

# What You Should Know About Cancer

## Did You Know?

- ▶ Cancer is an abnormal growth of cells within the body.
- ▶ Cancer is the second leading cause of death for American women.
- ▶ Women's bodies are constantly changing. Paying attention to those changes for anything that looks or feels abnormal for you is important for maintaining good health!

## There are 5 cancer indicators you should watch for:

1. Breast changes
2. Prolonged bloating that does not get better with time
3. Unusual bleeding
4. Blood in your urine or stool
5. Excessive weight loss without trying

## Early detection can make all the difference for effective treatment!

If you're unsure of something or you simply don't feel well, do not wait to contact a Doctor.

Source of five indicators: <http://www.ahchealthenews.com/2016/10/04/cancer-pay-attention-5-signs/>



## Cancer Screening Glossary

**Screening Test:** A test that looks for possible signs of disease.

**Biopsy:** A minor surgical procedure to remove a small piece of tissue that is then examined in a laboratory.

**Benign:** Not cancer.

**Malignant:** Cells or tumors that are able to invade tissue and spread to other parts of the body.

# HPV Vaccinations for Pre-Teens and Young Adults

## Why vaccinate pre-teens and young adults for human papillomavirus (HPV)?

- ▶ HPV infection can eventually cause cervical, vaginal, vulvar, penile, anal, and throat cancer, and genital warts.
- ▶ HPV vaccination can *significantly reduce* the incidence of anus and genital cancer and genital warts as our children grow up and are potentially exposed.

## When should you vaccinate?

- ▶ Ask your pediatrician or family Doctor about getting the HPV vaccine for your pre-teen and young adult family members.
- ▶ The Centers for Disease Control and Prevention recommends the HPV vaccine for both girls and boys between the ages of 11–12 years old.
- ▶ If your teen did not start or finish the HPV vaccine series when they were younger, talk to your pediatrician or family Doctor about getting it for them as soon as possible.
  - ▶ Girls and women may receive the HPV vaccine through age 26, and boys and men through age 21.



### Need help paying for the HPV vaccine?

Ask your Doctor about “The Vaccines for Children (VFC)” program provides vaccines for children ages 18 years and younger, who are uninsured, Medicaid-eligible, American Indian or Alaska Native.



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