



Black/African-American women have the highest risk for the most preventable cancer—cervical cancer.

Do you know why? Black/African-American women are diagnosed at later stages. This is due to women not having regular Pap tests.



AmeriHealth[®] Caritas

Louisiana

Don't wait to have a Pap test (*cervical cancer screening*). Make your appointment today.

AmeriHealth Caritas Louisiana wants you to feel comfortable when having this test done. To find a doctor that meets your cultural preferences, call Member Services at **1-888-756-0004**.

Member Services Line 1-888-756-0004

Nurse Call Line 1-800-632-0009

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên số **1-888-756-0004**.

Puede obtener esta información en otros idiomas y formatos sin costo. También se le puede interpretar esto por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004**.

www.amerhealthcaritasla.com

This is to help you learn about your health condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

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**Stay Strong.
Live Healthy.**

All women are at risk for cervical cancer.

Take care of YOU and the women you love. Talk to them about the importance of cervical cancer screenings. Be a part of the cure, woman-to-woman.



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Taking care of yourself means you can be there for others. As women, we often have many roles:

- Wife
- Sister
- Mother
- Friend
- Daughter

All of these roles are very important, but it's time to put YOU first!

Preventing cervical cancer is in your hands.

- The number one way to prevent cervical cancer is to get a Pap test (*cervical cancer screening*) every year.
- Have a Pap test every year, starting at age 21.
- After age 30, if you've had normal test results, you can have a test every 2-3 years.



Getting a pelvic exam and Pap test are important, but it is probably not your favorite thing to do.

You may feel nervous, scared or embarrassed. Many women do.

Sometimes, we are not used to talking about our body. Remember that these tests are important for your health, and your doctor wants to help you. Many women feel more comfortable if they know what to expect.

- **Pelvic exam.** Your doctor checks the ovaries and uterus. It takes only a few minutes. You may feel pressure, but it should not hurt.
- **Pap test.** This test checks your cervix (*lower part of the womb*) for abnormal cells that can turn into cervical cancer. A brush is used to collect a sample of cells from your cervix. You may feel the brush on your cervix, but it should not hurt. Once the cells are collected, the sample is placed in a solution, which is sent to a lab for testing.

Get the HPV vaccine (*shot*).

If you are under 27, talk your doctor about the Human Papillomavirus (HPV) shot.

- HPV is the main cause of cervical cancer in women.
- The HPV vaccine prevents high-risk types of HPV.
- The vaccine works best when given to young women before they are sexually active.

