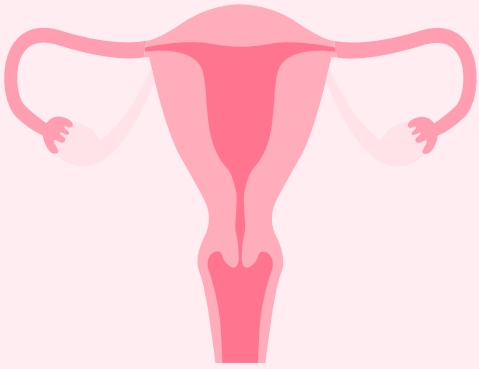


CERVICAL HEALTH AWARENESS

PROTECT, DETECT, PREVENT!



UNDERSTANDING CERVICAL HEALTH

- **What is the Cervix?**

The lower part of the uterus that connects to the vagina.

- **Why is Cervical Health Important?**

Regular screening can prevent cervical cancer, one of the most preventable cancers in women.

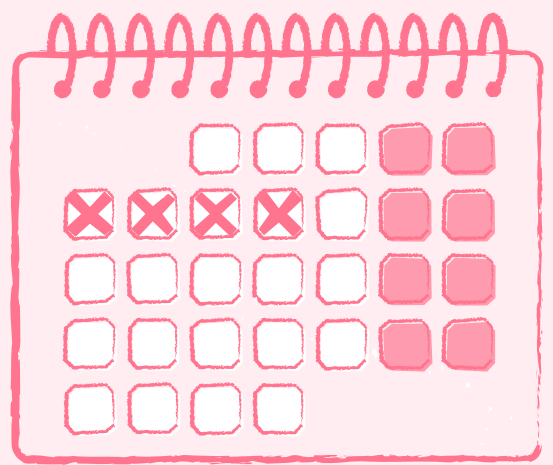
CAUSES & RISK FACTORS

- **Human Papillomavirus (HPV):**

Primary cause of cervical cancer.

- **Other Risk Factors:**

- Smoking
- Multiple pregnancies
- Early sexual activity
- Long-term use of oral contraceptives
- Weakened immune system



PREVENTION

- **Vaccination:**

1. HPV vaccines are highly effective.
2. Recommended for girls and boys aged 9–14 years.

- **Safe Practices:**

1. Use of condoms.
2. Limiting multiple sexual partners.

- **Healthy Lifestyle:**

1. Avoid smoking and maintain a balanced diet.

EARLY DETECTION

- **Screening Tests:**

1. Pap Smear Test: Detects abnormal cells in the cervix.
2. HPV Test: Identifies high-risk HPV infections.

- **Screening Guidelines:**

1. Begin screening at age 21.
2. Pap test every 3 years (21–29 years).
3. Pap + HPV co-testing every 5 years (30–65 years).



SIGNS & SYMPTOMS OF CONCERN

- Unusual vaginal bleeding or discharge.
- Pain during intercourse.
- Pelvic pain or discomfort.
- (Note: Often asymptomatic in early stages.)

Ref: <https://www.cancer.org>