



It's true: Women, you can help prevent cervical cancer.



One of the best things you can do to keep from getting cervical cancer is get regular testing for it.

The Pap test looks for changes in the cervix that could lead to cancer. By treating these changes, most cervical cancers can be stopped before they happen. Changes in the cervix that can lead to cancer are mostly caused by a virus called human papilloma virus (HPV). HPV infections can lead to cervical (and several other kinds) of cancer.

Your doctor or nurse can tell you how often you need to have a Pap test.

If you're over 30, you should get an HPV test done at the same time as your Pap test to see if you have the kinds of HPV that can lead to cancer.

Women who don't get tested, or who don't get tested as often as they should, have the highest chance of getting cervical cancer.

If you have cervical cancer, the Pap test can help catch it early, when it's small and usually easier to treat.

Most people don't know if they have HPV, so it's important to get tested regularly.

Even if you've gotten the HPV vaccine and/or you're done having children, you still need to get regular Pap and HPV tests.

For more information about cervical cancer and the screening tests used to help prevent it, visit [cancer.org/PapTest](https://www.cancer.org/PapTest) or call the American Cancer Society 24 hours a day, seven days a week at **1-800-227-2345**.

