

SUNDAY MORNING HEALTH CORNER

Cervical Cancer Awareness

Cervical Health Awareness is an opportunity to raise awareness about how women can protect themselves from HPV (Human Papillomavirus) and cervical cancer. Each year, about 2,000 African American women are diagnosed with cervical cancer, with more than 40 percent dying from the disease. Cervical cancer is one of the most preventable types of cancer and can be screened for during annual checkups.

Know the Facts

- ☒ Cervical cancer mostly affects women over the age of 40 years old.
- ☒ Risk factors include smoking, nutrient deficiency, and bad hygiene.
- ☒ Women who have a history of cervical cancer in their family history are also more likely to be diagnosed with HPV that can lead to cervical cancer.
- ☒ Symptoms of cervical cancer include weight loss, fatigue, nausea, and irregular pain in the lower abdomen.

Prevention Methods

- ☒ **Get Vaccinated.** The HPV vaccine was developed to help stop the spread of HPV which can lead to cervical cancer.
- ☒ **Get an Annual Checkup.** Visit your local OB/GYN to get an annual screening for cervical cancer. Cervical cancer is often curable when diagnosed at an early age.
- ☒ **Know the Facts.** Learn the statistics, and the key symptoms of cervical cancer, and stay up to date with new information.



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