



Weill Cornell Medicine

Ways to Keep Your Cervix Healthy



What you need for good cervical health.

More than 4,000 American women die from cervical cancer each year. Knowing how to detect cancer early on can increase your chances of successful treatment. **Know your options to discuss them with your healthcare provider today**

HPV Vaccine



As a sexually transmitted virus, human papillomavirus (HPV) causes most cases of cervical cancer. Fortunately, there is a solution: an HPV vaccine. Females are eligible to receive the vaccine as early as 9 years of age. If received early, patients will need two doses of the vaccine. On or after age 15, three doses over six months is necessary.



Pap Tests

During a Pap test (or Pap smear), your provider removes cervical cells, which are then reviewed for signs of cervical cancer. For decades, Pap tests were an annual occurrence. **Today, otherwise healthy women 21 years and older need one Pap test every three years.**

HPV Testing



HPV testing is available starting at age 25. If used alone, HPV testing should be repeated every five years. With cotesting, you don't have one test for cervical cancer. **You have two: a Pap test and an HPV test. A benefit of cotesting is you only need testing once every five years.**



For help protecting yourself from cervical cancer, please call (646) 697-ONC1 (6621) to find an expert gynecologic oncologist at Weill Cornell Medicine.



Weill Cornell Medicine