



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

Volume 3, Issue 1

January 2011: National Cervical Health Awareness Month

January is... National Cervical Health Awareness Month

The goal of National Cervical Health Awareness Month is to raise awareness of this preventable disease, to promote the Human Papillomavirus Virus (HPV) vaccine, and to educate about early detection through screening.

Risk Factors for Cervical Cancer

- Women with certain strains of HPV.
- Women over the age of 30.
- Women who smoke.
- Women who have problems with their immune system.
- Women with Human Immunodeficiency Virus (HIV).
- Women with previous precancer of the cervix.

Every year in the United States, approximately 11,000 women are diagnosed with cervical cancer. Over 4,000 women die from the disease each year.

8 out of 10 women will be infected with HPV in their lifetime. HPV is spread through genital contact with someone who is infected with HPV.

There are two vaccines to prevent HPV. They are Cervarix and Gardasil. Cervarix protects against two types of HPV and Gardasil protects against four types of HPV. The HPV vaccine works best when given before the start of sexual activity.

Screening for Cervical Cancer

- The Pap test or Pap smear is the best way to detect abnormal cells on the cervix.
- Women between the ages of 21-29 should get a standard Pap test every 2 years.
- Women between the ages of 30-64 who have had three consecutive normal Pap tests can then be screened every 3 years.
- Women ages 65 and older who have had three consecutive normal Pap tests within in the last 10 years may discontinue Pap testing.

It is best to talk with your health care provider about how you can prevent cervical cancer and maintain your cervical health.

Did you know...?

The Portage County Health Department has the Gardasil vaccine available. The Gardasil vaccine is for both females and males ages 9-26. For females it protects against HPV Types 6, 11, 16, and 18 and for males it protects against HPV Types 6 and 11. HPV Types 6 and 11 cause about 90% of genital wart cases and HPV Types 16 and 18 cause about 75% of all cervical cancers.

Child and Teen Immunization Clinic (Birth to 18 years of age)

What: Gardasil and other childhood immunizations
When: Every Wednesday
Walk-in clinic, no appointment needed
Time: 8:00 am-12:00 noon
Where: Portage County Health Department
449 South Meridian Street, Ravenna
Cost: \$10 per shot

Adult Immunization Clinic (19 years of age and older)

What: Gardasil and other immunizations
When: Every Tuesday
By appointment only, call 330-298-4490
Time: 8:00 am-10:00 am
Where: Portage County Health Department
449 South Meridian Street, Ravenna
Cost: Call for pricing

The Gardasil vaccine is given in a three dose schedule within a 6 month time frame. The first dose is given at 0 months, the second dose is given 2 months later, and the third and final dose is given 4 months after that.

For additional information about cervical health and HPV vaccines check out: www.nccc-online.org/awareness, www.acog.org, and www.vaccine.chop.edu.

Questions or Comments?

Contact Us!

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