

Getting a pelvic exam and a Pap test are important, but it is probably not your favorite thing to do.

You may feel nervous. Many women do. Sometimes it helps if you know what to expect.

- + **Pelvic exam.** Your doctor checks the ovaries and uterus. It takes only a few minutes. You may feel pressure, but it should not hurt.
- + **Pap test.** This test checks your cervix (lower part of the womb) for abnormal cells that can turn into cervical cancer. A brush is used to collect a sample of cells from your cervix. You may feel the brush on your cervix, but it should not hurt. Once the cells are collected, the sample is placed in a solution, which is sent to a lab for testing.



Don't wait to have a screening test. Make your appointment today.

First Choice wants you to feel comfortable when having this test done. To find a doctor that meets your cultural preferences, call Member Services at **888.276.2020**.

FirstChoice
by Select Health of South Carolina

 Your Hometown Health Plan

South Carolina
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Member Services 888.276.2020

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www.selecthealthofsc.com/firstchoice



stay**STRONG.**
live**HEALTHY.**



Real women take time to focus on their health.

Empower the women in your life. Talk to them about the importance of cervical cancer screenings. Be a part of the cure, woman-to-woman.

Taking care of yourself means you can be there for others.

As women we often have many roles:

- + Wife
- + Mother
- + Daughter
- + Sister
- + Friend

All of these roles are very important, but it's time to put YOU first!



Black/African-American women have the highest risk for the most preventable cancer—cervical cancer.

Do you know why? Black/African-American women are diagnosed at later stages. This is due to women not having screenings done in time.

Get the HPV shot (vaccine).

If you are under 27, talk your doctor about the HPV (Human Papillomavirus) shot.

- + HPV is the main cause of cervical cancer in women.
- + The HPV vaccine prevents high risk types of HPV.
- + The vaccine works best when given to young women before they are sexually active.

Preventing cervical cancer is in your hands.

The number one way to prevent cervical cancer is to get a Pap test (cervical cancer screening) every year.

- + Have a Pap test every year starting at age 21.
- + After age 30, if you've had normal test results, you can have a test every 2-3 years.

