DID YOU KNOW?

January is Cervical Health Awareness Month, and Louisiana State Board of Nursing wants you to know there's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is the most common sexually transmitted disease. It is also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

So, what's the good news?

- **HPV can be prevented by the HPV vaccine.**
- **Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.**

January is Cervical Health Awareness Month
Learn more at ww.nccc-online.org

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NCCC
National Cervical Cancer Coalition
A program of the American Sexual Health Association

In honor of National Cervical Health Awareness Month, Louisiana State Board of Nursing encourages:

- **Women to start getting regular Pap tests at age 21**
- **Women to get the HPV vaccine before age 27**
- **Parents to make sure their pre-teens get the HPV vaccine at age 11 or 12**
- **Men to get the HPV vaccine if you are under age 22**

TAKING SMALL STEPS CAN HELP KEEP YOU AND YOUR LOVED ONES SAFE AND HEALTHY.

Sponsor: National Cervical Cancer Coalition (http://www.nccc-online.org)