

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

January is Cervical Health Awareness Month

Did you know?

- A Pap test is a simple test that checks for changes in the cells of the cervix that could develop into cancer. These abnormal changes can take place without any symptoms in people who are otherwise healthy.
- HPV (human papillomavirus) is the most common sexually transmitted disease (STD) and a cause of abnormal cells in a pap smear.
- There are about 6 million new cases of genital HPV in the United States each year. It's estimated that 74% of them occur in 15- to 24-year-olds.
- The HPV vaccine protects against two high-risk types of HPV.
- High-risk types of HPV can cause cervical cancer. If these changes are found early, cervical cancer can be prevented.

Prevention at your finger **TIPS:**

Tip 1: Women should get a Pap test every 1-3 years. Depending on the results, the doctor may recommend testing more often. Call Baltimore Health Care Access for referrals or help with insurance at 311 or 410-659-0500.

Tip 2: Get vaccinated. The HPV vaccine is available for all 9-26 year old girls and women through Baltimore City Health Department's Vaccination clinics. For information on clinic times and location, call 410-396-4454.

Tip 3: Use condoms and get screened for STDs. Regular condom use protects against HPV and other STDs. Screening for STDs (including gonorrhea, chlamydia, syphilis and HIV) and the Pap test are all available through the Health Department.
Westside: 410-396-0176
Eastside: 410-396-9410

FREE Screenings!

Free cervical and breast cancer screenings and referrals for treatment are available for eligible Baltimore City women ages 40-64. Contact the Baltimore City Breast and Cervical Cancer Program at 410-350-2001. Women living outside of Baltimore city can call 1-800-477-9774 to find their local screening program.

Resources and References

Baltimore Health Care Access

<http://www.bhca.org/>

CDC National Breast and Cervical Cancer Early Detection Program

<http://www.cdc.gov/cancer/nbccedp/>

Maryland Breast and Cervical Cancer Program

http://www.fha.state.md.us/cancer/html/bc_scrn.cfm

American Cancer Society

<http://www.cancer.org/docroot/home/index.asp>

National Cervical Cancer Coalition

<http://www.nccc-online.org/awareness.html>

Baltimore City Health Department STD clinics

<http://www.baltimorehealth.org/std.html>

CDC HPV Vaccine Information

<http://www.cdc.gov/vaccines/vpd-vac/hpv/>

Medstar Breast and Cervical Cancer Program

<http://www.harborhospital.org/body.cfm?id=555904>

Baltimore City Health Department Vaccination clinics

<http://www.baltimorehealth.org>

Gardasil Vaccine

<http://www.gardasil.com/>