

TALK to your HEALTH CARE PROVIDER about HPV and Cervical Cancer.

Latinas/Hispanic women are the group with the highest rate of new cervical cancer cases.



KNOW the FACTS

► Why should I ask my health care provider about HPV and cervical cancer?

Learn the facts about human papillomavirus (HPV), the virus that can cause cervical cancer, so you can help protect yourself and your loved ones.

- About 80 percent of women will get infected with HPV in their lifetime. For most, the infection will clear on its own. But for others who don't clear certain types of HPV, cervical cancer can develop.
- Every day, about five Latinas/Hispanic women in the United States are diagnosed with cervical cancer.

What should I ask my health care provider about HPV and cervical cancer?

► Health care providers are used to hearing about personal health issues, so there is no reason to be embarrassed. Here are some questions to ask:

1. What is the human papillomavirus (HPV) and how common is it?
2. How do you get HPV and would I know if I have it?
3. What is the link between HPV and cervical cancer?
4. Can HPV cause other diseases?
5. What can I do to help protect myself from HPV?
6. What do my friends and family need to know about HPV?

Visit www.informatehpv.org or call **1-866-SU-FAMILIA (1-866-783-2645)** for more information.

See other side for tips on talking to your daughter about HPV.



Empower Yourself.
Improve Your Health.

TALK to your DAUGHTER about HPV and Cervical Cancer.

Every day, about five Latinas/Hispanic women in the United States are diagnosed with cervical cancer.



► Do I **have** to talk about HPV and cervical cancer with my daughter?

YES! Your daughter needs to know about HPV and what she can do to help protect herself. Here's why:

Many women are exposed to a virus that can cause cervical cancer – called human papillomavirus (HPV) – **as early as their teens and 20s.**

- Latinas/Hispanic women are the group with the highest rate of new cervical cancer cases.
- HPV can be passed through any type of genital contact, not just sexual intercourse. Your daughter will benefit from learning the facts about HPV before she is sexually active.
- Both men and women can get HPV. Because there are often no signs and symptoms, people infected with the virus can pass it on through any type of genital contact without even knowing it.
- Talking to your daughter about HPV and cervical cancer may be hard, but it's worth it.

The information you share now is important and can help protect her from cervical cancer and other diseases caused by HPV in the future.

Tips for starting the conversation with your daughter:

► Ask what she knows.

1. **Have you heard of the human papillomavirus (HPV)?**

HPV is a virus that can cause cervical cancer and other diseases. Both men and women can be infected with HPV.

2. **Do you know how you get HPV?**

You can get HPV through any type of genital contact, not just through sexual intercourse.

3. **How do you know if you have HPV?**

Because HPV often has no signs or symptoms, most people don't realize they have it. That means people can pass it on to others without knowing it.

4. **Why get regular Pap tests?**

Thanks to Pap tests, cervical cancer is one of the most preventable cancers. A Pap test looks for abnormal cells before they have a chance to develop into cancer.

LET HER TALK.

Talking about HPV can be personal, but encourage your daughter to be open and honest, even if she is sexually active. Let her know that she can confide in you, and this talk is important in helping protect her health. Encourage her to ask you questions about your experiences, and share them with her.

KEEP THE CONVERSATION GOING.

There are many chances to talk. If your daughter has more questions, let her know she can come to you later, or you can make an appointment for her to talk to her health care provider.

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