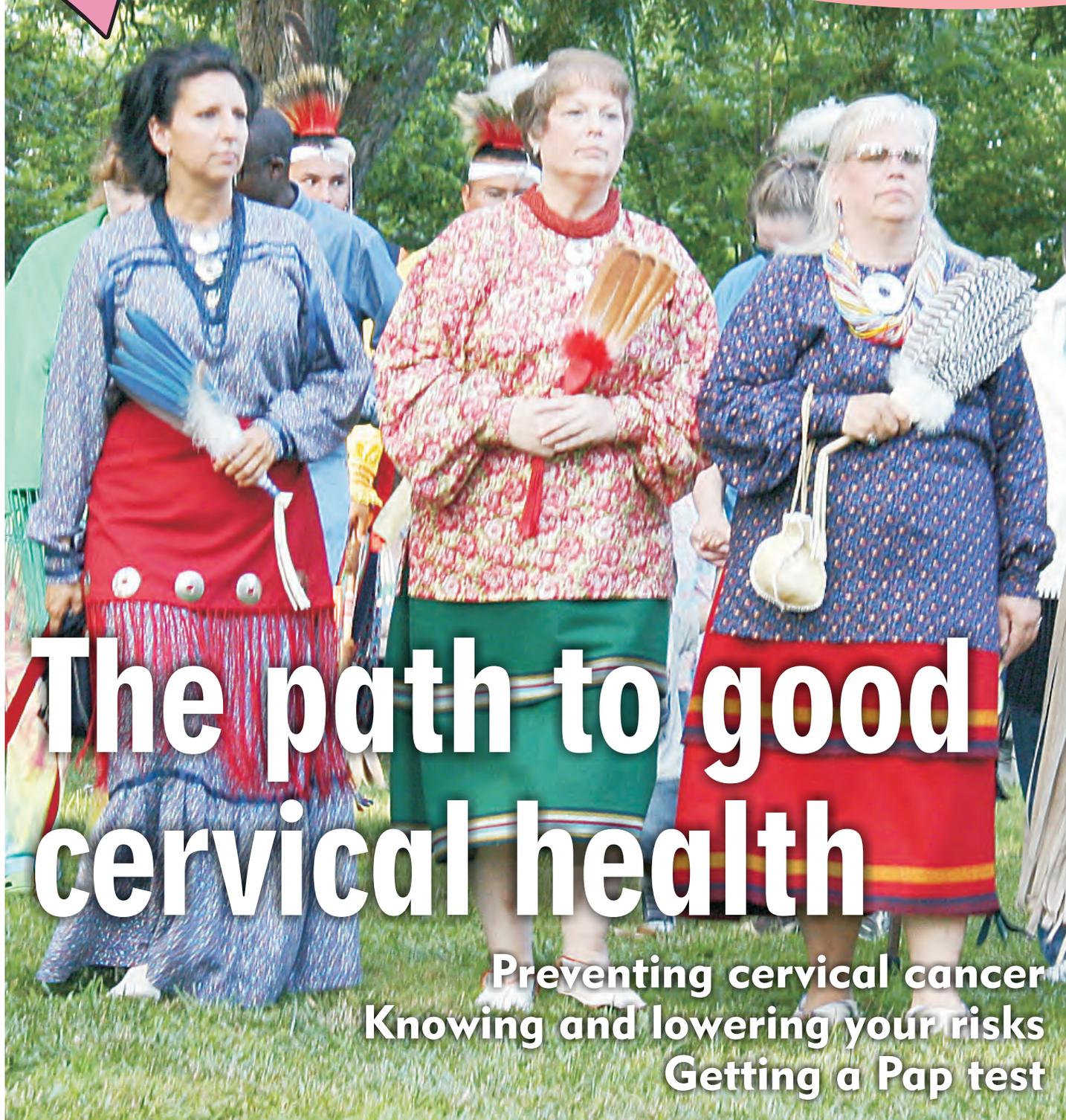


Spring 2011



Kaw
Nation

Women's Health



The path to good cervical health

Preventing cervical cancer
Knowing and lowering your risks
Getting a Pap test

What are the risk factors for cervical cancer?

- ✘ Sexually active before age 16.
- ✘ Herpes virus infection
- ✘ Sexually transmitted diseases, such as chlamydia, syphilis and gonorrhea
- ✘ Human papilloma virus (HPV) or HIV/AIDS
- ✘ Having sex with more than one partner in your lifetime
- ✘ Having unprotected sex with a partner who has had more than one partner in his/her lifetime
- ✘ Smoking
- ✘ Multiple births
- ✘ Obesity

What can I do to lower my risk of an abnormal Pap test or cervical cancer?

- ✘ Limit sexual partners to one in your lifetime
- ✘ Avoid having sex with someone who has had many sexual partners.
- ✘ Use latex condoms with nonoxynol-9 every contact
- ✘ Getting treatment for genital warts or exposure
- ✘ Not smoking
- ✘ Schedule your Pap test every year, or as instructed by your health care professional. If you have had a hysterectomy, check with your health care professional.



Women are the backbone of the family



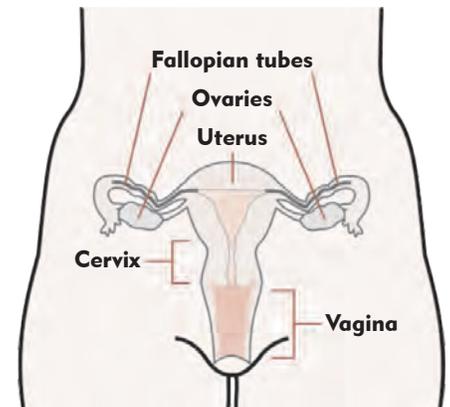
Your good health is a gift of respect to you and those you love

What is cervical cancer?

Cervical cancer is cancer of the cervix. The cervix is the part of the uterus that connects the upper part of the uterus (the womb) and the vagina.

Cervical cancer is a serious condition that can be life-threatening. When a woman becomes infected with certain high-risk types of HPV and does not clear the infection, abnormal cells can develop in the lining of the cervix.

If not discovered early and treated, these abnormal cells can become cervical precancers and then possibly cancers. Most often this can take a number of years, although in rare cases it can happen within a year.



Who gets cervical cancer?

About half of all females diagnosed with cervical cancer are between 35 and 55 years old. What many of these women may not realize is that they were most likely exposed to one of the high-risk types of HPV during their teens and 20s.

The **American Cancer Society** estimated that in 2005 there were **10,370 new cases** of cervical cancer diagnosed in the United States, and **3,710 women died** from the disease.

What is a Pap test?

A **Pap test** checks for signs of cancer of the cervix. During a Pap test, a speculum is used to gently open the vagina. Cells from the cervix are collected with a tiny brush. These cells are checked to see if they are normal or if there is a problem.



What are abnormal cervical cells?

Abnormal cervical cells — also called **cervical dysplasia** — are cells in the lining of the cervix that have changed in appearance.

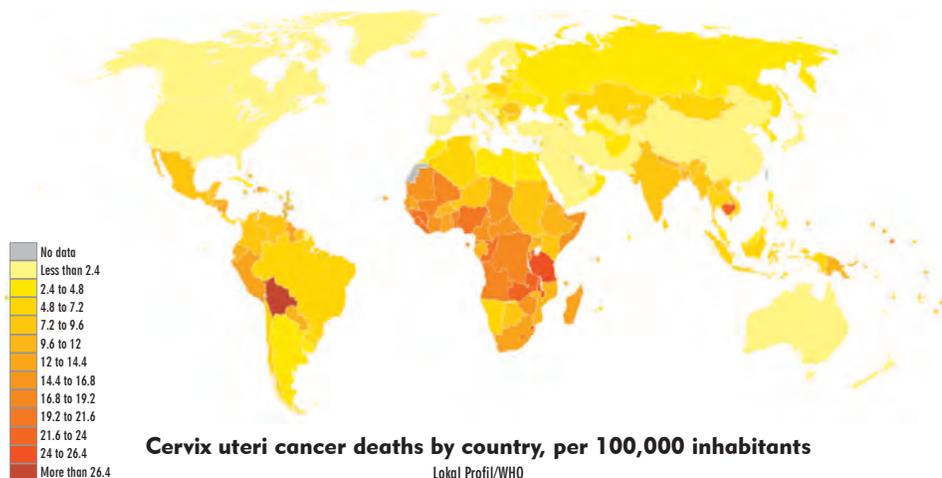
The more severe the cervical abnormality, the more likely it is that cervical cancer could develop in the future. Most often this can take a number of years, although in rare cases it can happen within a year.

If the results of a Pap test indicate that you have abnormal cervical cells, it's important to follow your healthcare professional's recommendations for more testing, such as **repeat Pap testing**, **HPV DNA testing**, **colposcopy** — an examination of the cervix through a magnifying device, and possible **biopsy** — obtaining a tissue sample for analysis in the lab.

How is cervical cancer treated?

The three main methods are **surgery** to remove the cancer, **radiation therapy** using high energy beams to destroy cancer cells, and **chemotherapy** using medications to disrupt the growth of cancer cells. Sometimes treatment includes two or more of these methods.

Before choosing a treatment, a healthcare professional will consider the size of the cancer, whether it has spread, the woman's age and overall health, and patient preferences. The treatment that is right for one person may not be right for someone else.



What does my Pap test result mean?

- ⚡ **If normal**, continue to have a Pap test as often as recommended.
- ⚡ **If abnormal**, don't panic. Most abnormal conditions are not cancer but need follow-up. The abnormal result may also be due to inflammation, bacterial infection or hormonal changes.
- ⚡ **Dysplasia**. There may be more serious changes in the cells. These types of cells may lead to cancer if not treated and followed closely.

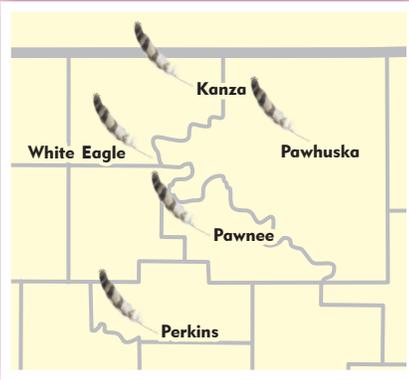
What are the symptoms or signs of cervical cancer?

There are no signs and symptoms for cervical cancer. It is possible to have cervical cancer without bleeding or pain. Most people with cervical cancer do not feel sick.

What do I need to do next?

- ⚡ **A repeat Pap test** in four to six months
- ⚡ **Medication** may be ordered; take as directed
- ⚡ **A colposcopy examination**, a microscopic examination of the cervix using a microscope on a stand which magnifies the surface of the cervix, and a **biopsy** may be taken and sent to a lab. Results take 2 to 3 weeks.
- ⚡ **Other treatments**, e.g., freezing of atypical cells





**Contact your clinic to
schedule an appointment
with the Kaw Nation
Women's Health Program**

Kanza

580-362-1039

White Eagle

580-765-2501

Pawnee

918-762-2517

Pawhuska

918-287-4491

Perkins

405-547-2473

The **Kaw Nation Women's Health Program** does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female Nurse Practitioner/CDC Screener.

Sponsored by
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A Prayer for Women

by **Mary Morales Tinsley**
March 22, 2004

We Pray to God, the Great Spirit in the Heavens,
The Voice of the wind across the fields,
High in the mountains, and in the winding rivers
For Peace — for all mankind.

To Guide us through life's journey
Sometimes good, sometimes not
With Courage, Honesty, Fairness, and
Love — for all.

To appreciate and enjoy the beauty of a flower blooming —
The petals opening in response to the sun —
Basking in God's warmth;
In the flight of a butterfly, and
Colors of the rainbow after a rainfall.

To taste and hear the wonders of this earth,
The sweetness of honey,
In a bite of a fresh strawberry,
And in the song of the red bird.

To see His Spirit and goodness,
In the deer, bear, wolf, and the buffalo,
In each other,
And in All Living Creatures.

We Thank God, the Great Spirit
For all these Blessings,
For our families, for our friends, for each other;
And for our health — to be here on earth
A Healthy Woman for our loved ones.
Amen.

