



Tell a Sister About Cervical Cancer!



*Arkansas
Cervical Cancer
Task Force*

Arkansas Department of Health

You Can Prevent It, Treat It and Beat It!

Spread the word! We can fight cervical cancer, but you have to know the facts:

- 1.** Get a regular Pap test! Women should have a Pap test within three years after becoming sexually active or by age 21.
- 2.** Talk to your doctor about HPV (Human Papillomavirus) and how to avoid it. Your doctor can give you more information about about HPV testing and the HPV vaccine.
- 3.** Stop smoking now! Smoking increases your chance of getting several cancers including cervical cancer.

These three things can help prevent cervical cancer. Now, tell a sister what you know!

For more information, visit
www.ArkansasCancerCoalition.org/cctf.html