



Keeping cervical cancer in check

Two lines of defense

A **vaccine** along with **regular pelvic exams and Pap tests** are two of the best ways to help protect yourself from cervical cancer.

Find out more about HPV, pelvic exams and Pap tests. Check out [Aetna IntelliHealth®](#).

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HPV vaccine		Pelvic exam and Pap test	
It can help prevent the most common cause of <u>cervical cancer</u> — infection with the human papilloma virus (HPV).		They help spot cervical changes early when they are <u>most treatable</u> .	
Ask your doctor if it's right for you.		Ask your doctor what's right for you.	
What's recommended	For	What's recommended	How often
Series of 3 shots over 6 months.	Girls and women under age 26, starting at age 11 and 12.	<u>Pelvic exam</u>	Usually, once a year.
If you get the vaccine, it is still important to get regular pelvic exams and Pap tests. The exams and screenings are your second line of defense.		<u>Pap test</u>	Every 1 – 3 years based on age, risk factors and earlier Pap results.

Source: Aetna IntelliHealth. Available at www.intelihealth.com. Accessed March 4, 2011.

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