

Cervical Cancer Prevention and Education Resource Toolkit January 2026



The Maryland Department of Health's Center for Cancer Prevention and Control is sharing this guide with local Cigarette Restitution Fund-Cancer Prevention, Education, Screening, and Treatment programs to assist in the development of cervical cancer awareness materials.

This guide provides information and materials from reputable sources including, but not limited to, the American Cancer Society, the Centers for Disease Control and Prevention, the National Cancer Institute, and George Washington University Cancer Institute. Resources include ready-made media such as factsheets, social media, and videos to help you create, update, and tailor health education materials for the communities that you serve.



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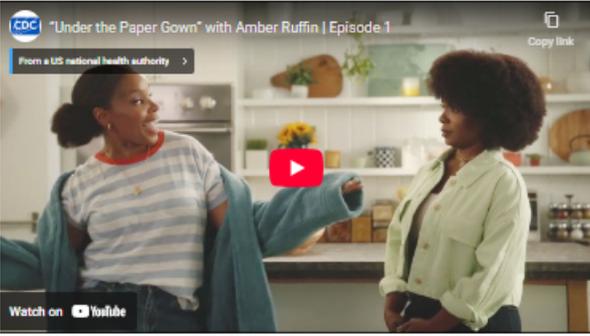
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Ctrl and click on the images below to open the link to the videos.

Videos

The CDC has a plethora of videos ranging from a comedy web series, episodic dramatizations, survivor stories, screening information, animations, public service announcements (PSAs), and much more. Each link will direct you to the specific section on CDC's website to the videos listed on the image you click on.

Under the Paper Gown Comedy Web Series
Starring Amber Ruffin and her sister, Lacey Lamar



When going to the gynecologist, many women feel too embarrassed to voice intimate questions and concerns, preventing them from getting the information and care they need. It's time for a change. We've partnered with comedy host, Amber Ruffin, and her sister Lacey to create a web series empowering women to overcome the awkwardness, and confidently speak up at the gynecologist.

- [Episode 1:](#) Amber Ruffin is not looking forward to her gynecologist appointment tomorrow. She considers cancelling until her sister, Lacey Lamar, reminds her that doctors aren't there for judging—that's what sisters are for.
- [Episode 2:](#) While waiting for the doctor, Amber recounts the most awkward gynecologist visit there ever was...her very first. A dumbfounded Lacey assures her sister that while she'll probably be awkward forever, going to the gynecologist doesn't have to be.
- [Episode 3:](#) After a night of frantically searching her symptoms online, Amber learns that when something doesn't feel right in her body, it's best to step away from the search bar and talk to your doctor instead.
- [Episode 4:](#) Amber makes a list of all the questions about women's health that she's been too embarrassed to ask over the years. And realizes, maybe her gynecologist is a more credible source than wherever she previously got her information.
- [Episode 5:](#) In the midst of a heated board game, Amber learns how important it is for her friend Jenny to find a doctor who understands her needs. And Jenny learns how bad Amber is at board games.
- [Episode 6:](#) Amber drops in on her sister Lacey's gynecologist appointment to impart some of the newfound wisdom and confidence she's acquired over the past 5 episodes. Learning and growing is a lifelong process for all of us. Remember...it's your body. Ask questions. Stay informed.

Stories



- [Ayanna's Story:](#) Ayanna took action to prevent cervical cancer after precancerous cells were found during a routine Pap test. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [55MB].
- [Joy's Story:](#) Joy took control of her health by having abnormal cells removed to prevent cervical cancer. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [50MB].
- [Val's Story:](#) Val took steps to prevent cervical cancer by removing precancerous cells that were found during a cervical cancer screening. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [59MB].
- [Cindy's Story:](#) This video tells the story of Cindy, who took action after precancerous cells were found during her routine cervical cancer screening. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [1MB].
- [Jasmine's Story:](#) This video tells the story of Jasmine, who made a plan that worked for her when precancerous cells were found during her routine cervical cancer screening. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [1MB].
- [Ana's Story:](#) Ana R. overcame cervical cancer. Watch her inspiring story. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [1.3MB].
- [Linda's Story:](#) Learn about Linda's inspiring journey. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [1MB].

Ctrl and click on the images above to open the link to the videos.

Ctrl and click on the images below to open the link to the videos.

Videos

Cervical cancer



- [Get Ready with Me](#): Staying up to date with cervical cancer screenings with a Pap or HPV test can help prevent cervical cancer. This video follows a woman getting ready for an appointment with her health care provider as she shares the benefits of getting back to or starting cervical cancer screenings.
- [Screen Time for Your Health](#) shares the basic facts of cervical cancer and screening, and emphasizes the importance of regular, on-time screenings with a Pap or HPV test to help prevent cervical cancer.

Knowledge Is Power



- [Knowledge Is Power: Gynecologic Cancer Symptoms](#): This short animated video encourages women to learn the symptoms of gynecologic cancers. [Watch](#) or [download](#) [MP4](#) [720KB]
- [Knowledge Is Power: Cervical Cancer](#): This short animated video reminds women that getting screened for cervical cancer helps prevent the disease. [Watch](#) or [download](#) [MP4](#) [595KB]
- [Knowledge Is Power: Ovarian Cancer](#): This short animated video informs women that ovarian cancer has warning signs; know the symptoms, listen to your body, and see a doctor if you notice anything unusual. [Watch](#) or [download](#) [MP4](#) [648KB]
- [Knowledge Is Power: Uterine Cancer](#): This short animated video informs women about uterine cancer symptoms; recognizing symptoms helps find this cancer early, when treatment works best. [Watch](#) or [download](#) [MP4](#) [669KB]

Other videos



- [Every Piece Matters](#): This video explains how having some types of cancer in your family can affect your own risk of getting cancer. It emphasizes the importance of sharing what you know with your health care provider.
- [Breaking Down BRCA](#): This video explains the importance of BRCA genes in fighting cancer. Changes in these genes can raise a person's risk for breast, ovarian, and other cancers. Learning about your family history of cancer can help you and your health care provider understand your cancer risk.
- [What's On Her Mind?](#): This video encourages women to share what they know about their family health history with their doctor so they can take action on their risk for ovarian and uterine cancers.
- [Understanding Uterine Cancer](#): Medical oncologist Dr. Lisa Richardson shares the signs and symptoms of uterine cancer and what you can do to lower your risk.
- [Bring It to the Table \(Understanding Your Family's Cancer Risk\)](#): This video encourages women to engage their families in conversations on cancer health history to understand their risk for uterine and ovarian cancers.
- [Not Just Words](#): This animated public service announcement discusses the importance of knowing the signs and symptoms of gynecologic cancer. A 30-second version is also available: [watch](#) or [download](#) [MP4](#) [1.3MB].

Cervical Cancer Screening and Survivor Stories

WHAT TO KNOW

Women from across the country have shared their personal screening and survivor stories. Their firsthand accounts offer important lessons for other women.



Stories



Cindy's Cancer Screening Story

If you have questions, ask them so you can take control of your health.

OCT 17, 2023



Jasmine's Cancer Screening Story

I want everyone to know how important screenings are.

OCT 13, 2023



Patti's Cancer Survivor Story

Women need to adopt a mindset that we are making ourselves a priority.

OCT 10, 2023



McKerin's Cancer Survivor Story

Listen to your body and ask your doctor about cancer screening tests.

DEC 1, 2024

Ctrl and click on the images above to open the link to the videos.



cancer.org | 1.800.227.2345

About Cervical Cancer

Get an overview of cervical cancer and the latest key statistics in the US.

Overview and Types

If you have been diagnosed with cervical cancer or are worried about it, you likely have a lot of questions. Learning some basics is a good place to start.

- [What Is Cervical Cancer?](#)

Research and Statistics

See the latest estimates for new cases of cervical cancer and deaths in the US and what research is currently being done.

- [Key Statistics for Cervical Cancer](#)
- [What's New in Cervical Cancer Research?](#)

What Is Cervical Cancer?



Just the Facts: Cervical Cancer Disparities

In 2024, an estimated 13,820 people in the U.S. will be diagnosed with invasive cervical cancer, and 4,360 will die from the disease.ⁱ Cervical cancer can affect any person with a cervix and most often is caused by certain types of human papillomavirus (HPV). Persistent HPV infection causes almost all cervical cancers but fortunately there is a safe and effective vaccine against HPV.

Preventing cervical cancer is possible because of the HPV vaccine and cervical cancer screening. HPV vaccination provides an opportunity to prevent cancer outright. The HPV vaccine protects against the types of HPV that cause 90% of cervical cancers, as well as several other cancers and diseases. In addition, screening for cervical cancer can both identify and remove precancerous abnormalities preventing cancer altogether and detect cancer earlier when treatment can be more successful.ⁱⁱ

In fact, in the U.S. cervical cancer incidence and mortality rates have declined by more than 50% over the past three decades because of access to screening, and more recently, HPV vaccination, but not all people have benefited equally from these advances. Disparities in cervical cancer across incidence, stage distribution, geography, and mortality largely reflect socioeconomic disparities and a lack of access to care, including cervical cancer screenings, and include the following categories outlined below:^{iii,iv}

Incidence and Stage Distribution

- Over 50% of all new cervical cancer cases are among individuals who have never been screened or received screening infrequently.^v
- Cervical cancer incidence is more than 50% higher in American Indian and

- Alaska Native people, more than 30% higher in Hispanic people, and more than 22% higher in Non-Hispanic Black people than in Non-Hispanic White people.ⁱ
- Increases in HPV vaccination among adolescents ages 13-17 has contributed to declining cervical cancer rates.ⁱ
- Cervical cancer incidence rates are declining for individuals of the generation who had access to the HPV vaccine (11% annually for individuals aged 20-24 since 2012), but are increasing for the older cohort of individuals, (1.7% annual for individuals aged 30-44)^j for whom the HPV vaccine wasn't available.^{vi}
- Localized-stage disease was diagnosed in 37% of Non-Hispanic Black women versus 46% of White women with cervical cancer^{vii} and non-Hispanic Black people are more likely to be diagnosed with regional or distant-stage disease.^{viii}

Cervical Cancer Incidence Rates

2015-2019, by Race/Ethnicity



Average annual rate per 100,000, age adjusted to the 2000 US standard population. Data sources: North American Association of Central Cancer Registries (NAACCR), 2022. Accessed at <https://cancerstatisticscenter.cancer.org/#/cancer-site/Cervix>.

American Cancer Society Cancer Action Network | 655 15th Street, NW, Suite 503 | Washington, DC 20005

[@ACSCAN](#) | [@ACSCAN](#) | fightcancer.org

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Cervical Cancer Fact Sheet

for Patients and Caregivers



Cervical cancer starts in the cells lining the cervix – the lower part of the uterus (womb). The number of cervical cancer cases has dropped by more than half in recent decades.

Risk Factors

Infection by the human papillomavirus (HPV) is the most common risk factor for cervical cancer. The infection normally goes away on its own or doesn't cause any problems. HPV infections that don't go away can increase a person's risk for cervical cancer.

Other Risk Factors:

- Becoming sexually active at a young age and having many sexual partners or a partner who has had many sexual partners (although many people who get cervical cancer have only had one sexual partner)
- Smoking
- Having a weakened immune system
- Having a history of chlamydia infection
- Using oral contraceptives for a long time
- Having three or more full-term pregnancies
- Being younger than age 20 with a first full-term pregnancy
- Being born to a person who took diethylstilbestrol (DES) during pregnancy

Prevention

Not all cervical cancers can be prevented. But depending on a person's age, overall health, and personal risk for cervical cancer, there are some things that can be done that may help reduce the risk.

- **HPV vaccination:** Vaccines can help protect people from infection with the types of HPV that can cause cervical and other cancers. HPV vaccination is recommended for all children regardless of gender between ages 9 and 12.

Children and young adults ages 13 through 26 who have not been vaccinated, or who haven't gotten all their doses, should get the vaccine as soon as possible. Vaccination at the recommended ages will help prevent more cancers than vaccination at older ages. The American Cancer Society does not recommend HPV vaccination for people older than age 26.

- **Regular screening:** Screening is testing for a disease in people who have no symptoms. Regular screening for cervical cancer can help find changes in the cervix that can be treated before they become cancer.
- **Quitting tobacco:** Staying away from tobacco can help reduce the risk of cervical precancers and cancer.

Screening and Early Detection

Screening is a process used to look for cancer in people who have no symptoms. The American Cancer Society recommends the following for people who have a cervix and are at average risk for cervical cancer:

- **Cervical cancer screening should start at age 25.** People under age 25 should not be tested. Cervical cancer is rare in this age group.
- **People between the ages of 25 and 65** should get a primary HPV test every five years. A primary HPV test is an HPV test that is done by itself for screening. If you cannot get a primary HPV test, get a co-test (an HPV test with a Pap test) every five years or a Pap test every three years.

The most important thing to remember is to get screened regularly, no matter which test you get.

cancer.org | 1.800.227.2345



Cervical Cancer Fact Sheet

for Health Care Professionals



Cervical Cancer in the US¹

Cervical cancer incidence rates have declined by more than half in recent decades, largely due to the widespread use of regular screening. Because precancers and early cervical cancers rarely have signs or symptoms, it's important for people with a cervix to have regular cervical cancer screening.

Risk Factors^{1,2}

HPV. Almost all cervical cancers are caused by persistent infection with HPV. HPV-16 and HPV-18 are the subtypes most associated with invasive cervical cancer.

Other Risk Factors

- Becoming sexually active at a young age and having many sexual partners increases risk, although many people diagnosed with cervical cancer have only had one sexual partner.
- Smoking
- Immunosuppression, including HIV infection
- Chlamydia infection (past or current)
- Long-term use of oral contraceptives
- Having three or more full-term pregnancies
- Young age at first full-term pregnancy (earlier than age 20)
- Intrauterine diethylstilbestrol (DES) exposure
- A family history of cervical cancer
- Lack of access to adequate health care services, including cervical cancer screening

Screening and Detection^{1,3}

The American Cancer Society recommends the following for early detection in people who have a cervix and are at average risk for cervical cancer:

- **Cervical cancer screening should start at age 25.** Cervical cancer is rare under age 25.
- **People ages 25 to 65** should get screened with a primary HPV test⁴ every five years. If a primary HPV test is not available, screening should be done with a co-test (an HPV and Pap test) every five years or a Pap test every three years.

⁴A primary HPV test is an HPV test that is done by itself for screening. The US Food and Drug Administration has approved certain tests to be primary HPV tests.

- **People over age 65** who have had regular cervical cancer screening in the past 10 years with negative results, with the most recent test occurring in the past three to five years, should stop getting screened.
- People who have a history of serious cervical precancer should continue to be screened for 25 years after that diagnosis, even if screening goes past age 65.
- **People who have had a total hysterectomy** should stop screening, unless it was done as a treatment for cervical precancer or cancer.
- **People who have been vaccinated against HPV** should still follow these guidelines.

Signs and Symptoms^{1,2}

Precancers and early cervical cancers often have no symptoms. Once abnormal cells become cancerous and invade nearby tissue, the most common symptoms are:

- Abnormal vaginal bleeding, which may start and stop between regular menstrual periods or cause menstrual bleeding to last longer or be heavier than usual
- Bleeding may also occur after sexual intercourse, douching, a pelvic exam, or menopause.
- Increased vaginal discharge, pain during intercourse, and pain in the pelvic region may also be symptoms.

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After a Cervical Cancer Diagnosis



Cervical cancer is a type of cancer that starts in the cervix, or the lower part of the uterus (womb). The cervix connects the body of the uterus (the upper part where a fetus grows) to the vagina (birth canal). If you have been told you have cervical cancer, you have probably already had a colposcopy (a test to look more closely at the cervix) and a cervical biopsy (a test that takes some tissue to check for cancer). Other tests might have been done on the cancer cells to check for certain proteins and gene changes called biomarkers. You might also have other procedures to find out if the cancer has spread. These tests help your doctor know what type of cervical cancer you have, what stage it is, and what treatment might help.

Treatment for cervical cancer

Your treatment will depend on the type and stage of your cervical cancer. Your treatment options will also depend on the results of the tests on the cancer cells, your health, and your personal preferences.

Surgery is used to treat most cervical cancers. This often involves removing the uterus. Surgery to remove the uterus is called a hysterectomy. A trachelectomy is another type of surgery that allows you to be treated without losing your ability to have children. Other organs might also be removed, such as the ovaries.

Other treatment can include radiation and medicines such as chemo, hormone therapy, targeted drug therapy, or immunotherapy. In many cases, more than one type of treatment is needed. Your doctor will help you decide which treatments are best for you.

Some treatments can cause changes in your menstrual periods. Your periods might stop, even if you have not gone through menopause. These treatments could also affect your ability to get pregnant, but there may be ways to protect this. It's important to talk to your doctor early, before your treatment starts. They can help you understand what to expect.

Be sure to ask:

- What is the goal of treatment?
- What type of cervical cancer do I have?
- What stage is my cervical cancer, and what does that mean?
- What are the biomarker test results?
- What else have you learned from my test results?
- Will I need more tests?
- Will I need surgery? Will my uterus be removed?

What to expect before and during treatment

Your cancer care team will explain your treatment plan. This team may include different doctors, nurses, and other health care workers, depending on the type of treatment you need. For example, if you need surgery, you will work with a surgeon. They will tell you what to expect before, during, and after the procedure. If you need other types of treatment, your cancer care team will explain how it is given, help you get ready for it, keep track of how you're doing, and help you with any side effects. You might also get blood tests, scans, or other tests at certain times to see how well your treatment is working.

Not everyone going through treatment for cervical cancer will have the same side effects. For example, the side effects of having your uterus removed are different from the side effects of chemo, targeted drug therapy, immunotherapy, or radiation treatments. And people getting the same treatment might have different side effects.

Be sure to ask:

- What are my treatment options? What do you think is best for me and why?
- Are there any clinical trials for my type of cancer?
- What side effects might I have, and what can I do about them?
- How will we know if the treatment is working?
- How often will I get treatment? How long will it last?
- Where will I go to get treatment? Can I drive myself?
- Will I be able to keep doing my usual activities, like work and exercise?
- Will I be able to have children after treatment?
- Will treatment affect my sex life? If so, how and for how long? What can I do to help this?

Ctrl and click on the image below to open the link to the website.

The CDC has developed message cards using information learned from Latinas about their feelings, ideas, and experiences with cervical cancer screening tests. Check out the message cards to help community health workers communicate effectively with the Latina population.

The screenshot shows the 'AMIGAS Message Cards' website page. At the top, it says 'For Everyone' and 'OCTOBER 10, 2023 • ESPAÑOL'. Below this is a 'WHAT TO KNOW' section with the text: 'The message cards help participants express their feelings about cervical cancer screening.' The main content area has two sections: 'Overview' and 'How to use the message cards'. The 'Overview' section explains that the cards were made with information from Latinas and provides details on how they are used. The 'How to use the message cards' section includes instructions for individual and group sessions and a list of two ways to use the cards: printing and choosing a message. A sample message card is shown at the bottom, with the text: 'I feel nervous or afraid. Many of us feel nervous or afraid to get screened. The clinic staff can answer any questions we have. It can help us to know what is going to happen.' On the right side of the page, there is a sidebar with 'ON THIS PAGE' (Overview, How to use the message cards, Message cards) and 'RELATED PAGES' (AMIGAS, AMIGAS Body Diagrams, AMIGAS Contact Sheet, AMIGAS Resource List, AMIGAS Appointment Card). A blue button at the bottom of the sidebar says 'VIEW ALL Cervical Cancer'.

Ctrl and click on the image above to open the link to the website.

Ctrl and click on the image below to open the link to the website.

Face Your Health is an educational outreach program to encourage African American women to get screened for cervical cancer. The program was designed for African American women aged 21 to 65 years old who have never been screened for cervical cancer or who do not get screened regularly.

Face Your Health

For Everyone
OCTOBER 10, 2023

WHAT TO KNOW

If African American women in your community are not taking advantage of local cervical cancer screening resources, Face Your Health is a proven program that can help!



What is Face Your Health?

Face Your Health is an educational outreach program to encourage African American women to get screened for cervical cancer.

Who is it for?

Face Your Health was designed for African American women aged 21 to 65 who have never been screened for cervical cancer, or who don't get screened regularly.

Why is it important?

It's especially important for African American women to make getting screened for cervical cancer a priority.

- Many women do not understand why they need screening, when they should be screened, and how they can be screened.
- They may also face situations that make it harder to get screened, such as lack of insurance coverage or access to a regular health care provider or clinic.

The bottom line? This doesn't have to happen. Regular screening can help prevent cervical cancer or find it early, when it's easier to treat. Face Your Health encourages women to know their risk, get screened, and be the face of change.

ON THIS PAGE

- [What is Face Your Health?](#)
- [Who is it for?](#)
- [Why is it important?](#)
- [What makes it unique?](#)
- [What are the benefits of Face Your Health?](#)
- [Resources](#)
- [Images to share](#)

RELATED PAGES

- [Treatment](#)
- [Statistics](#)
- [AMIGAS](#)
- [Resources](#)
- [Cervical Cancer Screening and Survivor Stories](#)

Ctrl and click on the image above to open the link to the website.

CERVICAL CANCER



There are five main types of cancer that affect a woman's reproductive organs: cervical, ovarian, uterine, vaginal, and vulvar. As a group, they are referred to as gynecologic (GY-neh-kuh-LAH-jik) cancer. (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)

This fact sheet about cervical cancer is part of the Centers for Disease Control and Prevention's (CDC) *Inside Knowledge: About Gynecologic Cancer* campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health.

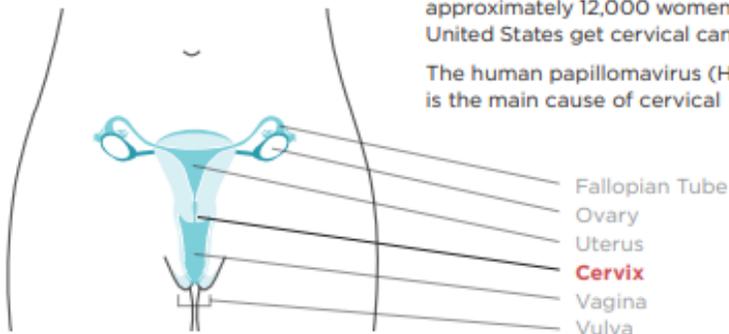


What is cervical cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (the birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.



cdc.gov/cancer/knowledge

800-CDC-INFO

Are there tests that can prevent cervical cancer or find it early?

There are two tests that can either help prevent cervical cancer or find it early:

- Depending on your age, your doctor may recommend you have a Pap test, or an HPV test, or both tests together.
- The Pap test (or Pap smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective.

The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.

- The HPV test looks for HPV—the virus that can cause precancerous cell changes and cervical cancer.

Who gets cervical cancer?

All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, approximately 12,000 women in the United States get cervical cancer.

The human papillomavirus (HPV) is the main cause of cervical

cancer. HPV is a common virus that is passed from one person to another during sex. Most sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

What are the symptoms?

Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

VAGINAL & VULVAR CANCER



There are five main types of cancer that affect a woman's reproductive organs: cervical, ovarian, uterine, vaginal, and vulvar. As a group, they are referred to as gynecologic (GY-neh-kuh-LAH-jik) cancer. (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)

This fact sheet about vaginal & vulvar cancers is part of the Centers for Disease Control and Prevention's (CDC) *Inside Knowledge: About Gynecologic Cancer* campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health.



What are vaginal and vulvar cancers?

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

When cancer starts in the vagina, it is called vaginal cancer. The vagina, also called the birth canal, is the hollow, tube-like channel between the bottom of the uterus and the outside of the body.

When cancer forms in the vulva, it is vulvar cancer. The vulva is the outer part of the female genital

Who gets vaginal and vulvar cancers?

While all women are at risk for these cancers, few will get them. Vaginal and vulvar cancers are very rare. Together, they account for 6-7 percent of all gynecologic cancers diagnosed in the U.S., with an estimated 1,300 women diagnosed with vaginal cancer and 4,900 women with vulvar cancer each year.

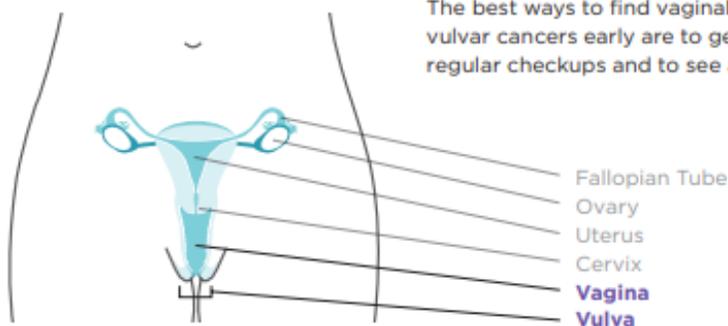
organs. It has two folds of skin, called the labia. Vulvar cancer most often occurs on the inner edges of the labia. When vaginal and vulvar cancers are found early, treatment is most effective.

Are there tests that can find vaginal and vulvar cancers early?

The best ways to find vaginal and vulvar cancers early are to get regular checkups and to see a

doctor if you have any signs or symptoms, such as lumps or changes in the vagina or vulva. The doctor may perform tests or other procedures to find out what is causing these symptoms.

Your doctor also may recommend more follow-up tests or more frequent exams to check for vaginal or vulvar cancers if you have had abnormal Pap test results or a history of cervical cancer. These things may place you at a higher risk of getting HPV-associated cancers, like vaginal, vulvar, and cervical cancers. **It is important to note that the Pap test does not screen for vaginal and vulvar cancers. The only cancer the Pap test screens for is cervical cancer.**



cdc.gov/cancer/knowledge

800-CDC-INFO

Ctrl and click on the image below to open the link to the toolkit.

This toolkit from the George Washington Cancer Center provides information on cervical cancer such as data and statistics, best practices for communicating about cervical cancer, tips on how to communicate with diverse audiences, social media messaging and graphics, and additional resources.

CERVICAL CANCER AWARENESS TOOLKIT



Authored by: GW Cancer Center

December 11, 2024

Ctrl and click on the image above to open the link to the toolkit.

Ctrl and click on the images below to open the document.

Cervical Cancer is Preventable and Highly Curable if Diagnosed at an Early Stage and Treated Promptly

Maryland
DEPARTMENT OF HEALTH

Prevent Cervical Cancer

Cervical cancer is one of the most preventable cancers. **To lower your risk:**

- Get the human papillomavirus (HPV) vaccine to protect against infection with the HPV types that are most commonly linked to cancer.
- Use condoms during sex.
- Limit the number of sexual partners you have.
- Do not smoke.

Get Screened

If you are between the ages of 21 and 65 years and have a cervix, get screened to help detect or prevent cervical cancer. Cervical cancer does not always show signs and symptoms, so there is no way of knowing you have it until you get screened.

Screening can help find precancerous cervical cell changes or cervical cancer early. **The types of screenings are:**

- Pap test (Pap smear)
- HPV test
- HPV/Pap co-test

Health care professionals often perform cervical cancer screenings and can help answer questions you may have about cervical cancer and screening tests.

Follow-up on Abnormal Test Results

Cervical cancer is one of the most successfully treatable cancers when caught early. If your screening test is abnormal, make time to take care of your health and do not delay your follow-up. **Based on your risk of developing severe cervical cell changes, you may be advised to:**

- Return for a repeat HPV test or HPV/Pap co-test in 1 to 3 years.
- Have a colposcopy or biopsy.
- Receive treatment.

It is essential to follow your health care provider's recommendations for further testing or treatment.

About 200 Marylanders get diagnosed with cervical cancer every year. We can get to zero with prevention, screening, and follow-up!

If you do not have health insurance, you may qualify for no-cost screening, diagnostic and treatment services.

Scan to learn about no-cost services:



Maryland Department of Health - Public Health Services Administration - Center for Cancer Prevention and Control
201 W. Preston St., Baltimore, MD 21201 | 410-767-5281 | mdh.cancer@maryland.gov | health.maryland.gov/phpa/cancer

[Translated versions will be available on the website shortly.]

Maryland
DEPARTMENT OF HEALTH

Cervical Cancer is Preventable and Highly Curable if Diagnosed at an Early Stage and Treated Promptly

About 200 Marylanders get diagnosed with cervical cancer every year. Let's get to zero!

- Get the **HPV vaccine**
- Get **routine screenings** for cervical cancer
- Follow-up** on abnormal test results
- Use **condoms** during sex
- Limit the number** of sexual partners
- Do not** smoke

Maryland Department of Health - Public Health Services Administration - Center for Cancer Prevention and Control
201 W. Preston St., Baltimore, MD 21201 | 410-767-5281 | mdh.cancer@maryland.gov | health.maryland.gov/phpa/cancer

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Ctrl and click on the images above to open the document.

Ctrl and click on the images below to open the document.

Maryland DEPARTMENT OF HEALTH

Breaking Down Your Worries

Stigma	Reality
"I am scared and anxious to get a pelvic exam."	Thinking about a pelvic exam can be scary and cause anxiety. Healthcare providers are trained and know how to handle your exam with care. You can always talk to your healthcare provider about what scares you. This way they can help you be more comfortable. Your privacy and health matter most.
"I don't want to be seen as promiscuous or that I was unfaithful if I get a positive HPV result."	It is important to be screened if you have a cervix and have had sex. If you've had sex in the past and got HPV then, you cannot be faulted for being unfaithful. The body will usually get rid of HPV on its own, but sometimes it doesn't clear on its own. The goal of screening is to find precancerous cervical cell changes so treatment can prevent cervical cancer from developing. Your health and well being will always be top priority.
"I don't see a point in getting screened. I have other important things to worry about."	Cervical cancer screening can be lifesaving. It is the best way to protect yourself.

Sources
Cahill M. (2015, Jan 26). Anxious about cervical screening? What you need to know. *Medical News Today*. <https://www.medicalnewstoday.com/articles/261444>
Harris S, et al. (2015, Sep 15). Don't stress out if you're getting HPV and cervical cancer: a new resource waiting prior to implementation of an HPV screening trial program. *Research Square*. <https://www.researchsquare.com/article/rs/204290>

Maryland Department of Health - Public Health Services Administration - Center for Cancer Prevention and Control
201 W. Preston St., Baltimore, MD 21201 | 410-767-5281 | mdh.cancer@maryland.gov | health.maryland.gov/phpa/cancer

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Maryland DEPARTMENT OF HEALTH

Cervical cancer is preventable and highly curable if diagnosed at an early stage and treated promptly.

About 200 Marylanders get diagnosed with cervical cancer every year. Let's get to zero!

- Get screened regularly. Follow-up on any abnormal test results as soon as you can.
- The HPV vaccine lowers the risk of cervical cancer.
- The HPV vaccine is safe and helps protect against 6 types of cancer.
- For more information about the HPV vaccine, talk to your health care provider.

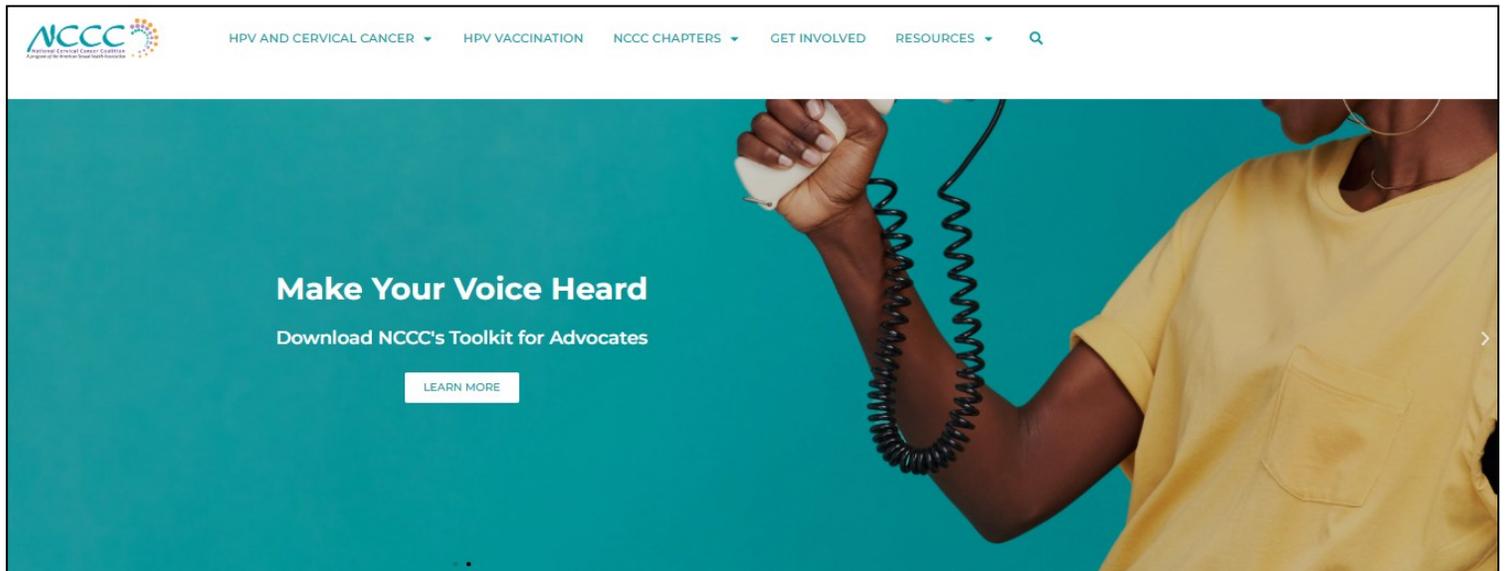
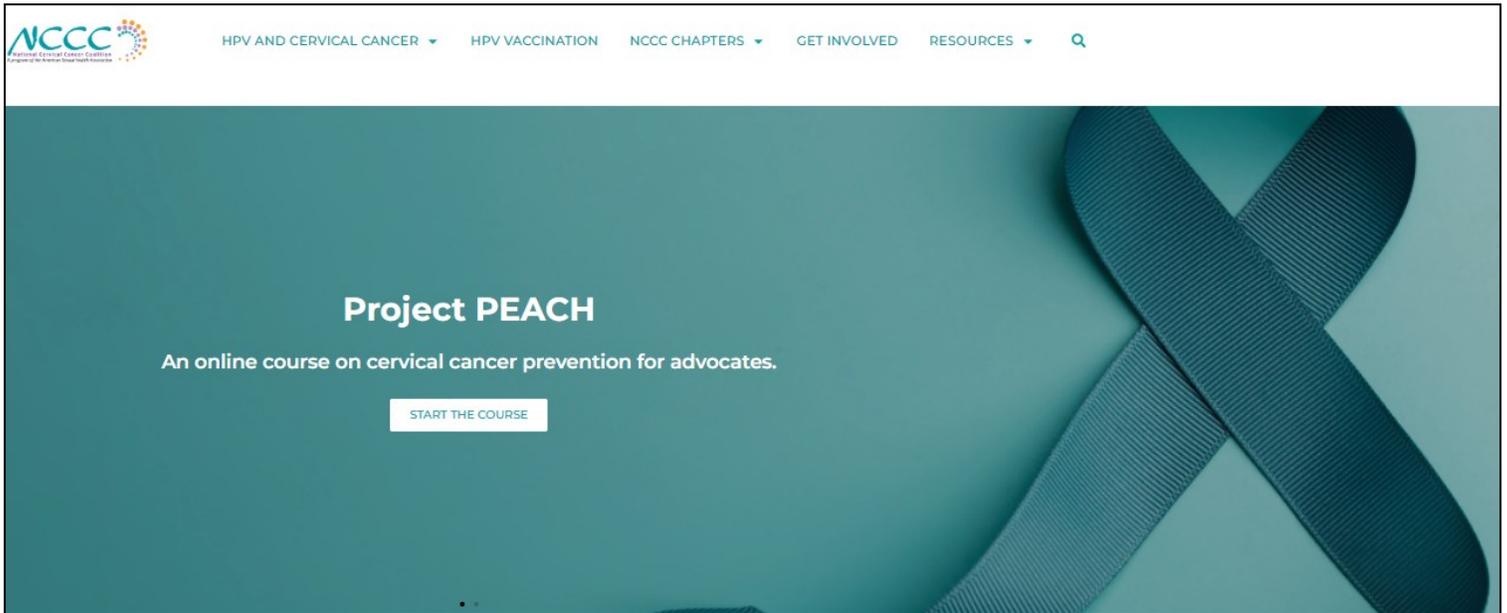
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Ctrl and click on the images above to open the document.

Ctrl and click on the images below to open the link to the website.

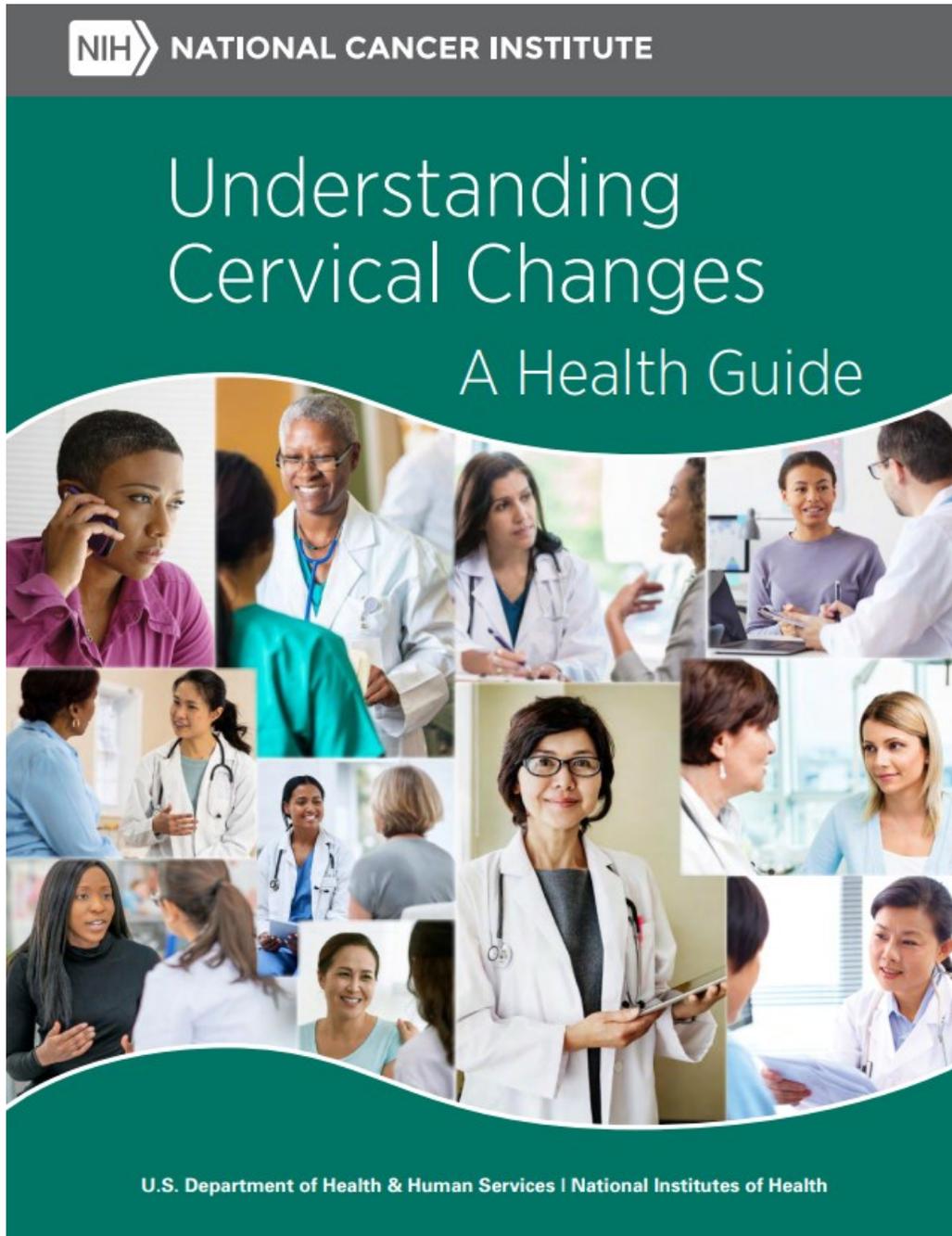
The NCCC has developed Project Peach which is designed for chapter leaders and others interested in advocacy and education. The course has several series of educational modules on Human Papillomavirus (HPV)-related disease, cervical cancer screening and prevention, HPV vaccination and more. The NCCC also provides various resources such as toolkits for advocates, outreach opportunities, social media messaging and more.



Ctrl and click on the images above to open the link to the website.

Ctrl and click on the image below to open the link to the toolkit.

The National Cancer Institute developed a health guide for individuals who have had an abnormal cervical cancer screening test. The guides is meant to help individuals speak with their health care providers and make informed decisions to prevent cervical cancer.



Ctrl and click on the image above to open the link to the toolkit.

Ctrl and click on the image below to open the link to the website.

The screenshot shows the National Cancer Institute (NCI) website page for Cervical Cancer—Health Professional Version. The page features a navigation menu with options like 'About Cancer', 'Cancer Types', 'Research', 'Grants & Training', 'News & Events', and 'About NCI'. A search bar is located in the top right corner. The main content area is titled 'Cervical Cancer—Health Professional Version' and is organized into several sections: 'TREATMENT', 'CAUSES & PREVENTION', 'SCREENING', 'RESEARCH', 'STATISTICS', and 'SUPPORTIVE & PALLIATIVE CARE'. Each section contains links to PDQ (Patient Decision Summary) information and other relevant resources. The 'STATISTICS' section includes a visual representation of patient data using human icons, with a note that the statistics are based on data from large groups of patients to be used as a general guide.

NIH NATIONAL CANCER INSTITUTE Search

About Cancer ▾ Cancer Types ▾ Research ▾ Grants & Training ▾ News & Events ▾ About NCI ▾

Home > Cancer Types > Cervical Cancer > Cervical Cancer—Health Professional Version

Cervical Cancer—Health Professional Version

TREATMENT

PDQ Treatment Information for Health Professionals

- Cervical Cancer Treatment
- Childhood Cervical and Vaginal Cancer Treatment

View more information ▾

CAUSES & PREVENTION

PDQ Prevention Information for Health Professionals

- Cervical Cancer Prevention

View more information ▾

SCREENING

PDQ Screening Information for Health Professionals

- Cervical Cancer Screening

More information

- Clinical Trials to Screen for Cervical Cancer

RESEARCH

- FDA Approves HPV Tests That Allow for Self-Collection in a Health Care Setting
- Simple Hysterectomy May Expand Treatment Options for Early-Stage Cervical Cancer
- Catch-Up HPV Testing May Help Prevent Cervical Cancer in Some Over Age 65
- More Evidence that One HPV Vaccine Dose Protects against Cancer-Causing Infections

View more research >

STATISTICS

Cervical cancer statistics based on data from large groups of patients to be used as a general guide. >

SUPPORTIVE & PALLIATIVE CARE

We offer evidence-based supportive and palliative care information for health professionals on the assessment and management of cancer-related symptoms and conditions.

- Cancer Pain >
- Nausea and Vomiting >
- Nutrition in Cancer Care >
- Transition to End-of-Life Care >
- Last Days of Life >
- View all Supportive and Palliative Care Summaries >

Ctrl and click on the image above to open the link to the website.

Ctrl and click on the image below to open the link to the website.

The National Library of Medicine has provided information on female exams and Pap smears and how to prevent cervical cancer in fourteen languages.

The screenshot shows the MedlinePlus website interface. At the top left is the NIH National Library of Medicine logo and the MedlinePlus logo with the tagline 'Trusted Health Information for You'. A search bar with the text 'Search MedlinePlus' and a 'GO' button is on the right. Below the search bar are navigation links: 'About MedlinePlus', 'What's New', 'Site Map', and 'Customer Support'. A horizontal menu contains 'Health Topics', 'Drugs & Supplements', 'Genetics', 'Medical Tests', and 'Medical Encyclopedia'. The breadcrumb trail reads 'Home → Multiple Languages → All Health Topics → Cervical Cancer Screening'. Below this is a section 'Other topics A-Z' with a row of letters from A to Z and a 'List of All Topics' link. The main heading is 'Cervical Cancer Screening - Multiple Languages', followed by social media icons for email, Facebook, X, and Pinterest. A list of 14 languages is displayed in three columns: Arabic (العربية), Chinese, Simplified (Mandarin dialect) (简体中文), French (français), Haitian Creole (Kreyol ayisyen), Hindi (हिन्दी), Japanese (日本語), Korean (한국어), Nepali (नेपाली), Polish (polski), Portuguese (português), Russian (Русский), Somali (Af-Soomaali), Spanish (español), Tagalog (Wikang Tagalog), and Vietnamese (Tiếng Việt).

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Cervical Cancer

In This Section

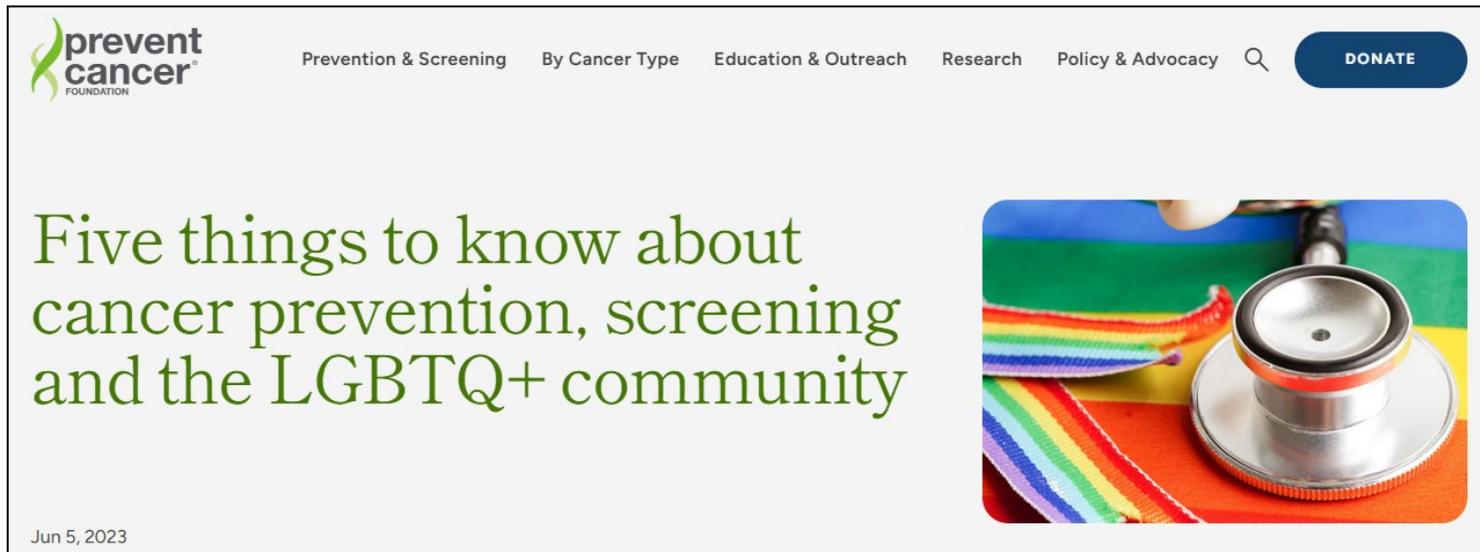
1. Cervical Cancer
2. How do I know if I have cervical cancer?
3. What's a Pap test?
4. What's an HPV test?
5. What is a colposcopy?
6. What happens after my colposcopy?
7. What is cryotherapy?
8. What happens after cryotherapy?
9. What's LEEP?
10. What happens after LEEP?
11. What if I'm diagnosed with cervical cancer?

Cervical cancer is cancer of the cervix. It's caused by some types of [HPV](#), a common sexually transmitted infection. It can be prevented by getting the HPV vaccine, early detection, and treatment.

Ctrl and click on the image above to open the link to the website.

Ctrl and click on the image below to open the document.

The Prevent Cancer Foundation provides a brief article to raise awareness about the importance of increasing access to cancer screening and prevention for the LGBTQ+ community, and the barriers they may face when seeking care. They discuss five things that are important to know about how cancer affects this community.



The screenshot shows the Prevent Cancer Foundation website. The logo is in the top left. The navigation menu includes: Prevention & Screening, By Cancer Type, Education & Outreach, Research, Policy & Advocacy, and a search icon. A blue 'DONATE' button is in the top right. The main content area features the article title 'Five things to know about cancer prevention, screening and the LGBTQ+ community' in green text. To the right is an image of a stethoscope on a rainbow fabric. The date 'Jun 5, 2023' is in the bottom left of the article preview.

Ctrl and click on the image above to open the document.

Ctrl and click on the image below to open the document.

CERVICAL CANCER FREE FUTURE

World Health Organization

CERVICAL CANCER IS CURABLE

with early diagnosis and high quality treatment.

YET...

every year, more than 311,000 women die from cervical cancer.

INEQUITY
90% of all cervical cancer deaths occur in low- and middle-income countries

MORTALITY
#1 cause of cancer death among women in low-income countries

DIAGNOSIS
80% of cervical cancers in low-income countries diagnosed at advanced stage

HIGH-INCOME COUNTRIES Probability of 5-year **LOW-INCOME COUNTRIES**
>70% **OVERALL SURVIVAL** **~20%**

Ctrl and click on the image above to open the document.

Cervical Cancer Awareness Campaign Ideas

1. Community Events

- Walks/runs: Organize or promote charity walks or runs to raise funds and awareness. Inquire with local businesses or health organizations on a sponsorship and/or promotion.
- Health fairs: Host health fairs at sites offering cervical cancer screening at no cost and educational workshops.

2. Social Media Campaigns

- Hashtag Challenges: Create a viral hashtag challenge encouraging people to share personal stories or photos in support of cervical cancer awareness.
- Q&A Sessions: Host live sessions with healthcare professionals to answer questions about cervical cancer prevention, screening, diagnostics, and treatment.

3. Educational Workshops

- Virtual Seminars: Offer webinars on cervical cancer topics on platforms like YouTube, X, Instagram, or TikTok.
- School Programs: Implement educational programs with colleges/universities student health services to teach students about cervical cancer prevention and self-awareness.
- Faith-based Programs: Collaborate or host educational programs at diverse faith-based organizations such as churches, temples, mosques, and gurudwaras in your local area.

4. Support Initiatives

- Volunteers: Solicit community volunteers who want to help cervical cancer patients get to appointments.
- Support Groups: Create and promote support groups for cervical cancer patients and survivors, both in-person and online.
- Care Packages: Assemble and distribute care packages for individuals undergoing treatment, including comfort items and informational resources.

5. Fundraising Efforts

- Charity Auctions: Host auctions where local artists or businesses donate items or services, with proceeds going to charitable organizations that support cervical cancer services.

Cervical Cancer Awareness Campaign Ideas cont.

6. Public Awareness Campaigns

- **Small Media and Posters:** Use eye-catching visuals and messaging around your organization with the help of partners to raise awareness among diverse populations.
- **Targeted TV Streaming Ads:** Create and air public service announcements on local streaming services that can reach target audiences. Consider using professional commercial services like Roku, Simpli.fi, or StackAdapt.

7. Collaborations

- **Coalitions:** Tap into your jurisdiction's cancer coalition to support cervical cancer prevention, education, screening, and treatment.
- **Corporate Partnerships:** Partner with businesses to create joint awareness campaigns, including special events, promotions, and donations.
- **Influencer Campaigns:** With the heightened digital age, consider collaborating with social media influencers to spread awareness and share personal stories.

8. Art and Culture

- **Art Exhibits:** Organize art exhibits featuring works by cervical cancer survivors or inspired by cervical cancer survivors.
- **Film Screenings:** Host screenings of documentaries or films related to cervical cancers followed by discussions or panels. There are very powerful documentaries available on cervical cancer.

9. Health and Wellness

- **Fitness Classes:** Offer fitness classes themed around health and wellness and general cancer prevention.
- **Cooking Workshops:** Conduct cooking classes focused on nutrition and recipes that support overall health and cancer prevention.

Cervical Cancer Awareness Sample Messaging

January is Cervical Cancer Awareness Month. Cervical cancer can affect anyone with a cervix who has ever been sexually active. It is preventable with the human papillomavirus (HPV) vaccine, regular screening, and appropriate and timely follow-up of abnormal results. Don't wait! Schedule your screening today. If you are in need of no-cost cancer screenings, diagnostics, and linkage to treatment, our [programs](#) may be able to assist you.

If you are between the ages of 21 and 65 years and have a cervix, get screened to help detect or prevent cervical cancer. Cervical cancer does not always show signs and symptoms, so there is no way of knowing you have it until you get screened. If you are in need of no-cost cancer screenings, diagnostics, and linkage to treatment, our [programs](#) may be able to assist you.

Did you know that more than 90% of cervical cancers are preventable by screening and getting the HPV vaccine? Schedule your vaccine today. If you are in need of no-cost cancer screenings, diagnostics, and linkage to treatment, our [programs](#) may be able to assist you.

Anyone with a cervix can be affected by cervical cancer. If you have ever had genital skin-to-skin contact with anyone of any gender, then you need to get a cervical cancer screening! If you are in need of no-cost cancer screenings, diagnostics, and linkage to treatment, our [programs](#) may be able to assist you.

Hispanic and Black women are more likely to be diagnosed with and die from cervical cancer. Encouraging the people in your life to get regularly screened can prevent cervical cancer. If you are in need of no-cost cancer screenings, diagnostics, and linkage to treatment, our [programs](#) may be able to assist you.

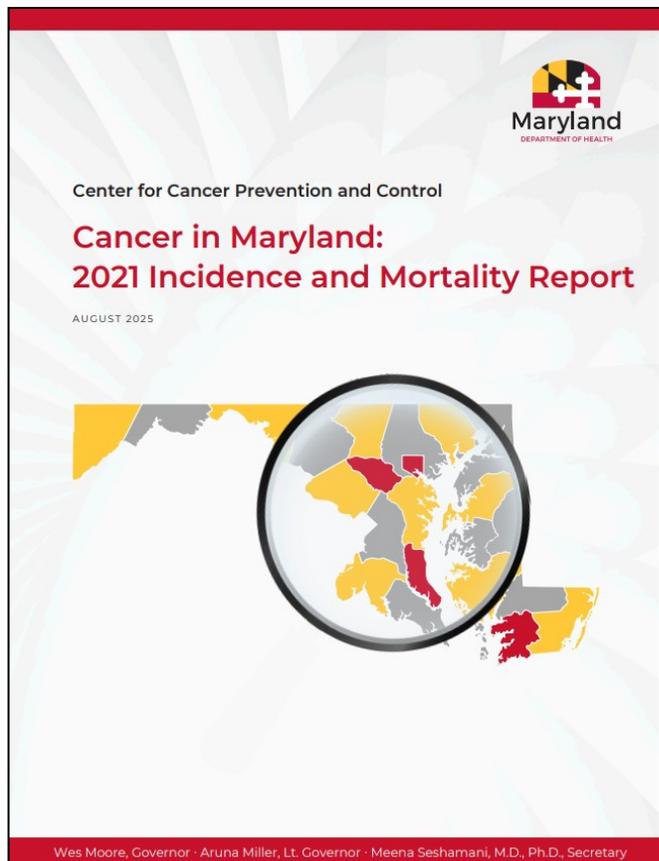
About 200 Marylanders get diagnosed with cervical cancer every year. Cervical cancer is curable with early diagnosis and high quality treatment. Let's get to zero! If you are in need of no-cost cancer screenings, diagnostics, and linkage to treatment, our [programs](#) may be able to assist you.

Ctrl and click on the images below to open the document.

One target of the **Maryland Comprehensive Cancer Control Plan** is to increase the proportion of women ages 21 to 65 who have had a Pap test in the past three years per U.S. Preventive Services Task Force (USPSTF) recommendation (see page 98).



The Maryland Department of Health provides jurisdiction-specific Incidence and Mortality Rates Factsheets (see page 34).



Ctrl and click on the images above to open the document.

Please note that not all cancer screening messages contained in the web resources provided are consistent with the Cervical Cancer Minimal Clinical Elements. If you choose to use information from these web resources, we encourage you to carefully check materials for consistency with the guidance we have provided.