

## ROUTINE SCREENING RECOMMENDATIONS:

**Women,**  
who have a cervix,  
are sexually active  
or have been in the past and  
who are **25-65 years old.**

**SHOULD HAVE**  
**HPV screening EVERY 5 YEARS,**  
unless your healthcare provider  
recommends otherwise.

*"Taking care of your health means  
taking care of your community"*

*"Angweiasultinej, na tujiw gisi  
ango'tesnu Innue'gati"*



*"Today and every day,  
I walk with the strength of my  
ancestors — to support the  
fighters, honor the survivors,  
remember the spirits  
of those who journeyed on,  
and I carry hope."*

Meet part of the dedicated  
Mawlugutinej Cancer Screening Team,  
always here for you.



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## Mawlugutinej

Early Detection Cancer Screening

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# CERVICAL HEALTH



**EVERYTHING YOU NEED  
TO KNOW ABOUT HPV  
SCREENING**

## What is HPV ?

HPV is a very common virus that is mainly transmitted through sexual contact.

HPV has no symptoms which makes it hard to detect and easy to spread without proper screening.

Most of the time, it disappears on its own without causing any problems.

However, some types of HPV can cause cancers, such as cervical cancer and even penile cancer if left undetected.

## PREVENT CERVICAL CANCER

with 2 simple methods:

1

HPV screening to detect any cell changes before they can cause cancer.

2

Vaccination against its most dangerous forms of HPV

## What is HPV screening?

HPV screening is a test that checks for the virus that can lead to several types of cancer, including cervical cancer. Some types of HPV can also cause genital warts.

It is done the same way as a Pap test, but it can find the virus early—before it causes cell changes that may lead to cancer.

Because it is more accurate, most women only need screening every 5 years instead of every 3 years.

### Step by step



1 Meet with the nurse and fill out a questionnaire and change into a robe.



2 The nurse will begin by inserting the speculum into the vagina.



3 The nurse will take a sample of cells from your cervix with a soft brush. This only take a few seconds.



4 The sample is sent to the laboratory for analysis. Result arrive in about two weeks.

## KNOWLEDGE IS POWER

Cervical cancer develops very slowly, often over several years—which leaves time for screening and treatment before it becomes serious.

Worldwide, cervical cancer is the fourth most common cancer among women.

When detected early, cervical cancer is highly treatable and the chances of recovery are high.

HPV can also cause other forms of cancer such as penile, vulvar, anal and throat cancers.

90% of genital warts in men and women come from an HPV infection.

**An HPV vaccination can prevent cancers and genital warts caused by an HPV infection.**

**HPV Vaccinations may be available to you at NO COST.**

For more information or to schedule your HPV vaccination and/or screening call your local health center.