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 ‘Oiwi
              (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

Cancer Information
Service

1-800-4-CANCER
(1-800-422-6237)
www.cancer.gov

American Cancer Society

1-800-227-2345
www.cancer.org

Endorsed by ‘Ahahui o nā Kauka
Native Hawaiian Physicians Association

‘Imi Hale
Native Hawaiian Cancer Network
A Program of Papa Ola Lokahi

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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.

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

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