

To learn more  
about this call:

## Native Hawaiian Health Care System

Moloka'i	Nā Pu'uwai (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

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**Cancer Information Service** 1-800-4-CANCER  
(1-800-422-6237)  
[www.cancer.gov](http://www.cancer.gov)

**American Cancer Society** 1-800-227-2345  
[www.cancer.org](http://www.cancer.org)



Halehuki circa 1940

*'Imi Hale*  
Native Hawaiian Cancer Network  
*A Program of Papa Ola Lōkahi*

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# Cervical Cancer is Preventable!



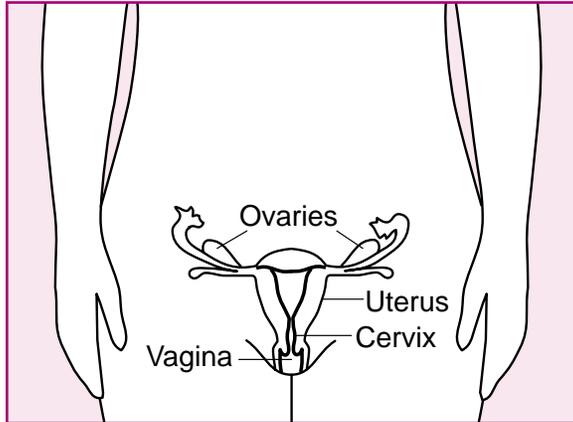
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Native Hawaiian Physicians Association

NATIVE HAWAIIAN CANCER AWARENESS SERIES

# 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.**

## 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

## 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.**



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