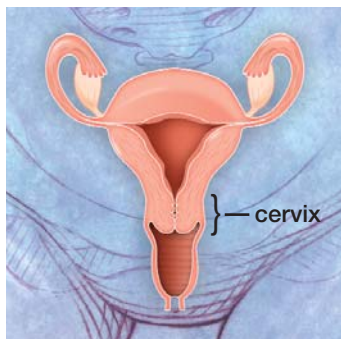


Did you know that cervical cancer is preventable?

Cervical cancer is caused by “high-risk” types of human papillomavirus (HPV), a very common sexually transmitted infection. (“Papilloma” is pronounced “pap-ah-LO-mah.”)

While most women have HPV at some point in their lives, few women will get cervical cancer. That’s because HPV usually goes away on its own without symptoms or treatment. But if an HPV infection does not go away, it can lead to cell changes and eventually to cervical disease or cancer.



What is a Pap test?

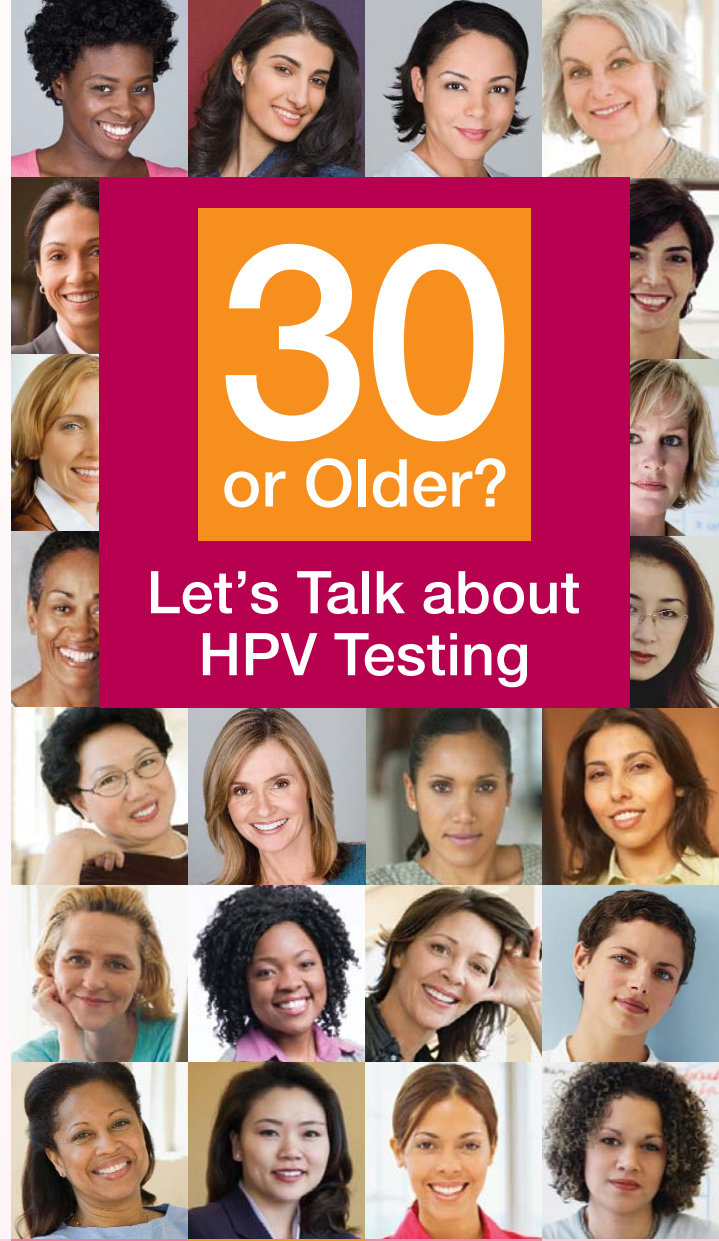
- The Pap test looks for changes in your cervical cells that are caused by HPV infection.

What is an HPV test?

- The HPV test looks for human papillomavirus (HPV) in your cervical cells. Cervical disease and cervical cancer cannot develop without the virus present in your body.



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30
or Older?

Let's Talk about
HPV Testing

Made possible through an unrestricted educational grant from QIAGEN.

What You Need to Know About
HPV and Cervical Cancer

30
or Older?

**Let's Talk about
HPV Testing**

Why do I need the HPV test if I'm already getting a Pap test?

- A Pap test alone can miss cases of cervical cancer.
- Studies show that combining the HPV test with the Pap test enables clinicians to identify women with advanced cervical disease or cervical cancer with virtually 100 percent accuracy.
- The HPV test determines who is at increased risk and needs further evaluation – even if a woman's Pap test results have been normal.

Why is the HPV test only for women aged 30 and older?

- Women under age 30 are more likely to have HPV infections that go away on their own. As a result, cervical cancer is relatively rare in women younger than 30.
- Women aged 30 and older are more likely to have an HPV infection that does not go away. As a result, cervical cancer is more common in women 30 and older.

How do I get the Pap test and HPV test?

- Your clinician will take a sample of cells from your cervix during your gynecological exam. Both test samples can be taken at the same time.
- Because the HPV test is relatively new, some clinicians may not do the HPV test automatically. If you are 30 or older, it is important to ask your healthcare provider for the HPV test.



If you are 30 or older, getting an HPV test along with your Pap test is the most effective way to protect yourself from cervical disease or cancer.

Do I need an HPV test?

I've only had one partner.

- Yes, you should have an HPV test. Even women who have had only one sexual partner could have been infected by HPV.

I've been married/monogamous for years.

- Yes, you should have an HPV test. Because an HPV infection can take years or even decades to appear, any woman age 30 or older who has ever had sex, or who has a partner who has ever had sex, should be tested for HPV.

My Pap tests have always been normal.

- Yes, you should still have an HPV test. Because the Pap test can sometimes miss cervical disease or cervical cancer, getting an HPV test can tell your clinician if you are at risk for the disease and need to be monitored more closely.

I'm over age 65.

- Older women who have not been screened regularly and recently may be at risk for cervical cancer. Older women who have had consistent normal results may be able to forgo screening at the recommendation of their health care provider.
- Long-term infections that have not gone away on their own can still cause abnormal cell changes in older women. If these changes are not detected and treated, they can lead to cervical cancer – no matter what your age.
- The best way to know if you are at risk for cervical cancer is to do a Pap test to look for abnormal cells *and* an HPV test to know if you have HPV.

Speak to your nurse practitioner about how you can protect yourself from cervical cancer!