



BlueResource<sup>SM</sup> – 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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