

## How can I help others?

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 heal you and helps you to cope, 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.

## Facts About Cervical Cancer

- Cervical cancer is the 4th most common cancer in women worldwide.
- Each year, more than 604,000 women are diagnosed with cervical cancer, and more than 342,000 die from the disease worldwide (2022).
- In the U.S., more than 14,100 new cases of cervical cancer are diagnosed and more than 4,280 women die from the disease each year.
- Asian Americans have the lowest rates of cervical cancer collectively but if you look at their subgroups, they have a higher incidence rate of cervical cancer.
- Black women are more likely to die of cervical cancer than any other group.
- Latina/Hispanic women have one of the highest rates of cervical cancer and the second-highest rate of deaths related to cervical cancer.
- American Indian and Alaska Native women are nearly twice as likely to develop cervical cancer compared to white women and are four times as likely to die from cervical cancer.
- Cervical cancer is almost always preventable through routine screenings. Please check with your healthcare provider to stay up-to-date on the current guidelines.
- HPV, the cause of nearly all cervical cancers, can be prevented when girls and boys are vaccinated against the virus.



**Our vision is a world FREE of cervical cancer.**

Join us as we work together to protect all girls and women from this disease.

Visit [www.cervivor.org](http://www.cervivor.org) to learn more.

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[www.cervivor.org](http://www.cervivor.org)

**HPV  
and  
Cervical  
Cancer:  
What  
YOU  
need to  
know**

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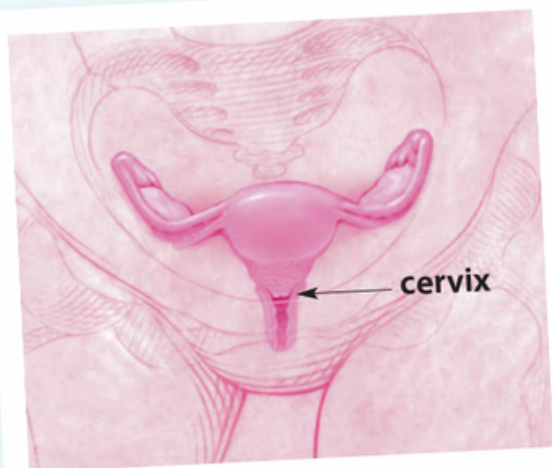
## HPV and Cervical Cancer: What you need to know

Have you recently found out that you have abnormal cells on your cervix? Do you have HPV? Or like many of us, were you recently diagnosed with cervical cancer? Whether you already have HPV or cervical cancer, or you're just wanting to learn how to protect yourself, we have the answers for you!

### What is cervical cancer?

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, also known as HPV.

HPV can cause several types of cancer, including cancers of the cervix, anus, vagina, vulva, penis, and oropharynx (middle part of the throat).



### How can I get HPV?

Any woman who has ever had sex or sexual contact can get HPV. Most people get HPV through vaginal or anal intercourse, but you can also get it through skin-to-skin contact in the area around the vagina and penis. Even if you've only ever had one partner, you could still have HPV.

### How will I know if I have HPV?

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.

### How can I protect myself from HPV?

The only way to completely 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.

### Can the HPV vaccine protect me?

Current HPV vaccines protect against the 9 types of HPV that are responsible for HPV-related cancers and diseases. HPV vaccines are recommended for both girls and boys. With guidelines changing each year, we encourage you to check with your primary care provider on the most current recommendations. It's also important to remember, even if you've been vaccinated, you still need to get screened for cervical cancer.

### What tests do I need to screen for cervical cancer?

Cervical cancer testing uses samples of cells taken from your cervix during your pelvic exam. Trust us – although it's not fun or comfortable, it usually isn't painful and only takes a few seconds.

There are two tests used for screening:

- A Pap test looks for abnormal cells in your cervix. If needed, these can be treated before they become cancerous.
- An HPV test looks for high-risk HPV that can cause the abnormal cells. Some HPV tests can tell you if you have the specific 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.

### When should I get tested?

Cervical cancer screening guidelines can be confusing and are changing quite often based on the development of new technology and research data.

Speak to your healthcare provider about how often you should be screened and at what age you can stop getting screened. You'll need to be screened more often if you have any abnormal results.

### Do all women need to be screened for cervical cancer?

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 recommend seeing a gynecologic oncologist, if there is one available in your area. We also suggest that you 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.