



Keeping Yourself Healthy

The Truth About Pap Tests 1
 Making Mammograms Matter 2
 Balancing Work and Play 3
 The Truth About Pap Tests, continued. 3
 Do You Know About Genital Warts? 3

References:

1. American Cancer Society. Cervical cancer: prevention and early detection. American Cancer Society Web site. http://www.cancer.org/docroot/CRI/content/CRI_2_6x_cervical_cancer_prevention_and_early_detection_8.asp?sitearea=PED. Accessed January 9, 2008.
 2. American Social Health Association. Learn about HPV: myths and misconceptions. American Social Health Association Web site. http://www.ashastd.org/hpv/hpv_learn_myths.cfm. Accessed January 9, 2008. 3. Centers for Disease Control and Prevention. Division of STD Prevention. Sexually transmitted diseases: genital HPV infection [fact sheet]. Centers for Disease Control and Prevention Web site. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>. Accessed January 9, 2008. 4. National Cancer Institute. Screening mammograms: questions and answers. National Cancer Institute Web site. <http://www.cancer.gov/cancertopics/factsheet/detection/screening-mammograms>. Accessed January 9, 2008. 5. American Cancer Society. Detailed guide: breast cancer: can breast cancer be found early? American Cancer Society Web site. http://www.cancer.org/docroot/CRI/content/CRI_2_4_3X_can_breast_cancer_be_found_early_5.asp. Accessed January 9, 2008. 6. Centers for Disease Control and Prevention. Women's safety and health issues at work. Centers for Disease Control and Prevention Web site. <http://www.cdc.gov/niosh/topics/women>. Accessed January 9, 2008. 7. American Heart Association. How can I manage stress? American Heart Association Web site. <http://www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf>. Accessed January 9, 2008. 8. American College of Obstetricians and Gynecologists. ACOG practice bulletin: cervical cytology screening. *Int J Gynecol Obstet.* 2003;83(45):237–247. 9. Insinga RP, Dasbach EJ, Myers ER. The health and economic burden of genital warts in a set of private health plans in the United States. *Clin Infect Dis.* 2003;36(11):1397–1403. 10. National Institute of Allergy and Infectious Diseases. Human papillomavirus and genital warts. National Institute of Allergy and Infectious Diseases Web site. <http://www.niaid.nih.gov/factsheets/stdhpv.htm>. Accessed January 9, 2008. 11. Lacey CJN. Therapy for genital human papillomavirus-related disease. *J Clin Virol.* 2005;32 (Suppl 1):S82–S90.

your health

The Truth About Pap Tests

Most women know they should be getting regular Pap tests. Fewer women know the exact purpose of the Pap test or why this part of an annual gynecological exam is so important. So here are a few things every woman should know before having a Pap test:

A Pap test is the primary way to detect cervical cancer.

The purpose of a Pap test is to detect abnormal cells in the lining of your cervix before they have a chance to become cervical precancers or cervical cancer. Most often, the development of precancer to cervical cancer can take a number of years, although in rare cases, it can happen within a year. That's why it's so important that women get regular Pap tests. If abnormal cervical cells are found early, treating them can almost always keep cervical cancer from developing in the future.¹

Cervical cancer is caused by human papillomavirus (HPV).

Cervical cancer may develop if a woman has certain types of HPV. These "high-risk" types (such as HPV Types 16 and 18) can cause abnormal cells in the lining of the cervix that can sometimes turn into cancer. Other types of HPV are "low-risk" types (such as HPV Types 6 and 11)² that can cause genital warts and benign (abnormal, yet noncancerous) changes in the cervix. Both the "high-risk" and "low-risk" types of HPV can cause abnormal Pap tests. A woman or man who takes part in any kind of genital sexual contact with an infected person who has HPV is at risk for genital HPV.³

The Centers for Disease Control and Prevention estimates that 80% of women will have acquired genital HPV by the time they're 50 years of age. And, because the virus usually has no signs or symptoms, an abnormal Pap test can be the first indication that HPV is present.³

An abnormal Pap test is no reason to panic.

Finding out your Pap test results are abnormal can be upsetting. However, it doesn't necessarily mean that cervical precancer, cervical cancer, or even HPV is present. That's why your doctor or health care professional may have you undergo further testing, such as another Pap test, an HPV DNA test, or a type of biopsy called a colposcopy (which will detect precancerous cells).² Talking to your doctor or health care professional about any concerns or questions can ease your mind and help you understand what's going on. *(continued on p. 3)*

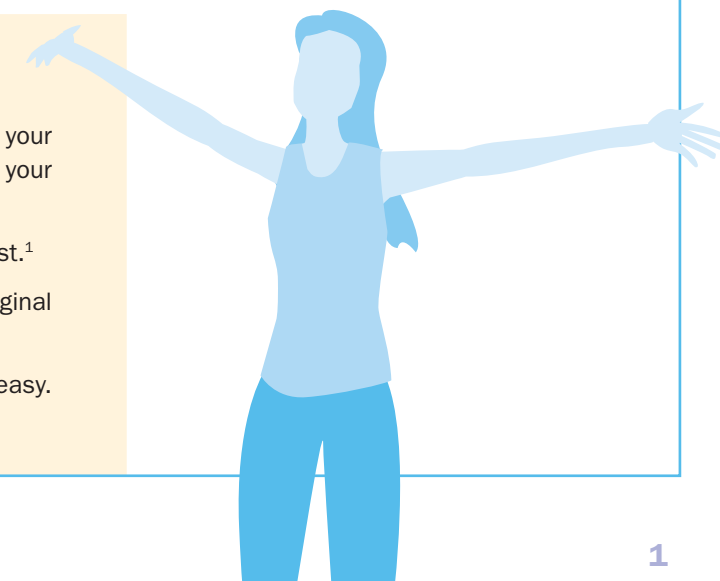
Prep for Your Pap

DO schedule your Pap test for a day you won't be having your period. The best time to get a Pap test is 5 days after your period has ended.¹

DON'T have sexual intercourse for 2 days before your Pap test.¹

DON'T douche or use tampons, birth control foams, or vaginal creams for 2 to 3 days before your test.¹

DO relax. Having a Pap test shouldn't make you feel uneasy. It's a standard procedure that can save your life.



your well-being

Making Mammograms Matter

There's something we should all be doing to fight breast cancer: getting regular mammograms. The fact is, 1 in 8 women will get breast cancer at some point in her life⁴—early detection is the surest way to overcome the disease.⁵

A mammogram is an x-ray of the breast that looks for abnormalities.⁴

A **screening mammogram** looks for breast cancer in women whose breasts appear to be healthy. It includes x-rays of each breast from 2 different angles. This is the mammogram most women need.⁴

A **diagnostic mammogram** is used to understand breast changes that have already occurred. It can also be used to get a better look at any changes found during a screening mammogram. If this happens, try not to worry. A diagnostic mammogram just gives your doctor or health care professional more detailed images of your breasts because it includes x-rays from various angles.⁴

According to the American Cancer Society, all women who are 40 years of age and older should be getting a screening mammogram every year.⁵ That's because getting older is what puts women most at risk for breast cancer. But, if your breast cancer risk is high for other reasons, your doctor or health care professional may want you to have your first mammogram earlier than age 40. Be sure to talk to your doctor or health care professional if⁴:

- You've had breast cancer before.
- Your mother, sister, or daughter has had breast cancer—especially if she was diagnosed before age 50.
- You've had 2 or more breast biopsies for other noncancerous conditions.
- You had children later in life or have no children at all.

There's something else you should be doing besides getting regular mammograms. By examining your breasts on your own, you'll be able to check for anything that seems out of the ordinary. If you do find any lumps or changes, call your doctor or health care professional as soon as possible.⁵

For more information, visit www.cancer.gov/cancerinfo/wyntk/breast.

Breast Health for Women Under 40

Even if your doctor or health care professional says you don't need yearly mammograms yet, you should still be concerned about your breast health. According to the American Cancer Society, if you're in your 20s or 30s, be sure to⁵:

- See your doctor or health care professional at least every 3 years so he or she can examine your breasts for any lumps or changes. (This is called a clinical breast exam.)
- Examine your breasts on a regular basis to become familiar with them. (Your doctor or health care professional can show you the best way to do this or you can visit www.cancer.org.)
- Talk to your doctor or health care professional if you think something about your breasts has changed or is not normal.

TIPS

for Your Mammogram

DO use the same mammogram facility every year so that your mammograms can be compared. If you must go somewhere new, be sure to bring your old films with you.⁵

DON'T wear deodorant or antiperspirant to your mammogram appointment. This can cloud the x-ray films and make your mammogram less accurate.⁵

DO call for your results if you haven't gotten them within 10 days.⁵

DO make it known if you have breast implants.⁴

your happiness

Balancing Work and Play

Ever feel like the weekend just isn't long enough? If so, your job could be stressing you out. Sixty percent of women in one recent survey named stress as their biggest problem at work.⁶

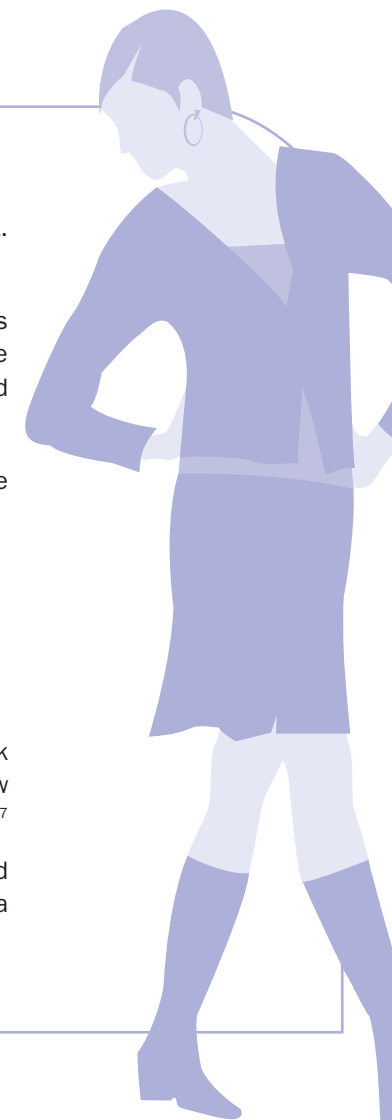
Stress can affect your productivity on the job, your quality of life at home, and even your health. That's why finding a balance between work and down time is so important—even if you work at home. Here are a few things you can do to make sure you're working hard but also taking the time you need for yourself:

Limit stress: If your stress level is lower, you probably won't be thinking about work as much once you're done for the day. Try:

- Talking to your boss about difficulties at work.
- Leaving your desk at lunch to take a walk or run some errands.
- If you don't work outside the home, make your day a combination of necessary tasks and things you enjoy.

Know when to ask for help: Whether it's a pile of paperwork at work or kids who need homework help at home, there never seems to be enough hours in the day. That's why it's important to know when you need help. Talk to your boss about your job responsibilities and enlist some help at home.⁷

Get some exercise: Exercise is not only a great way to stay healthy, it can also be a stress reliever (and a chance for some quality family or alone time). Exercise doesn't have to be at a gym. Try going for a walk or even taking the stairs instead of the elevator.⁷



your health **The Truth About Pap Tests** (continued from p. 1)

You should have a Pap test as often as your doctor or health care professional recommends.

According to the American College of Obstetricians and Gynecologists, a young woman should get her first Pap test 3 years after becoming sexually active or at age 21—whichever comes first. After that, you're recommended to⁸:

- Get a Pap test every year if you're under 30 years of age.
- Get a Pap test every 2 to 3 years if you're 30 years of age or over, and you've already had 3 Pap tests in a row with normal results.

Your doctor or health care professional can always give you the best answer as to when your next Pap test should be.

DO YOU KNOW ABOUT GENITAL WARTS?

Genital warts are caused by types of a common virus called human papillomavirus (HPV).³ They are usually flesh-colored growths that may often cause itching and burning.^{3,9} About 2 out of 3 people who have sexual contact with a person who has genital warts will also get them.^{9,10} And even if genital warts are treated, 25% of cases come back within 3 months if HPV is still present.¹¹ If you are concerned about genital warts, be sure to talk to your doctor or health care professional today.