Cervical Cancer is Preventable!

Native Hawaiian Health Care System

Moloka‘i
Nā Pu‘uawai
(808) 560-3653

O‘ahu
Ke Ola Mamo
(808) 845-3388

Hawai‘i
Hui Mālama Ola Nā ‘Ōiwi
(808) 969-9220

Kaua‘i, Ni‘ihau
Ho‘ōla Lāhui
(808) 240-0100

Maui
Hui No Ke Ola Pono
(808) 244-4647

Lāna‘i
Ke Ola Hou O Lāna‘i
(808) 565-7204

You may be eligible for FREE breast & cervical cancer screening services. To learn more call:

Breast & Cervical Cancer Control Program (BCCCP)
(808) 692-7480

There are many sites across the state. Please call for the site nearest you.

American Cancer Society
1-800-227-2345
www.cancer.org

Endorsed by 'Ahahui o nā Kauka Native Hawaiian Physicians Association
Regular screening can lower your chance of getting cervical cancer.

Cervical cancer is cancer of the cervix (the lower womb).

- Women of all ages can get this kind of cancer but it is most common at ages 20-30 years.

This picture shows the cervix, uterus, and other female organs.

A yearly Pap smear test and Pelvic exam can find certain cells that can turn into cancer.

Who should get a Pap smear test and Pelvic exam:

- Females who are 18 years and older even if they do not have symptoms
- Any female who has had sex

What to expect at the doctor’s office

- Pelvic Exam—The doctor inserts a finger into the vagina and pushes gently on the abdomen to check your uterus, cervix and other female organs.
- Pap Smear Test—The doctor collects some tissue from the cervix and uses a microscope to find abnormal cells before cancer starts.

Ask your doctor about the new HPV vaccine for girls and women 9 to 26 years old. This vaccine can help prevent this kind of cancer.

What increases your chances of getting cervical cancer?

- Having sex
- Having more than one sexual partner
- Having sex before the age of 16
- Smoking cigarettes
- Having HIV or any other STD (sexually transmitted disease)

Some common signs and symptoms of cervical cancer

- Bleeding from the vagina (that is not normal for you)
- Bleeding after sex
- More than normal discharge from the vagina

“It’s just a 10-minute appointment, but it can save your life. That’s a good investment.”