

## Cervical Cancer Facts

- In the United States, the number of cervical cancer cases and deaths have declined significantly since the 1970s.
- The main reason for the decline in cervical cancer is the increased screening via a Pap test, which can help prevent cervical cancer.
- More than 12,000 women are diagnosed with cervical cancer, and more than 4,000 women die of cervical cancer each year in the United States.

## Cervical Cancer in Tennessee

- More than 280 women are diagnosed with cervical cancer each year in Tennessee.
- About 100 women die of cervical cancer each year in Tennessee.

Source: U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on November 2017 submission data (1999-2015): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute, [cdc.gov/cancer/dataviz](https://cdc.gov/cancer/dataviz), June 2018.



## Tennessee Breast and Cervical Screening Program

If you do not have insurance, have limited income, and are age 40 or older, you may be eligible for a free cervical cancer screening through your local health department.

**Call the Tennessee Breast and Cervical Screening Program at 1-877-969-6636.**

For local information on women's health, contact:

Funding is provided by the Tennessee Breast and Cervical Screening Program.

Visit the following websites for more information on cervical health:

Tennessee Breast and Cervical Screening Program: [tn.gov/health/health-program-areas/fhw/mch-cancer.html](https://tn.gov/health/health-program-areas/fhw/mch-cancer.html)

Centers for Disease Control and Prevention: [cdc.gov/cancer/cervical](https://cdc.gov/cancer/cervical)

American Cancer Society: [www.cancer.org/cancer/cervical-cancer](https://www.cancer.org/cancer/cervical-cancer)

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# Cervical Cancer

## What You Should Know



A wellness publication by  
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## What is the cause of cervical cancer?

The main cause of cervical cancer is a virus called human papilloma virus (HPV). HPV infection is the most common sexually transmitted infection in the United States. There are many types of HPV. Only specific types of HPV can cause cervical cancer.

HPV can be passed from one person to another through skin-to-skin contact. In fact, most sexually active people will get an HPV infection in their lifetime. Because the body's immune system fights HPV, the infection goes away on its own. In rare cases, HPV may result in cancer if it remains in the body for a long time.

### Other Risk Factors for Cervical Cancer

- Smoking.
- Having a weak immune system.
  - Having HIV (the virus that causes AIDS).
  - Using medications that weaken the immune system.
- Giving birth to three or more children.
- Having several sexual partners.
- Using birth control pills for a long time (five or more years).

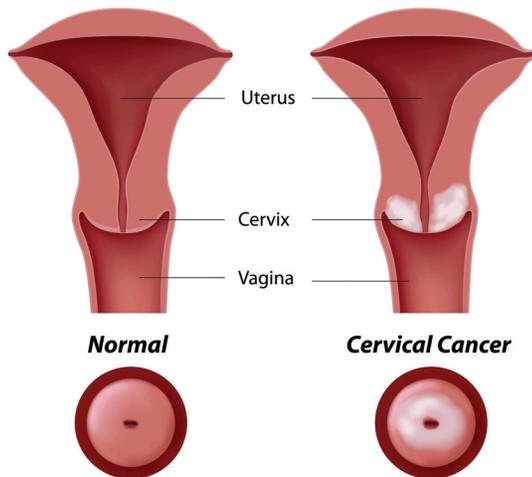
*Cervical cancer generally does not have any signs or symptoms at early stage.*

## What is cervical cancer?

Cervical cancer is a type of cancer that starts in the cervix. Cancer occurs when cells in the body grow out of control.

## Where is the cervix?

The cervix is the lower end of the uterus (womb) that connects the vagina (birth canal) to the upper part of the uterus.



## How can I decrease my risk of cervical cancer?

### Cervical Cancer Screening

Cervical cancer screening is testing:

- To find cancer early, or
- To find changes in the cervix that might become cancer without treatment.

Your doctor may recommend one or both of the following tests every three to five years:

- Pap test, starting at age 21.
- HPV test, starting at age 30.

If you are older than 65, you may not need to continue screening if your screening results were normal for several years in a row.

### HPV Vaccine

HPV vaccination prevents cervical cancer and other cancers linked to HPV. While the vaccine is recommended for both girls and boys aged 11 to 12 years, it can be used between the ages of 9 and 26.

### Lifestyle Modifications

- Don't smoke.
- Avoid exposure to HPV by:
  - Using a condom during sex.
  - Not having multiple sexual partners.