



# Cervical Cancer Prevention and Education Resource Guide January 2025

The Maryland Department of Health’s Center for Cancer Prevention and Control is sharing this guide with local Cigarette Restitution Fund-Cancer Prevention, Education, Screening, and Treatment programs to assist in the development of cervical cancer awareness materials.

This guide provides information and materials from reputable sources including, but not limited to, the American Cancer Society, the Centers for Disease Control and Prevention, the National Cancer Institute, and George Washington University Cancer Institute. Resources include ready-made media such as factsheets, social media, and videos to help you create, update, and tailor health education materials for the communities that you serve.



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## What Is Cervical Cancer?

Cervical cancer is a cancer that starts in the cells of the cervix. The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).

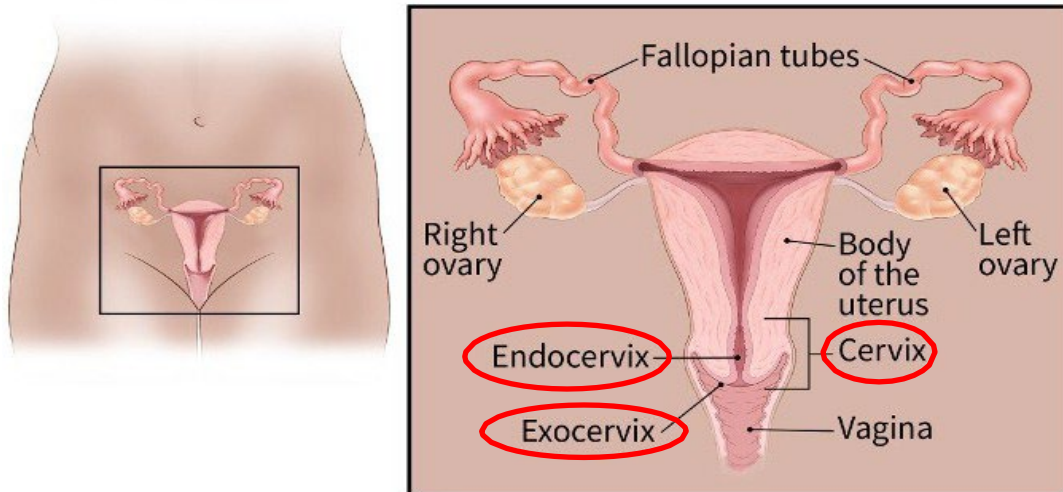


Image is from American Cancer Society: <https://www.cancer.org/cancer/cervical-cancer/>

## What are the Types of Cervical Cancer?

Cervical cancers are classified based on the type of cell where the cancer originates. The two primary types are:

- **Squamous cell carcinoma:** this is the most common form of cervical cancer, making up about 90% of cases. It begins in the squamous cells of the exocervix.
- **Adenocarcinoma:** these cancers arise from the glandular cells in the endocervix.

Sometimes, cervical cancer has features of both squamous cell carcinoma and adenocarcinoma. This is called mixed carcinoma or adenosquamous carcinoma.

### References

1. Centers for Disease Control and Prevention. (2024, Feb 22). *Basic Information About Cervical Cancer*. [https://www.cdc.gov/cervical-cancer/about/?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/cervical/basic\\_info/index.htm](https://www.cdc.gov/cervical-cancer/about/?CDC_AAref_Val=https://www.cdc.gov/cancer/cervical/basic_info/index.htm)
2. National Cancer Institute. (2023, June 15). *What is Cervical Cancer?* <https://www.cancer.gov/types/cervical>

## What are the Signs and Symptoms of Cervical Cancer?

Cervical cancer usually develops slowly over time and may not cause signs or symptoms in its early stage.

Symptoms often do not begin until the cancer becomes larger and grows into nearby tissues. When that happens, some common signs and symptoms include:

- Abnormal vaginal bleeding, such as:
  - ◇ bleeding after vaginal sex;
  - ◇ bleeding after menopause;
  - ◇ spotting between periods; or
  - ◇ menstrual periods that are longer or heavier than usual.
- Unusual discharge from the vagina.
- Pain during sex.
- Pain in the pelvic region.

Signs and symptoms of advanced cervical cancer may include:

- Swelling of the legs.
- Problems urinating or having a bowel movement.
- Blood in the urine.

*Note: These symptoms above can also happen with other conditions that are not related to cervical cancer. A healthcare professional should be consulted if any of these signs or symptoms are present.*



# SIGNS & SYMPTOMS

### References

1. American Cancer Society. (2020, January 3). Signs and Symptoms of Cervical Cancer. <https://www.cancer.org/cancer/cervical-cancer/detection-diagnosis-staging/signs-symptoms.html>.
2. Centers for Disease Control and Prevention. (2024, Feb 22). *What are Symptoms of Cervical Cancer?* [https://www.cdc.gov/cervical-cancer/symptoms/?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/cervical/basic\\_info/symptoms.htm](https://www.cdc.gov/cervical-cancer/symptoms/?CDC_AAref_Val=https://www.cdc.gov/cancer/cervical/basic_info/symptoms.htm).

## What Can Increase the Risk of Cervical Cancer?

- **The human papillomavirus (HPV):** HPV is a common virus that can be passed from person to person during sexual activity
  - ◇ There are many types of HPV; two high-risk types, HPV16 and HPV18, cause 70% of the cervical cancers worldwide. Other types can cause genital or skin warts.
  - ◇ HPV is so common that most people who are sexually active will get it at some point in their lives.
  - ◇ For most people, HPV will go away on its own. However, when a high-risk HPV infection lasts for years, it can lead to changes in the cervical cells that may eventually develop into cervical cancer.
- **Sexual history:** Certain sexual behaviors increase the risk of cervical cancer by increasing a person's exposure to HPV. You can have increased exposure by:
  - ◇ Becoming sexually active at a young age (especially younger than 18).
  - ◇ Having multiple sexual partners.
  - ◇ Having a partner who is at high risk, such as someone who has HPV or multiple partners.
- **Smoking:** Smoking exposes the body to cancer-causing chemicals that can harm the lungs and many other organs, including the cervix.
  - ◇ Women who smoke are twice as likely to get cervical cancer than non-smokers.
  - ◇ The harmful substances in tobacco products may damage the DNA in cervix cells which contribute to the development of cervical cancer.
- **Birth control pills and childbearing history:** The use of birth control pills and giving birth to many children are associated with an increased risk of cervical cancer.
- **Obesity:** Cervical cancer screening may be difficult in those with obesity, leading to lower detection of precancers and a higher risk of cancer.
- **Family history of cervical cancer:** Cervical cancer may run in some families. If you have a mother or sister who had cervical cancer, your chances of developing the disease may be higher than if no one in your family had it.



**RISK  
FACTORS**

### References

1. American Cancer Society. (2020, January 3). *Risk Factors for Cervical Cancer*. <https://www.cancer.org/cancer/types/cervical-cancer/causes-risks-prevention/risk-factors.html>
2. National Cancer Institute. (2024, August 2). *Cervical Cancer Causes, Risk Factors, and Prevention*. <https://www.cancer.gov/types/cervical/causes-risk-prevention>
3. Centers for Disease Control and Prevention. (2023, October 2). *Cervical Cancer Risk Factors*. <https://www.cdc.gov/cervical-cancer/risk-factors/index.html>

## What Can Increase the Risk of Cervical Cancer? cont.

- **Weakened immune system:** A weakened immune system lowers the body's ability to fight an HPV infection.
  - ◇ Human immunodeficiency (HIV), a virus that causes AIDS, weakens the immune system and can put people at higher risk of HPV infection. Women living with HIV may develop cervical precancer that can progress into invasive cancer faster than in those with a healthy immune system.
  - ◇ Taking drugs to suppress the body's immune response (for instance, to prevent organ rejection after a transplant or to treat an autoimmune disease) may also lead to a weakened immune system.
- **Diethylstilbestrol (DES):** DES is a hormonal drug that was given to some women between 1938 and 1971 to prevent miscarriage.
  - ◇ Women whose mothers took DES while pregnant have an increased risk of cervical cells abnormalities and or clear cell adenocarcinoma or the vagina or cervix.



**RISK  
FACTORS**

*Note: Your healthcare provider may recommend more frequent screening if you are at high-risk for cervical cancer.*

### References

1. American Cancer Society. (2020, January 3). *Risk Factors for Cervical Cancer*. <https://www.cancer.org/cancer/types/cervical-cancer/causes-risks-prevention/risk-factors.html>
2. National Cancer Institute. (2024, August 2). *Cervical Cancer Causes, Risk Factors, and Prevention*. <https://www.cancer.gov/types/cervical/causes-risk-prevention>
3. Centers for Disease Control and Prevention. (2023, October 2). *Cervical Cancer Risk Factors*. <https://www.cdc.gov/cervical-cancer/risk-factors/index.html>

## How Can You Lower the Risk of Cervical Cancer?

Cervical cancer is one of the most preventable cancers.

Steps You Can Take:

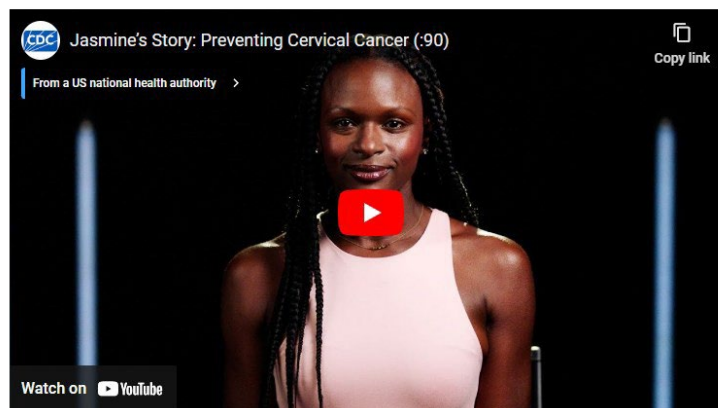
- Get the HPV vaccine because it:
  - ◇ Protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers.
  - ◇ Is recommended for youth aged 11 to 12 years but can be started as early as 9 years.
  - ◇ Is also recommended for everyone through age 26 years, if they are not already vaccinated.

**CANCER  
PREVENTION**

*Note that the vaccine is not recommended for everyone older than 26 years. Some adults between the ages of 27 through 45 who have not been vaccinated may decide to get the vaccine after speaking with their healthcare provider. HPV vaccination in this age range provides less protection as many people have already been exposed to HPV.*

- Get a screening test.
- Use condoms during sex.
  - ◇ HPV infections can happen in both male and female genital areas that are covered or protected by a latex condom as well as areas that are not covered. The effects of condom use in preventing HPV infections is still not fully known, but it has been associated with lower rates of cervical cancer.
- Do not smoke.

Jasmine's Story: Preventing Cervical Cancer



<https://youtu.be/SWXZftsFstQ>

### References

1. Centers for Disease Control and Prevention. (2023, October 2). *What Can I Do to Prevent My Risk of Cervical Cancer*. [https://www.cdc.gov/cervical-cancer/prevention/?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/cervical/basic\\_info/prevention.htm](https://www.cdc.gov/cervical-cancer/prevention/?CDC_AAref_Val=https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm)

## Why Is Cervical Cancer Screening Important?

Cervical cancer screening can help find cancer early, often before you see or feel any signs or symptoms. Benefits of cervical cancer screening generally outweigh the risks. Here are some key points to consider:

- **Early detection:** Screening can help find precancerous cervical cell changes or cervical cancer at an early stage when it is most treatable, improving survival rates.
- **Reduced Mortality:** Regular screening has been shown to reduce the risk of dying from cervical cancer.
- **Treatment Options:** Early detection often allows for more treatment options, which can be less aggressive and more effective.

## What are the Cervical Cancer Screening Tests?

- **The Pap test (also known as Pap smear or cervical cytology):** This screening test looks for precancers or cell changes on the cervix that might become cervical cancer if they are not treated.
- **HPV tests:** These tests check cells for infection with high-risk HPV types that can cause cervical cancer.
- **The HPV/Pap cotest:** This test uses an HPV test and Pap test together to check for both high-risk HPV and cervical cell changes.

## Who Should Get Screened?

**Women aged 21– 29 years:** The United States Preventive Services Task Force (USPSTF) recommends screening for cervical cancer every 3 years with the Pap test alone.

**Women aged 30 to 65 years:** The USPSTF recommends getting screened for cervical cancer using one of the following methods:

- Pap test every 3 years
- HPV test every 5 years
- HPV/Pap cotest every 5 years.

### References

1. American Cancer Society. (2024). Cancer Facts & Figures. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2024/2024-cancer-facts-and-figures-acf.pdf>
2. Centers for Disease Control and Prevention. (2024, December 11). Screening for Cervical Cancer. <https://www.cdc.gov/cervical-cancer/screening/index.html>
3. U.S. Preventive Services Task Force. (2018, August 21). Cervical Cancer: Screening. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening>



## **What are the Risks of Cervical Cancer Screenings?**

Cervical cancer screening can give false positive results—when the test shows there is precancer or cancer when there isn't. This can lead to more tests, which can take up time and cause anxiety and stress and other harms. Sometimes screening can give false-negative results—when the test appears normal even though cancer is present. Someone who receives a false-negative result may delay seeking care even if there are symptoms.

## **Who Should NOT Get Screened?**

The USPSTF recommends against screening for cervical cancer among:

- Women younger than 21 years.
- Individuals who have had a total hysterectomy (removal of both the uterus and cervix) and do not have a history of a high-grade precancerous lesion (i.e. cervical intraepithelial neoplasia [CIN] grade 2 or 3) or cervical cancer.
- Women older than 65 years who have had adequate prior screening and are not otherwise at high-risk for cervical cancer.

## **Does Health Insurance Cover Cervical Screening?**

Most health insurance plans cover cervical cancer screening. However, if you don't have health insurance, you may be able to get no cost cervical cancer screening services through the Maryland Breast and Cervical Cancer Program. For more information visit their website at [https://health.maryland.gov/phpa/cancer/Pages/bccp\\_home.aspx](https://health.maryland.gov/phpa/cancer/Pages/bccp_home.aspx)

If cervical cancer is found, the Maryland Breast and Cervical Cancer Diagnosis and Treatment Program may be able to cover treatment for those without health insurance. Learn more at [https://health.maryland.gov/phpa/cancer/Pages/bccdt\\_home.aspx](https://health.maryland.gov/phpa/cancer/Pages/bccdt_home.aspx)

*Note: Joint guidelines from the American Cancer Society, American Society for Colposcopy and Cervical Pathology, and American Society for Clinical Pathology (ACS/ASCCP/ASCP) define adequate prior screening as 3 consecutive negative cytology results or 2 consecutive negative cotest results within 10 years before stopping screening, with the most recent test occurring within 5 years. The guidelines further state that routine screening should continue for at least 20 years after spontaneous regression or appropriate management of a precancerous lesion, even if this extends screening past age 65 years. Once screening has stopped, it should not resume in women older than 65 years, even if they report having a new sexual partner.*

### **References**

1. U.S. Preventive Services Task Force. (2018, August 21). Cervical Cancer: Screening. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening>

## What Happens During a Cervical Cancer Screening Test?

- One of the best ways to help prevent cervical cancer is to have regular screening-tests starting at age 21.
  - ◊ The Pap test (or Pap smear) looks for abnormal cells, including cancerous or precancerous cells in the cervix.
  - ◊ The HPV test looks for the virus that can cause cervical cells to become abnormal.
- Both the HPV and Pap tests can be done in a doctor's office or clinic. During the Pap and HPV test, the doctor will use a plastic or metal instrument, called a speculum, to widen the vagina. This helps the doctor examine the cervix and collect samples of cells from the cervix. The sample is then sent to a laboratory for further examination.

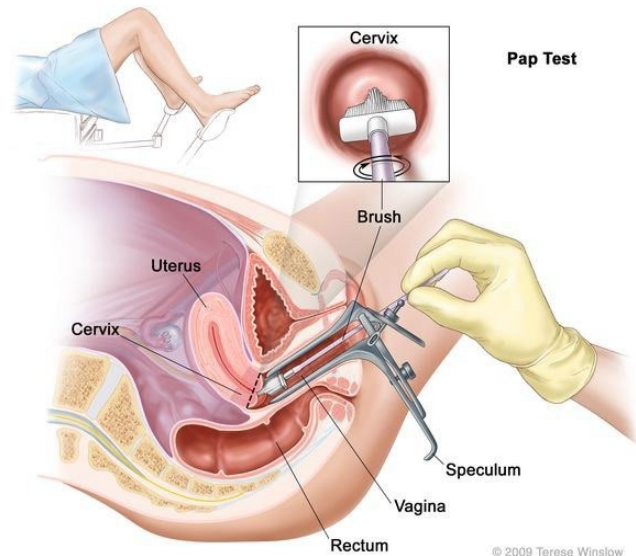


Image is from NIH: <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/pap-smear>

## What Is Cervical Precancer?

- When there are cervical cells that look abnormal, but are not yet cancerous, it is called cervical precancer.
- These abnormal cells may be the first sign of cancer that develops years later.
- Cervical precancer usually does not cause pain or other symptoms and is found with a Pap test.

Cindy's Story: Preventing Cervical Cancer



<https://youtu.be/hg7OH-oGJU8>

### References

1. Centers for Disease Control and Prevention. (2024, December 11). *Screening for Cervical Cancer*. <https://www.cdc.gov/cervical-cancer/screening/index.html>

# Cervical Cancer Statistics in the United States

- According to the National Cancer Institute, it is estimated that in 2024:
  - ◇ About 13,820 new cases of invasive cervical cancer will be diagnosed in the United States.
  - ◇ About 4,360 women will die from cervical cancer in the United States.
- In 2021, there were an estimated 295,748 women living with cervical cancer.
- The 5-year relative survival rate for cervical cancer is 67% overall, but as low as 57% in Black women and 47% in women 65 years of age and older.
- More than 42 million Americans are infected with types of HPV that cause disease including cervical cancer; and about 13 million Americans, including teens, become infected each year.

## At a Glance

Estimated New Cases in 2024	13,820
% of All New Cancer Cases	0.7%

Estimated Deaths in 2024	4,360
% of All Cancer Deaths	0.7%



### References

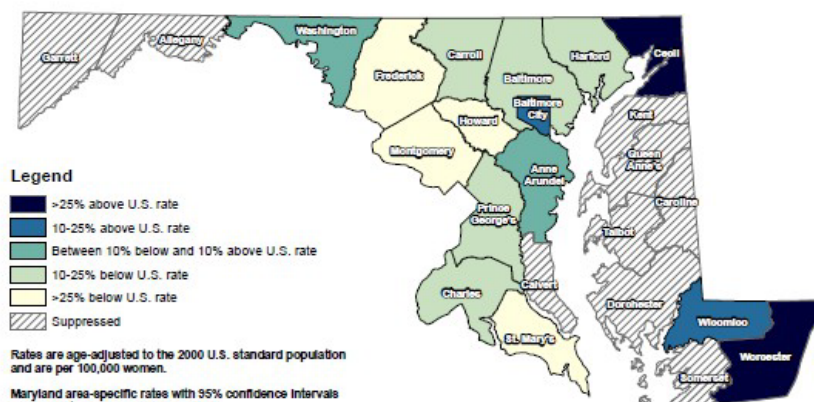
1. National Cancer Institute. (2024). *Cancer Stat Facts: Cervical Cancer*. <https://seer.cancer.gov/statfacts/html/cervix.html>.
2. Centers for Disease Control and Prevention. (July 3, 2024). *About HPV*. <https://www.cdc.gov/hpv/about/index.html#:~:text=HPV%20infections%20are%20very%20common,teens%2C%20become%20infected%20each%20year>.
3. American Cancer Society. (2024). *Cancer Facts & Figures 2024*. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2024/2024-cancer-facts-and-figures-acf.pdf>

# Cervical Cancer Statistics in Maryland



- According to the American Cancer Society, it is estimated that in 2024:
  - ◊ About 230 new cases of invasive cervical cancer will have been diagnosed in Maryland residents.
  - ◊ About 70 Maryland residents will have died from cervical cancer.
- In 2020, 79.3% of Maryland women ages 21-65 years old reported receiving a Pap smear within the past three years.
- From 2016-2020, cervical cancer incidence rates decreased among Black females at 2.6% per year and decreased at 1.0% per year among White females.
- From 2016-2020, mortality rates increased by 7.1% per year for White females and decreased by 4.6% per year for Black females.

**Maryland Cervical Cancer Incidence Rates by Geographical Area: Comparison to U.S. Rate, 2016-2020**



**Legend**

- >25% above U.S. rate
- 10-25% above U.S. rate
- Between 10% below and 10% above U.S. rate
- 10-25% below U.S. rate
- >25% below U.S. rate
- Suppressed

Rates are age-adjusted to the 2000 U.S. standard population and are per 100,000 women.

Maryland area-specific rates with 95% confidence intervals are presented in Appendix E, Table 8.

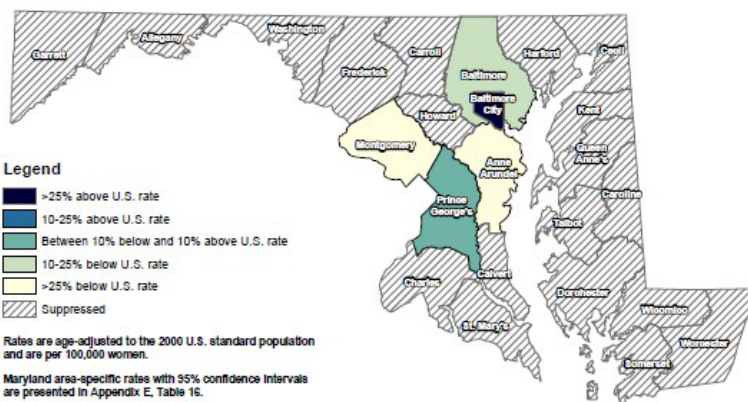
U.S. cervical cancer incidence rate, 2016-2020: 7.7 / 100,000

Maryland cervical cancer incidence rate, 2016-2020: 6.5 / 100,000

Sources: Maryland Cancer Registry  
U.S. SEER, SEER\*Stat Database

Note: Rates based on case counts of 1-15 are suppressed per MDH/MCR Data Use Policy and Procedures.

**Maryland Cervical Cancer Mortality Rates by Geographical Area: Comparison to U.S. Rate, 2016-2020**



**Legend**

- >25% above U.S. rate
- 10-25% above U.S. rate
- Between 10% below and 10% above U.S. rate
- 10-25% below U.S. rate
- >25% below U.S. rate
- Suppressed

Rates are age-adjusted to the 2000 U.S. standard population and are per 100,000 women.

Maryland area-specific rates with 95% confidence intervals are presented in Appendix E, Table 16.

U.S. cervical cancer mortality rate, 2016-2020: 2.2 / 100,000

Maryland cervical cancer mortality rate, 2016-2020: 2.0 / 100,000

Sources: CDC WONDER  
U.S. SEER, Cancer Statistics Review

Note: Rate based on case counts of 0-19 are suppressed per MDH/MCR Data Use Policy and Procedures.

## References

1. Maryland Department of Health. (2023). 2023 Cancer Data. *Cigarette Restitution Fund Program*.
2. American Cancer Society. (2023). Cancer Facts & Figures 2023. <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2023/2023-cancer-facts-and-figures.pdf>.
3. American Cancer Society. (2024). *Cancer Statistics Center: Maryland at a Glance*. <https://cancerstatisticscenter.cancer.org/states/maryland>.
4. America's Health Ranking. (2023). *Cervical Cancer Screening in Maryland*. [https://www.americashealthrankings.org/explore/measures/cervical\\_cancer\\_screen\\_women/MD](https://www.americashealthrankings.org/explore/measures/cervical_cancer_screen_women/MD).
5. Centers for Disease Control and Prevention. (2023, February 10). *HPV Infection*. <https://www.cdc.gov/hpv/parents/about-hpv.html>.

# Cervical Cancer Awareness Campaign Ideas

## **1. Community Events**

- Walks/runs: Organize or promote charity walks or runs to raise funds and awareness. Inquire with local businesses or health organizations on a sponsorship and/or promotion.
- Health fairs: Host health fairs at sites offering cervical cancer screening at no cost and educational workshops.

## **2. Social Media Campaigns**

- Hashtag Challenges: Create a viral hashtag challenge encouraging people to share personal stories or photos in support of cervical cancer awareness.
- Q&A Sessions: Host live sessions with healthcare professionals to answer questions about cervical cancer prevention, screening, diagnostics, and treatment.

## **3. Educational Workshops**

- Virtual Seminars: Offer webinars on cervical cancer topics on platforms like YouTube, X, Instagram, or TikTok.
- School Programs: Implement educational programs with colleges/universities student health services to teach students about cervical cancer prevention and self-awareness.
- Faith-based Programs: Collaborate or host educational programs at diverse faith-based organizations such as churches, temples, mosques, and gurdwaras in your local area.

## **4. Support Initiatives**

- Volunteers: Solicit community volunteers who want to help cervical cancer patients get to appointments.
- Support Groups: Create and promote support groups for cervical cancer patients and survivors, both in-person and online.
- Care Packages: Assemble and distribute care packages for individuals undergoing treatment, including comfort items and informational resources.

## **5. Fundraising Efforts**

- Charity Auctions: Host auctions where local artists or businesses donate items or services, with proceeds going to charitable organizations that support cervical cancer services.

## **Cervical Cancer Awareness Campaign Ideas cont.**

### **6. Public Awareness Campaigns**

- Small Media and Posters: Use eye-catching visuals and messaging around your organization with the help of partners to raise awareness among diverse populations.
- Targeted TV Streaming Ads: Create and air public service announcements on local streaming services that can reach target audiences. Consider using professional commercial services like Roku, Simpli.fi, or StackAdapt.

### **7. Collaborations**

- Coalitions: Tap into your jurisdiction's cancer coalition to support cervical cancer prevention, education, screening, and treatment.
- Corporate Partnerships: Partner with businesses to create joint awareness campaigns, including special events, promotions, and donations.
- Influencer Campaigns: With the heightened digital age, consider collaborating with social media influencers to spread awareness and share personal stories.

### **8. Art and Culture**

- Art Exhibits: Organize art exhibits featuring works by cervical cancer survivors or inspired by cervical cancer survivors.
- Film Screenings: Host screenings of documentaries or films related to cervical cancers followed by discussions or panels. There are very powerful documentaries available on cervical cancer.

### **9. Health and Wellness**

- Fitness Classes: Offer fitness classes themed around health and wellness and general cancer prevention.
- Cooking Workshops: Conduct cooking classes focused on nutrition and recipes that support overall health and cancer prevention.

For additional campaign ideas or general information:

- *Es Tiempo Campaign Toolkit: Raising Awareness of Cervical Cancer Prevention Among Latinas*—USC Norris Comprehensive Cancer Center
  - ◇ [https://uscnorriscancer.usc.edu/wp-content/uploads/2020/09/Es-Tiempo\\_Toolkit\\_English\\_FInal-1.pdf](https://uscnorriscancer.usc.edu/wp-content/uploads/2020/09/Es-Tiempo_Toolkit_English_FInal-1.pdf)
- *Cervical Cancer Awareness Month Campaign*—George Washington Cancer Center
  - ◇ <https://cancercontroltap.org/news/cervical-cancer-awareness-month-campaign/>

## Sample Messaging for Cervical Cancer Awareness

January is Cervical Cancer Awareness Month. Cervical cancer can affect anyone with a cervix who has ever been sexually active. It is almost entirely preventable with the human papillomavirus (HPV) vaccine, regular screening, and appropriate and timely follow-up of abnormal results. Learn more about cervical cancer screening and prevention from your local health department.

“Advocate for yourself by asking questions and paying attention to your body. If you have pain, abnormal bleeding, or spotting in-between periods—talk with your doctor. Get answers! Do not normalize pain, pain is not normal!” - Rebecca Sanchez, Health Promotion Specialist—New Mexico Department of Health

Almost all cervical cancer is caused by HPV: <http://bit.ly/2PY9LRu>. Talk to your doctor to see if the HPV vaccine is right for you.

Did you know that more than 90% of cervical cancers are preventable by screening and getting the HPV vaccine? Click [here](#) to learn more about cervical cancer and what you can do to reduce your risk.

Anyone with a cervix can be affected by cervical cancer. If you have ever had genital skin-to-skin contact with anyone of any gender, then you need to get a cervical cancer screening!

Hispanic and Black women are more likely to be diagnosed with and die from cervical cancer. Encouraging the people in your life to get regularly screened can prevent cervical cancer. For more information visit xxx.

### References

1. Missouri Department of Health & Senior Services. (n.d.) *Cancer Awareness Key messages*. <https://health.mo.gov/living/healthcondiseases/chronic/cancer/key-messages.php>
2. GW Cancer. (2019). *Cervical Cancer Awareness Month Social media toolkit*. <https://health.wyo.gov/wp-content/uploads/2019/01/GW-Cancer-Center-Cervical-SocMedia-Toolkit-2019-FINAL.pdf>
3. NM Health. (2021, January 29). *A special message for Cervical Cancer Awareness Month!* <https://www.nmhealth.org/news/blog/2021/1/?view=1340>
4. National Cervical Screening Program. (2023, November 15). *Cervical Screening Communications Toolkit*. <https://www.health.gov.au/sites/default/files/2023-11/cervical-screening-communications-toolkit.pdf>
5. Wisconsin Cancer Collaborative. (2023, December 14). *January is Cervical Cancer Awareness Month*. <https://wicancer.org/january-is-cervical-cancer-awareness-month/>
6. National LGBT Cancer Network. (n.d.). *Cervical Cancer Media*. <https://cancer-network.org/resources/cervical-cancer-media/>
7. TN Department of Health. (2023, November). *Cervical Cancer Awareness Month*. <https://www.tn.gov/content/dam/tn/health/program-areas/Cervical-Cancer-Awareness-Month-Toolkit-2024.pdf>

## **Useful Websites**

### **The American Society for Colposcopy and Cervical Pathology (ASCCP)**

The ASCCP provides information and resources for patients and health professionals about cervical cancer.

- <https://www.asccp.org/Default.aspx>
  - ◇ This webpage provides comprehensive resources and information for healthcare professionals involved in prevention, diagnosis, and management of anogenital and HPV-related diseases.
    - ⇒ Guidelines on cervical cancer screening and colposcopy standards
    - ⇒ Educational opportunities such as courses and webinars
    - ⇒ A scientific meeting
    - ⇒ Clinical resources
    - ⇒ Peer-reviewed journals
    - ⇒ Membership benefits including access to exclusive resources and professional networking opportunities

### **American Cancer Society (ACS)**

The ACS provides various resources for health professionals and the general public about cervical cancer.

- <https://www.cancer.org/cancer/types/cervical-cancer.html>
  - ◇ This webpage provides an overview of cervical cancer in women and includes free and downloadable PDF fact sheets about the following cervical cancer topics:
    - ⇒ About Cervical Cancer
    - ⇒ Causes, Risk Factors, and Prevention
    - ⇒ Early Detection, Diagnosis, and Staging
    - ⇒ Treatment
    - ⇒ After Treatment



## **National Cancer Institute**

This website provides information and resources for patients and health professionals about cervical cancer.

- <https://www.cancer.gov/types/cervical> (for patients)
  - ◇ This resource provides:
    - ⇒ Overview
    - ⇒ Treatment
    - ⇒ Causes and Prevention
    - ⇒ Screening
    - ⇒ Statistics
    - ⇒ Coping with Cancer
    - ⇒ Research
- <https://www.cancer.gov/types/cervical/hp> (for health professionals)
  - ◇ This resource provides:
    - ⇒ Treatment
    - ⇒ Causes and Prevention
    - ⇒ Screening
    - ⇒ Research
    - ⇒ Statistics
    - ⇒ Supportive and Palliative Care

## **National Cervical Cancer Coalition (NCCC)**

The NCCC is a non-profit and grassroots organization advocating for cervical health in all women by promoting prevention through education about early vaccination, pap testing and HPV testing.

- <https://www.nccc-online.org/>
  - ◇ This webpage provides:
    - ⇒ General information about HPV and cervical cancer
    - ⇒ Resources, such as videos, educational materials, and events

## The Centers for Disease Control and Prevention (CDC)

The CDC provides basic cervical cancer information and facts that are useful for developing or updating your educational materials.

- <https://www.cdc.gov/cancer/cervical/index.htm>

◇ This resource provides:

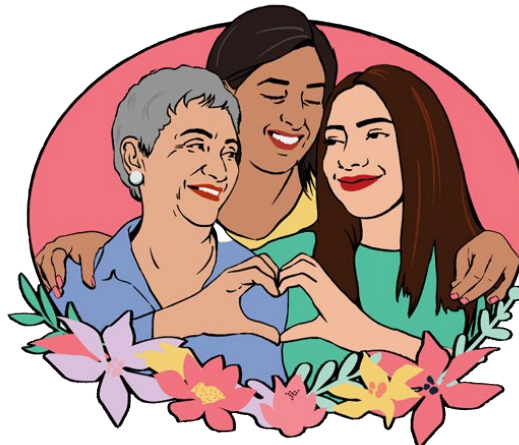
⇒ Basic Information

- ◆ What are the risk factors?
- ◆ What can I do to reduce my risk?
- ◆ What are the symptoms?
- ◆ What should I know about screening?
- ◆ What do my test results mean?
- ◆ How is cervical cancer diagnosed and treated?

⇒ Statistics

⇒ Low-Cost Screening

⇒ Featured Resources



- AMIGAS (Ayudando a las Mujeres con Información, Guía y Amor para su Salud / Helping Women with Information, Guidance, and Love for Their Health) is designed to help community health workers or other lay health educators increase cervical cancer screening among Latinas who have rarely or never been screened.

◇ AMIGAS helps women understand:

⇒ That a Pap test can find changes in the cervix before they turn to cancer.

⇒ That a Pap test can find cervical cancer early, when treatment works best.

⇒ That a HPV test looks for the virus that may cause cell changes on the cervix that can lead to cervical cancer.

⇒ Current cervical cancer screening recommendations.

⇒ Where and how to get a cervical cancer screening test.

⇒ Why they should commit to an action plan to get screened for cervical cancer.

◇ To use AMIGAS Message cards:

⇒ <https://www.cdc.gov/cervical-cancer/amigas/message-cards.html>

◇ For more information about this program:

⇒ [https://www.cdc.gov/cervical-cancer/amigas/?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/cervical/amigas/index.htm](https://www.cdc.gov/cervical-cancer/amigas/?CDC_AAref_Val=https://www.cdc.gov/cancer/cervical/amigas/index.htm)

## **National Breast and Cervical Cancer Early Detection Program (NBCCEDP)**

The NBCCEDP is a program within the CDC that provides funding to 67 state, tribal, and territorial programs to provide low-income, uninsured, and underserved women access to timely breast and cervical cancer screening and diagnostic services.

- <https://www.cdc.gov/cancer/nbccedp/>
  - ◇ This webpage provides information on:
    - ⇒ A Success Story
    - ⇒ Enhancing Clinic Services
    - ⇒ Health Equity Strategies

## **Planned Parenthood**

This non-profit organization provides reproductive health care information, including cervical cancer screening and information for women.

- <https://www.plannedparenthood.org/learn/cancer/cervical-cancer>
  - ◇ This webpage provides general information, such as:
    - ⇒ How do I know if I have cervical cancer?
    - ⇒ What's a Pap test?
    - ⇒ What's an HPV test?
    - ⇒ What is a colposcopy?
    - ⇒ What happens after my colposcopy?
    - ⇒ What is cryotherapy?
    - ⇒ What's LEEP?
    - ⇒ What happens after LEEP?
    - ⇒ What if I'm diagnosed with cervical cancer?

## Ready-Made Media

### Factsheets

- **Cervical Cancer** from the CDC
  - ◇ [https://www.cdc.gov/cancer/cervical/pdf/cervical\\_facts.pdf](https://www.cdc.gov/cancer/cervical/pdf/cervical_facts.pdf) (English)
  - ◇ [https://www.cdc.gov/spanish/cancer/cervical/pdf/cervical\\_facts\\_sp.pdf](https://www.cdc.gov/spanish/cancer/cervical/pdf/cervical_facts_sp.pdf) (Spanish)
- **Cervical Cancer** from the American Cancer Society
  - ◇ <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/cervical-cancer-fact-sheet-patient-version.pdf>
- **Key Statistics for Cervical Cancer** from the American Cancer Society
  - ◇ <https://www.cancer.org/content/dam/CRC/PDF/Public/8599.00.pdf>

### Videos

- **Television Public Service Announcements** from the CDC
  - ◇ <https://www.cdc.gov/cervical-cancer/resources/index.html>
    - ⇒ Cindy's Story: Preventing Cervical Cancer
    - ⇒ Jasmine's Story: Preventing Cervical Cancer
    - ⇒ Ana's Story: Preventing Cervical Cancer
    - ⇒ Knowledge is Power: Cervical Cancer
    - ⇒ Cote de Pablo for *Inside Knowledge*
    - ⇒ HPV Vaccine is Cancer Prevention
    - ⇒ Preventing Cervical Cancer in the 21st Century (Public Health Grand Rounds)
    - ⇒ Preventing Cervical Cancer in the 21st Century (Beyond the Data)
- **Protecting Ourselves and Our Families from Cervical Cancer/Protegernos a Nosotras Mismas y a Nuestras Familias del Cáncer Cervical** [Spanish] from the National Cervical Cancer Coalition
  - ◇ [https://www.youtube.com/watch?v=qid1etNQEvA&feature=emb\\_logo](https://www.youtube.com/watch?v=qid1etNQEvA&feature=emb_logo)
- **Human Papillomavirus (HPV) Statistics | Did You Know?** from the National Cancer Institute
  - ◇ [https://www.youtube.com/watch?v=l1LrOWwlgCg&feature=emb\\_logo](https://www.youtube.com/watch?v=l1LrOWwlgCg&feature=emb_logo)

## Toolkits

- **Cervical Cancer Awareness Month Social Media Toolkit** from the George Washington Cancer Institute
  - ◇ <https://health.wyo.gov/wp-content/uploads/2019/01/GW-Cancer-Center-Cervical-SocMedia-Toolkit-2019-FINAL.pdf>
- **Cervical Cancer Awareness Month Toolkit** from Tennessee Department of Health
  - ◇ <https://www.tn.gov/content/dam/tn/health/program-areas/Cervical-Cancer-Awareness-Month-Toolkit-2024.pdf>
- **Cervical Screening Communications Toolkit: Spread the Word About Cervical Screening and Help Us Save Lives** from National Cervical Screening Program
  - ◇ <https://www.health.gov.au/sites/default/files/2023-11/cervical-screening-communications-toolkit.pdf>
  - ◇ *Disclaimer: While this information comes from an Australian program it is a great tool to use in developing sample messaging.*
- **Ensuring Access in Vulnerable Communities Community Conversations Toolkit** from the American Hospital Association
  - ◇ This toolkit aims to help hospitals initiate the conversation about healthcare within their communities. The toolkit contains three main strategies: community conversation events, community health assessments, and social media in healthcare.
    - ⇒ <https://www.aha.org/system/files/content/17/community-conversations-toolkit.pdf>

## Infographics

- **Prevent Cervical Cancer with the Right Test at the Right Time** from the CDC
  - ◇ [https://www.immunize.nc.gov/family/pdf/hpv\\_prevent\\_cervical\\_cancer\\_eng.pdf](https://www.immunize.nc.gov/family/pdf/hpv_prevent_cervical_cancer_eng.pdf)
  - ◇ [https://archive.cdc.gov/www\\_cdc.gov/vitalsigns/cervical-cancer/infographic.html](https://archive.cdc.gov/www_cdc.gov/vitalsigns/cervical-cancer/infographic.html)
- **Cervical Cancer Free Future** from the World Health Organization (WHO)
  - ◇ <https://www.who.int/docs/default-source/cervical-cancer/events/who-framework-invasive-cx-ca-infographic-final.pdf>

## Posters

- **I Was Lucky Poster** from the CDC
  - ◇ <https://www.cdc.gov/cancer/knowledge/pdf/cotedepablo-poster-english-11x17.pdf>
- **Be Brave. Ask Questions Poster** from the CDC
  - ◇ [https://www.cdc.gov/cancer/knowledge/pdf/jennie\\_allen\\_11x17.pdf](https://www.cdc.gov/cancer/knowledge/pdf/jennie_allen_11x17.pdf)
- **Get the Inside Knowledge! Poster** from the CDC
  - ◇ [https://www.cdc.gov/gynecologic-cancer/?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/gynecologic/resources/print.htm](https://www.cdc.gov/gynecologic-cancer/?CDC_AAref_Val=https://www.cdc.gov/cancer/gynecologic/resources/print.htm)

## Other Resources

- **Article: Community Engagement in Public Health** from Contra Costa Health Services
  - ◇ [https://cchealth.org/public-health/pdf/community\\_engagement\\_in\\_ph.pdf](https://cchealth.org/public-health/pdf/community_engagement_in_ph.pdf)
- **Understanding Cervical Changes: A Health Guide** from National Cancer Institute
  - ◇ <https://www.cancer.gov/types/cervical/understanding-abnormal-hpv-and-pap-test-results/understanding-cervical-changes.pdf>
- **Developing a Marketing and Promotion Plan** from the CDC
  - ◇ This toolkit aims to assist with developing a marketing and promoting plan for chronic disease interventions; however, the principles presented in this toolkit can apply to cancer outreach activities.
  - ◇ [https://www.cdc.gov/overdose-resources/pdf/Marketing-Checklist-Job-Aid\\_508.pdf](https://www.cdc.gov/overdose-resources/pdf/Marketing-Checklist-Job-Aid_508.pdf)
    - ⇒ Topics include:
      - ◆ Choosing interventions to promote
      - ◆ Choosing locations on which to focus your outreach efforts
      - ◆ Identifying providers or practices you want to target for outreach
      - ◆ Establishing your marketing team
      - ◆ Managing your outreach initiative
      - ◆ Finding strategies for success
- **Cervical Cancer Screening — Multiple Languages** from National Library of Medicine
  - ◇ This website offers information on female medical exams, Pap smears and colposcopies in various languages, including Arabic, Chinese, French, Hindi, Japanese, Korean, Nepali Russian, Somali, and Vietnamese. In addition, there are numerous resources offered in Spanish.
    - ⇒ <https://medlineplus.gov/languages/cervicalcancerscreening.html>

- **Improving Cervical Cancer Prevention, Screening, and Management: A Toolkit to Build Provider Capacity** from Health Resources and Services Administration
  - ◊ This toolkit is designed to “help providers improve cervical cancer prevention, screening, and management through feasible, evidence-based practices that are responsive to the unique challenges faced in safety-net settings. The information in this toolkit can also be helpful to other settings of care seeking to improve cervical cancer care uptake and delivery.”
    - ⇒ <https://www.hrsa.gov/sites/default/files/hrsa/owh/fccc-toolkit-build-provider-capacity.pdf>
  
- **Article: *Five Things to Know About Cancer Prevention, Screening and the LGBTQ+ Community*** from Prevent Cancer Foundation
  - ◊ HPV-related cancers are higher among gay and bisexual men.
  - ◊ Transgender people are less likely to be screened [for HPV-related cancer] and more likely to have a negative health care experience.
  - ◊ Breast, cervical and ovarian cancer rates are higher among lesbian, bisexual and queer women.
  - ◊ LGBTQ+ people experience barriers to accessing care [for suspected or diagnosed HPV-related cancer].
  - ◊ Many LGBTQ+ people fear discrimination from the health care system.

For more information, click: <https://www.preventcancer.org/2023/06/five-things-to-know-about-cancer-prevention-screening-and-the-lgbtq-community/>.

*Please note that not all cancer screening messages contained in the web resources provided are consistent with the Cervical Cancer Minimal Clinical Elements. If you choose to use information from these web resources, we encourage you to carefully check materials for consistency with the guidance we have provided.*