

# JANUARY IS CERVICAL CANCER AWARENESS MONTH



## teal & white

- ✓ **GET SCREENED**  
Pap test (women 21-64, every 3 to 5 years)  
HPV test (starting at age 30 as recommended)
- ✓ **FOLLOW UP**  
On abnormal screening results
- ✓ **VACCINATE**  
Adolescents at ages 11-12  
Catch-up to age 26

\*Women ages 21-29 should get a Pap test every 3 years. Women ages 30-64 should get a Pap test and HPV test every 5 years or a Pap test alone every 3 years. If any of your tests are abnormal, you may need to be tested more often. Women ages 65 and older may no longer need to be screened for cervical cancer. Talk with your doctor about what's right for you.

\*\* HPV vaccination recommended for boys and girls ages 9-26. \*\*\* The FDA has approved up to age 45.

# UAB HEALTH

## MITCHELL CANCER INSTITUTE



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