



Fort Riley Public Health Department

“Protecting the Health of Our Community”

Public Health Newsletter

♀ January is CERVICAL CANCER AWARENESS MONTH



EVERY YEAR 11,500 WOMEN IN THE U.S. ARE DIAGNOSED WITH CERVICAL CANCER & 4,000 WILL DIE AS A RESULT.

EARLY DETECTION SAVES LIVES.

PEOPLE BORN WITH A CERVIX SHOULD BE SCREENED BEGINNING AT AGE 21.



MORE THAN 90% OF CERVICAL CANCERS ARE CAUSED BY THE HUMAN PAPILLOMAVIRUS (HPV).

HPV IS A COMMON SEXUALLY TRANSMITTED INFECTION THAT CAN CAUSE 5 OTHER TYPES OF CANCER AND GENITAL WARTS.

HPV VACCINATION CAN PREVENT GENITAL WARTS AND OVER 90% OF CANCERS CAUSED BY HPV.



Questions?
Contact Fort Riley Public Health for more information: 7665 Normandy Drive 785-239-7323



CERVICAL CANCER AWARENESS MONTH



GET SCREENED

- START PAP TESTS AT AGE 21
- AGES 30-65 SHOULD CONSIDER PAP TESTS AND/OR HPV TESTS

GET VACCINATED

- THE HPV VACCINE PROTECTS AGAINST HPV TYPES THAT MOST OFTEN CAUSE CERVICAL CANCERS
- RECOMMENDED FOR EVERYONE PRETEEN UP TO AGE 26
- EARLY VACCINATION BEFORE HPV EXPOSURE IS KEY. VACCINES WON'T TREAT EXISTING INFECTION

What is Cervical Cancer?

Cervical cancer is the uncontrolled growth of abnormal cells in the lining of the cervix.



UICC global cancer network

Cervical cancer remains one of the most common cause of cancer-related death for women globally.

90% of all deaths occur in low- and middle-income countries.

Causes

Most cervical cancers are caused by Human Papillomavirus (HPV) infections. HPV is a group of viruses that are extremely common worldwide.



Prevention

Cervical cancer is one of the most preventable and successfully treatable cancers when diagnosed early and managed effectively. You can prevent it through:

- Vaccination
- Screening

Treatment

Diagnosed early: Treat with surgery and/or radiotherapy.

Diagnosed in advanced stage: Treat with radiotherapy, with or without chemotherapy.

Palliating cervical cancer: When the cancer can not be cured, there are ways to slow its progression, relieve pain and extend and improve quality of life.

Sources: National Health Service Cervical Cancer Treatment & World Health Organization

Learn more at uicc.org

Contact Us:

Caldwell Clinic:
7665 Normandy Drive
785-239-7323
785-239-7042

Environmental Health:
785-239-7516

Industrial Hygiene:
785-239-4054

Occupational Health:
785-239-3592

Public Health Nursing:
785-239-7323

AFWC:
785-239-9355

Army Hearing Program:
785-239-3549

Future Health Observances

February—
National Cancer Prevention Month

March— Nutrition Month

April— Alcohol Awareness Month

Pap and Gardasil appointments can be scheduled by calling the IACH appointment line at:

785-239- DOCS (3627)

Monday— Friday 7:30 a.m.— 4:30 p.m.

2025-2026 Flu Vaccine Campaign

Tell Us How We Did! Please take a moment to scan the QR code and take a survey to give us feedback on our performance with the recent flu vaccine campaign.





Fort Riley Public Health Department

“Protecting the Health of Our Community”

Public Health Newsletter



Public Health
Prevent. Promote. Protect.
★ U.S. ARMY Fort Riley, KS

CANSA
Research • Education • Support

THE BIG 5 CANCERS AFFECTING WOMEN IN SA

#2 Cervical Cancer

DID YOU KNOW?
Cervical cancer is the 2nd most common cancer

Go for regular PAP SMEARS

Cervical cancer can be effectively treated if detected & diagnosed early
Pap Smear = reliable screening test for the early detection of cervical cancer - a swab of cervical cells

Women ages 18 - 25 who have ever been sexually active should have Pap smears every 3 years, or 2 years later after first sexual activity (whichever is later) and continue until age 70

Human Papilloma viruses (HPVs)
Almost all cervical cancers are caused by HPV - a common virus that is spread through skin-to-skin contact, body fluids and sexual intercourse.

Signs and symptoms

- Abnormal vaginal bleeding between periods
- Continuous vaginal discharges
- Menstrual periods becoming heavier and lasting longer than usual
- Vaginal bleeding or pain during sexual intercourse
- Increased urinary frequency
- Vaginal bleeding after menopause

Risk Factors

- Failure to always use protection during sexual intercourse
- Sexually transmitted infections
- Having many sexual partners and high-risk sexual activity
- Having first sexual intercourse at a young age
- Being overweight/obese with low physical activity levels
- Consumption of alcohol (could lead to high-risk sexual activity) and smoking

Toll Free 0800 22 66 22 | www.cansa.org.za

Missed opportunities for cervical cancer screening

In 2012, 8 million women were not screened in the last 5 years.

7 out of 10 women who were not screened had a regular doctor and health insurance.

How HPV infection can lead to cervical cancer
It could take years to decades

Normal cervical cells → HPV infection (Most infections do not turn into precancers) → Precancers (May still go back to normal) → Cervical cancer

Vaccination opportunity 11-12 years old → Screening opportunities 21-65 years old

SOURCE: Behavioral Risk Factor Surveillance System, 2012.

SOURCE: American Journal of Clinical Pathology, 2012.

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