



We at Cervivor want women dealing with HPV or cervical cancer to know they are not alone. We are a circle of friends, a circle of support and a circle of hope. Our network of survivors offer support for those who have received a diagnosis, education to those who want to learn how to protect themselves from cervical cancer, and advocacy for everyone who wants to help us stamp out this disease once and for all.

Our vision for Cervivor is a world free of cervical cancer. Our mission while this disease still exists is to help you find what you need to get you through this time in your life. That's what we are here for!

Knowing that women have struggled with HPV, battled with pre-cancerous cells, suffered from cervical cancer and won the fight can be the inspiration needed to help you become one of us – a Cervivor!



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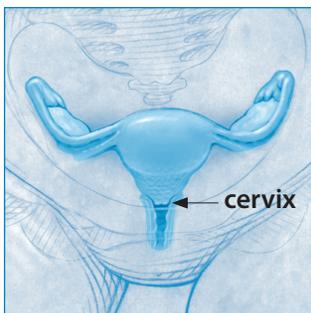
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Supporting women during a diagnosis of HPV and cervical cancer.

## Facts about HPV and Cervical Cancer

1. Cervical cancer is cancer of the cervix, which is the opening from the vagina to the uterus. It is caused by a virus called human papillomavirus. ("Papilloma" is pronounced "pap-ah-LO-mah.") But from now on, we'll simply call it HPV.



2. Any woman who has ever had sex or sexual contact can get HPV. Most people get HPV through vaginal or anal intercourse, but HPV can also be spread by skin-to-skin contact in the genital area (the area around the vagina and penis). Even if you've had only one partner your entire life, you could have been infected by HPV.
3. The HPV types that can cause cancer don't cause any symptoms. No warts. No blisters. Nothing. Abnormal cell changes don't cause symptoms either. In fact, the early stages of cervical cancer often don't cause symptoms. That's why it's so important to get tested regularly.
4. The best way to avoid HPV is not to have sex or sexual contact. If you choose to have sex, have your partner use condoms. Condoms can help protect against HPV. But since you can get HPV from skin-to-skin contact in the genital area, even people who use condoms can get HPV.

5. HPV vaccines can protect against the two types of HPV that cause approximately 70% of all cervical cancers. HPV vaccines are now recommended for girls and boys ages 11 or 12, but you can get the vaccine even if you're age 26 or younger. But remember, just because you've been vaccinated, women still need to get screened for cervical cancer!
6. Two tests provide an early warning system: a Pap test and an HPV test. Cervical cancer testing uses samples of cells taken from your cervix during your pelvic exam. (Collecting cells from your cervix only takes a few seconds and, though not comfortable, generally isn't painful at all.)
  - A Pap test looks for abnormal cells. If needed, these can be treated before they become cancerous.
  - An HPV test looks for high-risk HPV that can cause abnormal cells. Some HPV tests can tell you if you have the two types of HPV that put you at highest risk for cervical cancer. Knowing you have HPV lets your healthcare provider monitor you more closely for cell changes.
7. Begin getting Pap tests at age 21. When you reach age 30, get an HPV test along with your Pap test. Speak to your healthcare provider about how often you should be screened and at what age you can discontinue screening.
8. If you've ever had sex with anyone, you need to be tested. Some women think they don't need to be screened. But they do! This includes women who have been in long-term relationships, lesbians, women who haven't had sex in many years, and women who've only had sex once or with only one partner.

## If I have cervical cancer, what's the best treatment?

We're not qualified to answer that. But there are many effective treatment options available. We urge you to bring plenty of questions to your healthcare provider. Here's a start:

- How will you decide which procedure to use?
- What will the treatment cost?
- What are the side effects?
- How will this affect my sex life?
- Will the treatment cure me?
- How will I know if I'm cured?
- What if I want to get pregnant in the future?

Remember, you are in charge of your health – and you have the right to ask questions!

There's also a lot of support available, like us, while you're going through a diagnosis.

## What can I do to help others?



**Tamika Felder**  
Founder of Cervivor

When women share their personal stories, it is powerful not only for the person telling the story but for those who hear it. Sharing your story not only helps empower you and move past cervical cancer, but you can also educate and empower

other women who might be going through similar situations. And if you're a survivor, we want you to share your story with us!

You could also become active with Cervivor – either online or in person. We are always looking for more survivors to become advocates, join us and speak up!

Visit [www.cervivor.org](http://www.cervivor.org) to learn how you can get involved.