Cervical Health Awareness
Have you gotten a Pap test lately?
The Pap test, also called a Pap smear, checks for changes in the cells of your cervix. The Pap test can tell if you have an infection, abnormal cervical cells, or cervical cancer. It is important for all women to have Pap tests, along with
pelvic exams, as part of their routine health care. You should get your first Pap test when you turn 21.

What is HPV?
HPV:
HPV infection is most common in people in their late teens and early 20s. It is the cause of cervical cancer in females and can cause genital warts in the genital areas of men and women.
Pelvic Inflammatory Disease (PID):

This refers to infection of the uterus, fallopian tubes and other reproductive organs that may cause symptoms such as lower abdominal pain. It is a serious complication of some STDs, especially Chlamydia and Gonorrhea. PID can lead to serious consequences including infertility and chronic pelvic pain.
Dr. Blank’s Tips:

1. Always use a condom
2. Don’t smoke
3. Limit the number of sexual partners
Other Helpful Resources:

• National Cervical Cancer Coalition  
  www.nccc-online.org
• National Women’s Health Resource Center  
  www.healthywomen.org
• Centers for Disease Control and Prevention  
  www.cdc.gov
• American Cancer Society  
  www.cancer.org
• Education Training Research Associates  
  www.etr.org

For more information, please contact the Dept. of Health Promotion or Women’s Clinic in Lafene Health Center.
Chlamydia:

It is the most frequently reported bacterial sexually transmitted disease in the US. It is caused by the bacterium, *Chlamydia trachomatis*, which can damage a woman's reproductive organs. It can infect both males and females. Chlamydia is known as a "silent" disease because the majority of infected people have no symptoms. If symptoms do occur, they usually appear within 1 to 3 weeks after exposure.
Gonorrhea:

Gonorrhea is a STD caused by *Neisseria gonorrhoeae*, a bacterium that can grow and multiply easily in the warm, moist areas of the reproductive tract, including the cervix, uterus and fallopian tubes in women, and in the urethra (urine canal) in women and men. It is a common cause of Pelvic Inflammatory Disease in women. CDC estimates that more than 700,000 persons in the U.S. get new gonorrheal infections each year.
Human Papillomavirus (HPV):

It is the cause of cervical cancer in females and HPV infections can cause genital warts in both males and females according to the CDC. Most people with HPV do not develop symptoms or health problems from it. In 90% of cases, the body’s immune system clears HPV naturally within two years. Vaccines are available to protect against some of the most common types of HPV that can lead to disease and cancer.