

How can you prevent cervical cancer?

Start by talking with your healthcare provider. For more accurate and reliable cervical cancer screening results ask about the ThinPrep® Pap and Cervista® HPV tests.

ThinPrep Pap and Cervista HPV tests

The ThinPrep Pap test determines the presence of abnormal cells on the cervix, while Cervista HPV identifies types of HPV that may lead to cervical cancer. When used together, they deliver reliable, highly accurate cervical cancer screening results.

Cervista HPV 16/18

HPV types 16 and 18 are linked to 70% of cervical cancers. Cervista HPV 16/18, the first HPV genotyping test approved by the FDA, allows your healthcare provider to individually identify and differentiate these high-risk types.

Make the promise.

Hologic's Promise To Me campaign is a global initiative actively encouraging women to make their health a priority. Make the promise at promisetome.com and we'll send you a reminder to get your annual exam, along with preparation tips and suggestions to make the most of your visit.

**promise
to
me.com**

TAKE CARE
of your cervical health.

TAKE CHARGE
of your life.

YOU.

YOU TAKE CARE OF YOUR FAMILY. YOU TAKE CARE OF YOUR FRIENDS. YOU TAKE CARE OF BUSINESS. BUT WHAT ABOUT YOU? WHEN DO YOU FIND THE TIME TO TAKE CARE OF YOU? THE FACT IS, YOUR ANNUAL EXAM IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO TO STAY HEALTHY.

USE THESE QUESTIONS TO HELP JUMPSTART A CONVERSATION WITH YOUR HEALTHCARE PROVIDER. BECAUSE WHEN IT COMES TO TAKING CARE OF YOUR CERVICAL HEALTH, ASKING THE RIGHT QUESTIONS IS OFTEN THE ANSWER.

What is cervical cancer?

It's cancer of the cervix, the lower, narrow portion of your uterus that joins with your vaginal canal. Almost all cervical cancers are linked to human papillomavirus (HPV), a common group of over 100 viruses. Only a few of these lead to cancer.

How curable is it?

When detected early and treated promptly, nearly all cervical cancers are curable.

Who usually gets it?

Mostly women between the ages of 35 and 55. But younger, sexually active women are also at risk, especially those who smoke.

What are my chances of getting it?

While it's the second leading cause of cancer among women around the world, it's also the most preventable. Only about 11,000 women in the U.S. are diagnosed with cervical cancer each year—and most have not had routine screening.

What do I look for? What are the symptoms?

Early stages of cervical cancer have no visible symptoms. An abnormal Pap test is the first sign something might be wrong. In more advanced cervical cancer, the most common symptoms are irregular bleeding and pain in the pelvic area, legs, and back.

How do I protect myself?

By getting routine Pap tests and screening for HPV when recommended. Fifty percent of women diagnosed with cervical cancer have never had a Pap test or have gone years without one.

Who should get screened?

All sexually active women should be routinely screened. It's important to discuss your age, sexual history, and other factors with your health care provider to determine how frequently you need to be screened. Currently, the American College of Obstetricians and Gynecologists (ACOG) recommends that routine screening begin at age 21.

How often should I be tested?

Between the ages of 21 to 29, Pap tests are recommended every two years. If a test is inconclusive or slightly abnormal, HPV screening is the next step. After age 30, both Pap and HPV testing are recommended. Depending on your personal history, your healthcare provider may recommend a three-year screening interval if your risk of developing cervical cancer is low.



Should I get an HPV type 16 and 18 test?

If your Pap test is normal, but your HPV test is positive, your healthcare provider may recommend a genotyping test to determine whether HPV type 16 or 18 are present. These two high-risk HPV types account for about 70% of all cervical cancer cases. Be sure to ask your healthcare provider if this genotyping test is right for you.



What's all the talk about HPV?

HPV is a group of over 100 virus types that are transmitted by skin-to-skin contact. Most types of HPV are harmless and will clear on their own, but a few high-risk types may develop into cervical cancer.

So who gets HPV? Am I at risk?

Lots of women—and men. About 80% of sexually active women have been infected with genital HPV by age 50. Approximately 6.2 million are estimated to contract a form of HPV each year.

Isn't there an HPV vaccination now?

Yes, HPV vaccines are available and provide protection against two of the most common high-risk types—HPV 16 and HPV 18. Talk with your healthcare provider to see if the vaccine is right for you. Remember, even with vaccination, it's important to continue routine screening.

If I have HPV, will it turn into cancer?

Not likely. While nearly all cervical cancer is associated with HPV infections, most of these infections clear on their own. A very small percentage of cases develop into cervical cancer, and with early diagnosis most can be treated and cured.

Does the HPV test replace the Pap test?

HPV testing is not a replacement for a Pap test. It provides important information your healthcare provider can use to assess your risk of developing cervical cancer.

If I get the HPV vaccine, do I still need Pap and HPV tests?

Even with the vaccine, cancer can still develop from HPV strains not covered. Because of this, it's still important to have regular Pap and HPV tests when recommended. Together, the vaccine, Pap, and HPV tests provide a triple defense against cervical cancer.



About Pap tests

What exactly is a Pap test?

A Pap test or “Pap smear” is the most effective screening tool for cervical cancer. It detects abnormal cells on your cervix, often before they become cancerous. Your healthcare provider takes a sample of cells from your cervix and sends it to a lab for review. If any cellular characteristics are questionable, your healthcare provider is notified. More than 90% of Pap tests come back as normal.

What does your healthcare provider need to know?

- The date of your last period
- Whether your periods come regularly, how long they last and how heavy they are
- If you've ever had an abnormal Pap test
- The date of your last mammogram
- The date of your last colonoscopy
- Whether you feel pain during intercourse
- Any drastic weight changes
- Any medications, including non-prescription drugs
- Any family history of cancer, heart disease or diabetes
- Recent changes in skin or hair loss
- Issues with bladder control

Does it hurt?

Most women don't find Pap tests painful. There may be a few moments of mild discomfort with the pelvic exam, but it will be over before you know it.

What if the results are abnormal?

If your Pap test is inconclusive or slightly abnormal—or if you're over 30—your healthcare provider may recommend an HPV test. This will tell if you have a high-risk strain of HPV and are at risk for developing cervical cancer. Even if cancer cells are present, with early diagnosis cervical cancer can be treated and cured.

What do I do to prepare for a Pap test?

1. Avoid vaginal medication, personal lubricants, vaginal contraceptives and douches for 48 hours before your appointment.
2. Refrain from sexual intercourse for 48 hours before your appointment.
3. Drink plenty of water the day of your appointment. You may need to give a urine sample.
4. Schedule your appointment on a day when you will not have your period.

Do I need any other exams?

Your Pap and HPV tests are only part of a thorough annual exam. Your healthcare provider also keeps an eye on your overall health. She or he will likely check for changes in height and weight, as well as signs of thyroid problems, breast abnormalities, osteoporosis, and heart disease. A pelvic exam to check your reproductive organs and tests for sexually transmitted diseases are also important to keeping you healthy.

