**Healthy TIGERS**

May is National Women's Health Month

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**Breast Cancer Screening**

- **Mammograms**
  - Used to detect breast cancer early.
  - All women should start getting mammograms at age 45.
  - Women at increased risk may start earlier.
  - Mammograms are done every 1 to 2 years.

- **Ultrasound**
  - Used for women who cannot have a mammogram.

- **MRI**
  - Used for women with dense breasts or certain genetic risks.

**HPV Test**

- Used to detect HPV infections that can lead to cervical cancer.
- All women should get the HPV test starting at age 21.
- Women who had cervical cancer, dysplasia, or high-grade squamous intraepithelial lesion (HSIL) in the past should undergo periodic repeat testing.

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**Cervical Cancer**

- **Pap Smear**
  - A test that looks for changes in cervical cells.
  - Women should start getting Pap smears at age 21.
  - Paps are done every 3 years for women age 21 to 65.
  - Women over 65 who have had normal Pap results may stop screening.

- **HPV Test**
  - A test that looks for HPV infections.
  - Can be done alone or with a Pap smear.

**Risk Factors**

- Family history
- Early age at first intercourse
- Multiple sexual partners
- Immunosuppression

**Prevention**

- Get vaccinated against HPV.
- Practice safe sex.
- Use condoms.

**Screening Guidelines**

- Women aged 21-29: Pap smear and HPV test every 5 years.
- Women aged 30-64: Pap smear and HPV test every 3-5 years.
- Women over 65: Stop if normal results.

**Results**

- Normal
- Abnormal
  - CIN: Changes in cervical tissue development
  - HSIL: High-grade squamous intraepithelial lesion
  - ASC-US: Atypical squamous cells cannot exclude HSIL
  - LSIL: Low-grade squamous intraepithelial lesion
  - HSIL: High-grade squamous intraepithelial lesion
  - ASIL: Atypical squamous cells of undetermined significance

**Treatment**

- Pap smear
- HPV test
- HPV vaccine
- Surgery
- Radiation

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**Cervical Cancer Statistics**

- In 2020, 42,000 women died of this cancer.
- This same year in Alabama, about 127 in 100,000 women were diagnosed.
- The earlier you detect cervical cancer, the easier it is to treat.

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**Resources**

- CDC: HPV schedule and dosing
- CDC: HPV vaccine
- CDC: United States Cancer Statistics
- National Cancer Institute: Breast Cancer
- AccessPharmacy: DiPiro's Pharmacotherapy

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**Notes**

- Always follow-up with your doctor if your test results are not normal.
- Have regular screenings, even if you are in a monogamous relationship.
- Get vaccinated against HPV!

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**AccessPharmacy**