



BlueResourceSM – Protecting Your Health – Screening for Cervical Cancer

Take Action Against a Silent Killer

Cervical cancer doesn't have early warning signs, and most symptoms don't show up until it's advanced. That's why prevention is so important. Here's how you can protect yourself.

Lower your risks. Stop smoking, lose weight if needed, limit your number of sexual partners and avoid unsafe sex.

Know your family history. Find out if anyone in your family has had cervical cancer. If your mother or sister have been diagnosed, you're more likely to get cervical cancer.

Meet with your doctor. Schedule a well-woman exam with a Pap test and human papillomavirus (HPV) test. Early detection improves the chances of successful treatment.

Watch for warning signs. Tell your doctor if you have pelvic pain, unusual bleeding, leaky bladder, anemia or back pain.



Ask your doctor how you can lower your risk of cervical cancer.

Sources: *What Can I Do to Reduce My Risk for Cervical Cancer?* Centers for Disease Control and Prevention. 2019.
Attention Women: Six Must-Know Facts About Cervical Cancer. National Foundation for Cancer Research. 2017.

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