Center

Can give you a cervical cancer test at a discount based on your income and family size.

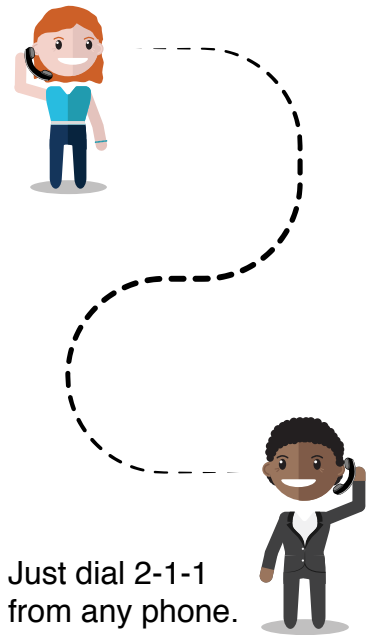
## To apply for a program

Call 2-1-1 and ask for help to apply for one of these programs:

- Family Planning Only
- The Well Woman Program.

## What is 2-1-1?

2-1-1 is a United Way Helpline that connects people to local help in the community.



Just dial 2-1-1 from any phone.

## How can I prevent cervical cancer?

### • Get HPV shots (Human papillomavirus)

The HPV shot gives the best protection to boys and girls at age 11 or 12. If you didn't get the vaccine as a pre-teen, it is recommended up to age 26.

This shot is free with most health insurance. If you don't have health insurance, you may be able to get the shot for free from your local public health department.

### • Stop smoking

For help, call the free Quitline at 1-800-QUIT-NOW.

