



BlueResource<sup>SM</sup> – Protecting Your Health – Screening for Cervical Cancer

## Take Action Against a Silent Killer

Cervical cancer doesn't have early warning signs, and most symptoms don't show up until it is advanced. That's why prevention is so important. Here are some ways you can help protect yourself.

**Lower your risks.** Stop smoking, lose weight if needed, limit your number of sexual partners and avoid unsafe sex. They all increase your risk.

**Know your family history.** Find out if anyone in your family has had cervical cancer. Women whose mother or sister have been diagnosed are more likely to develop the disease.

**Meet with your doctor.** Schedule an annual exam that includes a Pap test and human papillomavirus (HPV) test. Early detection helps improve the chances of successful treatment.

**Watch for warning signs.** Tell your doctor if you have pelvic pain, unusual bleeding, leaky bladder, anemia or back pain. They could be symptoms.



**Ask your doctor what you can do to lower your risk of cervical cancer.**

Sources: *What Can I Do to Reduce My Risk for Cervical Cancer?* Centers for Disease Control and Prevention. 2019.  
*Attention Women: Six Must-Know Facts About Cervical Cancer.* National Foundation for Cancer Research. 2017.