

JANUARY IS

Cervical Health Awareness Month



Dear

January is Cervical Health Awareness Month, an important time to revisit your New Year's health resolutions and prioritize important preventive care. It's also the right time to schedule your next appointment, because the regular screenings performed by your doctor at your well-woman exam are one of the most effective ways to protect your health.

We want to empower women to take control of their health and understand that cervical cancer is treatable and preventable. Cervical cancer deaths in the U.S. have dropped dramatically over the past 80 years thanks to advancements in screening technology.^{1,2} But today, cervical cancer still affects women of every background.

As you think about your health goals for the year ahead, here are a few things to keep in mind:



Cervical cancer is one of the most preventable cancers

- Regular screening during your well-woman exam is the best way to catch precancerous changes early.^{4-6†}

Know your screening options



- Studies show that 95% of cervical cancers were detected with Pap+HPV (co-testing), providing the best possible defense for women ages 30 to 65 when conducted every 5 years.^{7,8} For women ages 21 to 29 years, screening with the Pap test alone every 3 years is recommended.^{9,10}



Screening may cost you nothing

- Many insurance plans, including those under the Affordable Care Act, cover well-woman visits and recommended cervical cancer screenings with no co-pay, deductible. Check with your insurance provider to understand your specific coverage and any potential costs.^{11‡}

If you have not done so already, reach out to the office to schedule your next well-woman visit. If you have questions about screening options or what care is right for you based on your history, let us know. We're here to help you protect your health in 2026!

Best regards,

Call today to schedule your well-woman exam.

[†] As many as 93% of cervical cancers could be prevented by screening and the HPV vaccination.⁵

[‡] Patients should consult their healthcare plans to verify coverage.

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