

Did you know that white/Caucasian women are less likely to get tested for Chlamydia than black/African-American and Hispanic women?

- + ANYONE who is sexually active can get Chlamydia and should be tested every year.
- + Chlamydia is known as the silent disease because most people who have Chlamydia don't know it. Often the disease has no symptoms.
- + It is very common among teens and young adults.
- + Chlamydia is easy to treat and cure.
- + If you do not treat Chlamydia, it can lead to serious health problems.


Don't be left out! Ask your doctor today about getting a test for Chlamydia. The test is easy and painless.



Don't wait to have a cervical cancer screening. 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.**



All women are at risk for cervical cancer.

Take care of YOU and the women you love. 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 woman 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!

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.



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.

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

You may feel nervous, scared or embarrassed. Many women do.

Sometimes, we are not used to talking about our body. Remember that these tests are important for your health, and your doctor wants to help you. Many women feel more comfortable if they 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.

