

FOR IMMEDIATE RELEASE

Contact:

Melyssa Heintz, MSN, FNP-BC, APNP
Nurse Practitioner, Health Department Family Planning Clinic
715-839-6988
Melyssa.heintz@co-eau.claire.wi.us

Reduce your Risk of Cervical Cancer

January is Cervical Health Awareness Month

Eau Claire, WI-January 22nd—This month is an important reminder to talk with your healthcare provider about how to lower your risk of cervical cancer. Around 12,900 American women will find out they have cervical cancer this year. 4,100 of them will die from an advanced form of the disease. From 2011-2015, 16 Eau Claire County women were diagnosed with cervical cancer.

“The good news is we now have a vaccine to help prevent the virus that can cause cervical cancer,” says Melyssa Heintz, MSN, FNP-BC, APNP. The vaccine works by targeting cancer-causing types of the human papillomavirus (HPV), which accounts for about 99.7% of cervical cancer. The HPV vaccine protects against nine types of HPV, two of which cause more than 70% of all cervical cancer cases.



Women can take these steps to lower their risk of developing cervical cancer:

-  See your healthcare provider for your recommended pap testing. Follow up with your provider if your pap result is abnormal.
-  Don't smoke.
-  Take folic acid daily (a B vitamin in most prenatal & multivitamins).
-  Limit your number of sexual partners.
-  Use condoms when having sex.

The Health Department Family Planning Clinic offers cervical cancer screening and the HPV vaccine. If you have an abnormal pap smear, the Health Department Family Planning Clinic now offers colposcopies. *(A colposcopy uses a colposcope; a type of microscope that is used to provide close up views of the cervix. During the procedure, biopsies may be taken to help diagnose cervical cancer or precancerous changes to the cervix.)*

Visit bit.ly/FamilyPlanningClinic or call 715-839-6988 to make an appointment and get information on available medical coverage options. To learn more about cervical cancer, please visit:

<http://www.cdc.gov/cancer/cervical/>.

###