

Quick Reference Guide

Cervical Cancer Screening

Cervical cancer is one of the **most preventable cancers**, but only if screening happens regularly.

Received the HPV vaccine?

You still need screening. The vaccine protects against many high-risk HPV types, but not all cancer-causing strains.

Had a total hysterectomy?

If you had your cervix removed for non-cancer reasons, **screening may not be needed.** Discuss with your provider.

Under 25

Routine cervical cancer screening is not recommended. HPV infections often clear naturally in this age group.

Ages 25–65

Is primary HPV testing available?

YES

HPV testing every 5 years is recommended

Or Co-test (HPV + Pap) every 5 years

NO

Pap testing every 3 years if HPV testing not available

Over 65

Have your previous cervical screenings been normal?

YES

Screening may not be necessary. Discuss with your healthcare provider.

NO

Continue screening as recommended by your healthcare provider.

Factors that increase risk:

Smoking · Multiple sexual partners · Family history · Early sexual activity · STI history · Immunosuppression · Long-term oral contraceptive use



NATUROPATHIC
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