

CERVICAL CANCER AWARENESS MONTH

Approximately 11,500 women in the United States are diagnosed with cervical cancer each year, and about 4,000 of those women die from the disease. In the past, cervical cancer was a leading cause of death in women.

However, due to prevention efforts, such as screening tests and human papillomavirus (HPV) vaccine, cervical cancer diagnoses are declining.

Find out more at:

<https://www.cdc.gov>



MENTAL HEALTH CORNER

New Years is a great time to set resolutions that support your mental wellbeing, but it can be a challenge to set realistic expectations for ourselves. Using the acronym **SMART** can help you set achievable goals for yourself.

SPECIFIC

Plan effectively with specific targets in mind.



MEASURABLE

Track your progress and reevaluate along the way.



ATTAINABLE

Set realistic goals that are challenging but achievable.



RELEVANT

Ensure the goal serves a relevant purpose.



TIME

Specify a deadline, monitor progress and reevaluate.



WHAT MAY PUT ME AT RISK FOR DEVELOPING CERVICAL CANCER?

- Smoking
- Human papillomavirus (HPV)
- Sexually transmitted diseases
- Weakened immune system
- Exposure to miscarriage prevention medicine
- Long term use of oral contraceptives (birth control)
- Family history of cervical cancer

WHAT CAN I DO TO REDUCE MY RISK OF CERVICAL CANCER?

- Talk to your provider about the HPV vaccine.
- Do not smoke or stop smoking.
- Schedule routine screening tests (Pap test).