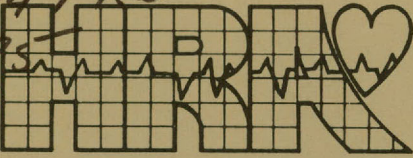


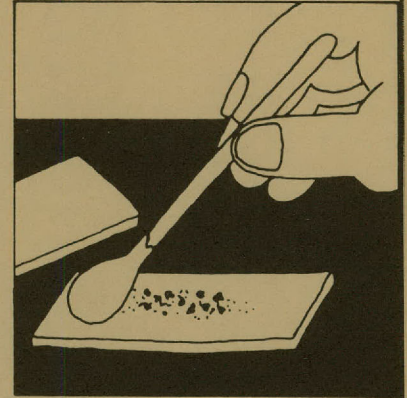
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HEALTH RISK APPRAISAL

PAP SMEAR

The Pap Smear is a test which can detect cancer of the cervix (the neck of the womb). Cervical cancer is the second most common cancer found among Texas women today.



THE FACTS

Cervical cancer is the abnormal growth of cells over the cervix. In its early stages, cervical cancer has no warning signs. The only way you can know you have it is by having a Pap Smear. If cervical cancer is found early enough, it can be cured.

Most often, the Pap Smear is done by your doctor as part of a pelvic exam. An instrument called a speculum is inserted into your vagina. Then a few cells are removed from the cervix to be checked for signs of any abnormal growth.

In the later stages of cervical cancer these may appear:

- Spotting of blood after sex.
- Unusual bleeding or discharge from the vagina.

These signs can be caused by many things that are not cancer, but to be safe, check with your doctor if you notice any of the symptoms.

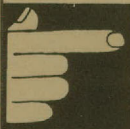


THE RISKS

You may be at a higher risk for cervical cancer if you:

- Started having sex before age 18.
- Have had many sex partners.
- Have genital herpes.
- Got pregnant at an early age.
- Have a family history of cancer.





WHAT YOU CAN DO

A Pap Smear does not prevent cervical cancer, but it can detect early signs. Remember, found in the early stages, cervical cancer can be cured.

You should have a Pap Smear:

ONCE EVERY THREE YEARS if you are:

- Under age 20 and sexually active, or
- Between age 20 and 40 years and have had two "negative" tests one year apart.

ONCE A YEAR if you:

- Started having sex before age 18.
- Have had many sex partners.
- Have genital herpes.
- Got pregnant at an early age.

If you have had a hysterectomy, ask your doctor for advice on how often you should have a Pap Smear.



DO IT TODAY

- If you are overdue for a Pap Smear, call and make an appointment now.

