

# MedBen

# WellCare

benefitness for you.

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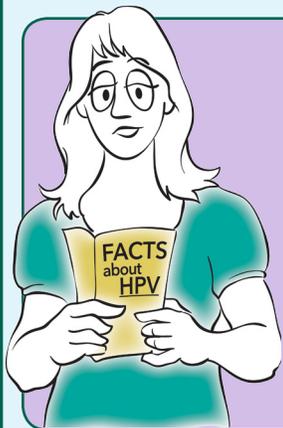
## Raising Awareness for Cervical Cancer

January is Cervical Cancer Awareness month and we did not want to miss this opportunity to remind women ages 21 and older how important it is to get a Pap test every three years, in addition to other wellness exams and screenings.

It is estimated that nearly 13,000 new cases of cervical cancer arise each year and that approximately 30% of those cases are terminal. Though it is unclear about what causes cancer, it is certain that HPV (human papilloma virus) does play a role when on the topic of cervical cancer. Due to this, The American Cancer Society recommends females between the ages of 11 and 12 get the HPV vaccination.

MedBen WellLiving understands that developing an ongoing professional doctor-patient relationship is critical to better health. By developing this relationship and visiting your doctor at least once a year (for your annual wellness visit, if nothing else) you're educating yourself on risks you may not have even known existed for yourself.

For more information on what steps are specifically best for you when preventing and testing for cervical cancer and other chronic diseases throughout the year, schedule a trip to your family physician's office.



## Cervical Cancer Prevention Tips and Testing

**Schedule an appointment with your family physician today to discuss your best options.**

- Vaccinations for HPV are recommended for:
  - Females ages 11-12.
  - Females ages 9-10 and ages 19-26 with guidance from their family practitioner.
- Vaccinations are thought to work best when received prior to HPV exposure.
- In addition to regular Pap tests, get an annual well woman exam and other recommended screenings.
- Refrain from smoking cigarettes.
- If you experience any abnormalities concerning reproductive organs or the bladder, consult your family doctor immediately.

SOURCES: Mayo Clinic, Cancer.org, The American Cancer Society

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