

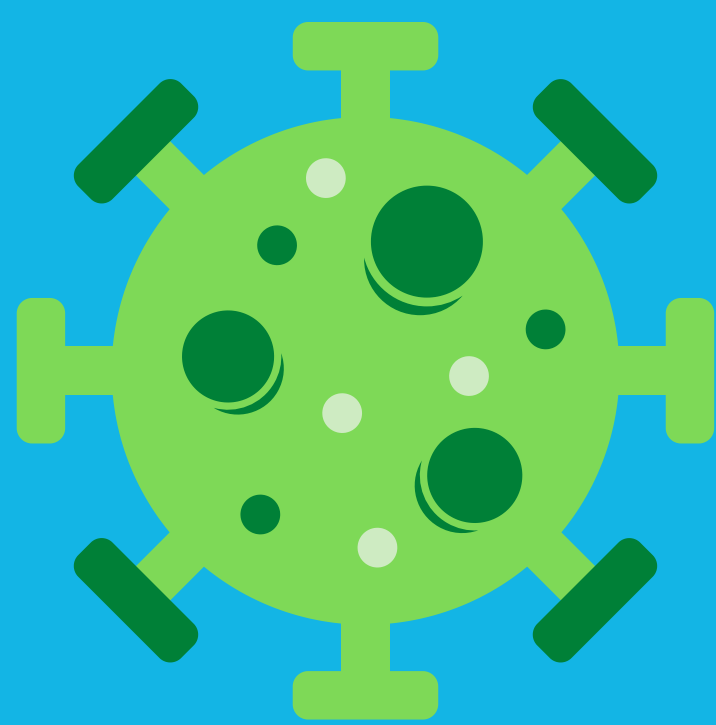
Cervical Cancer Prevention



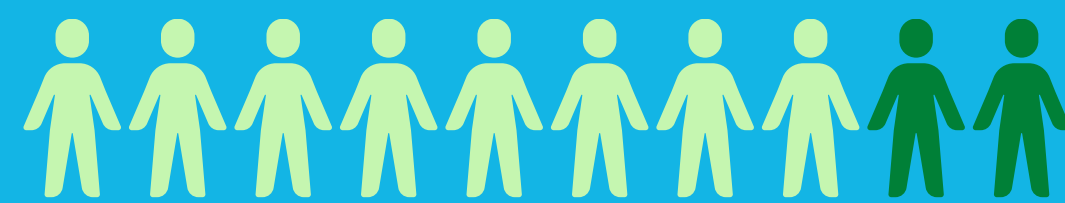
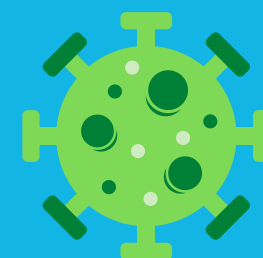
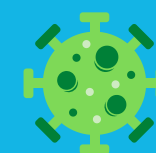
Human Papillomavirus (HPV)

Human papillomavirus (HPV) is a common family of viruses. HPV is passed between people through sexual contact with another person.

There are over 100 types of HPV. While many are low-risk types, there are high-risk HPV types that can cause cancer.



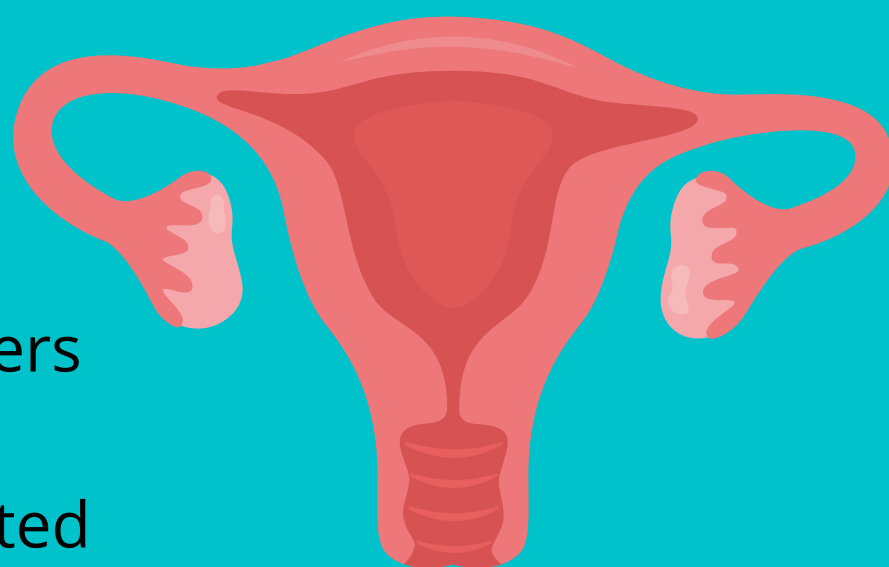
HPV is the main cause for cervical cancer.



Eight out of 10 people will get HPV at least once in their life.

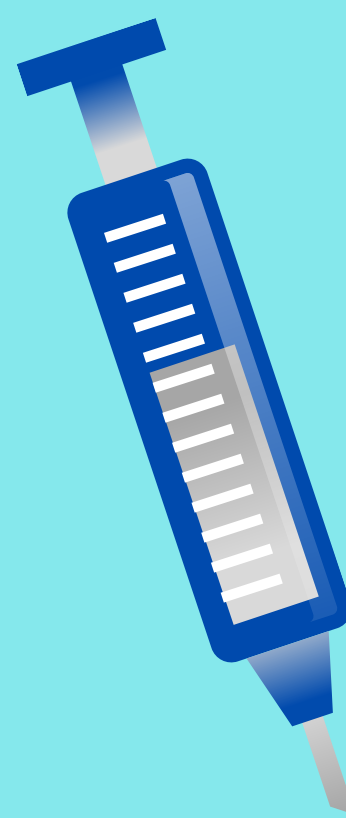
Reduce HPV Exposure

The more sexual partners you have, the greater your risk of being infected with HPV.



There is some evidence that regular use of condoms or a diaphragm can help reduce risk to cervical cancer by reducing exposure to HPV.

Consider HPV Immunization



The HPV vaccine (Gardasil®) is available at no charge to all Grade 7 students through Ontario's publicly funded school-based program.

If you are a person with a cervix, we encourage you to speak to your doctor or nurse practitioner about getting immunized.

The vaccine prevents most but not all cervical cancers.

Go for Regular PapTests

Regular screening with Pap tests means there is a better chance of finding pre-cancerous cell changes so they can be treated and likely cured before cancer has a chance to develop.



Regular **screening is recommended for anyone with a cervix** (women, trans, and nonbinary people) 21 and older who is or have ever been sexually active.

Do Not Smoke

Smoking inhibits the immune system, making it harder for the body to fight off infection.



It is never too late to benefit from becoming smoke-free.