

## **Regular Health Screenings Can Help Keep Women Well**

According to the Centers for Disease Control and Prevention, cervical cancer was once the leading cause of cancer death for women in the United States. But, thankfully, now most cervical cancers can be prevented.

In fact, over the last 40 years, the number of cervical cancer cases and deaths have decreased significantly due to women getting regular screenings that can find abnormal cells before they turn into cancer.

That's why, during Cervical Health Awareness Month, OAOHN would like to encourage you to care for yourself, or the women in your life, by reminding you of the importance of regular health screenings.

The American Cancer Society suggests that women:

- Begin cervical cancer screenings no later than 21 years old
- Get a human papillomavirus (HPV) vaccine if you are under 26 years old
- Have combination HPV-Pap testing if you are over 30
- Obtain a risk assessment from a physician
- Follow other specific guidelines from your physician regarding screenings appropriate for your age and health status

Also, having a Primary Care Physician (PCP) who can coordinate your care is vital. A PCP typically specializes in Family Medicine, Internal Medicine or General Practice. If you don't have a PCP, it's easy to find one. Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.