

# Fast Facts

## Cervical Health

Because of the Pap test (or Pap smear), cervical cancer is the easiest female cancer to prevent. Cervical cancer is usually a slow-growing cancer that develops over many years. It is also curable when found and treated early.

**Q: How do I find out if I have cervical cancer?**

**A:** You should start getting Pap tests at age 21. The Pap test looks for cells from cervical cancer, or potential cervical cancer. If you are between 30 and 65 years old, you can also get an HPV test with your Pap test.

**Q: How often do I need a Pap test?**

**A:** Talk to your doctor, but most women can follow these guidelines:

- If you are between 21 and 29, you should get a Pap test every three years
- If you are between 30 and 64, you should get a Pap test and HPV test together every five years or a Pap test alone every three years
- If you are 65 or older, ask your doctor if you can stop having Pap tests

**Q: Can I prevent cervical cancer?**

**A:** There are ways to prevent cervical cancer:

- Have Pap tests starting at age 21
- Get an HPV test
- Get the HPV shot series if ages 26 or younger
- Use condoms during sex
- Limit your number of sexual partners
- Don't smoke

Cervical cancer  
is most common in women

**30 – 50**  
**years old**



**Women aged 21 – 65**  
should receive regular Pap tests.



**A Pap test can help find abnormal cells in the cervix before they become cancer.**

**Q: Does insurance pay for Pap tests?**

**A:** Most insurance pays for Pap tests. You may also be able to get your Pap test paid for through the Alaska Breast & Cervical Screening Assistance Program

**Don't risk it. Get tested**

Find out if you are eligible for a free Pap test

Call 1-800-410-6266

