



**FOR IMMEDIATE RELEASE**

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**Make a New Year's Resolution to get Screened for Cervical Cancer**

Eau Claire, WI-January 20<sup>th</sup>, 2015 — It is the start of a new year – a time many reflect on their health. Approximately 12,000 American women will learn they have cervical cancer this year, and about 4,000 will die from an advanced form of the disease.

January is Cervical Health Awareness Month. Lieske Giese, Director/Health Officer of the Eau Claire City-County Health Department stresses the importance of the Pap test as a screening tool for cervical cancer. “With those New Year’s resolutions to live a healthier lifestyle, remember that screening is a crucial part of a woman’s health care regimen, yet one that many overlook,” says Giese. “In Eau Claire County, 82% of women aged 18 and older have had a Pap test in the past three years.” Available vaccines can also further reduce the incidents of this devastating disease.

While routine Pap testing is the best means of detecting cervical cancer at an early stage, vaccines are available for young women and men to potentially protect them from disease by targeting cancer-causing types of the human papillomavirus (HPV). The HPV vaccine protects against four types of HPV, two of which account for more than 70 percent of all cervical cancer cases.

Along with recommended preventative screenings, women can take these healthy steps to reduce the risk of developing cervical cancer:

- Follow up with your doctor, if your Pap test results are not normal
- Don’t smoke
- Use condoms when having sex
- Limit your number of sexual partners

The Eau Claire City-County Health Department Family Planning Clinic offers cervical cancer screening as well as the HPV vaccine and information on available medical coverage options. For more information, please visit [www.ehealthdepartment.org](http://www.ehealthdepartment.org) or call 715-839-6988 to make an appointment and get information on available medical coverage options. To learn more about cervical cancer, please visit: <http://www.cdc.gov/cancer/cervical/>.

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