



# January Health Highlight of the Month

## Special News for African American Women

BROUGHT TO YOU BY: ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT (ABIPA) PACE PROGRAM

Volume 2, Issue 1

January 2008

### Making Sense of Cervical Cancer Screening

#### What screening tests are done for cervical cancer?

There are two main kinds of screening:

- The Pap test
- The HPV test

#### What is the Pap test?

- Pap tests are often done during the pelvic exam portion of a well women visit.
- During a Pap test, your health care provider will collect a sample of cervical cells for analysis by a lab.
- About 90% of Pap test results are normal.
- The Pap test is used to look for abnormal cervical cells.
- If the test result is abnormal, you may need more tests.
- These tests can find changes in cervical cells before cancer develops.
- Cervical cancer can be cured if it's found at an early stage.
- In most cases an abnormal Pap result does not mean that a women has cancer.

#### What is the HPV test?

- The HPV (Human Papilloma Virus) test is a very accurate way to tell if high-risk HPV is present in a woman's cervix.
- This test uses the same sample of cells taken for the Pap test or a separate sample taken right after the Pap.

#### When should women be screened for cervical cancer?

- Experts recommend that a woman's first Pap test be done by age 21 or three years after she becomes sexually active.
- Women under age 30 should speak to their health care provider about how often to have a Pap test.
- Women over 30 can have an HPV test along with the Pap test.
- Women who have a normal Pap test result and a negative HPV test result should have both tests repeated in three years.



#### January Activities ongoing at PACE office

*Diabetes, Breast and Prostate Cancer Pre-Screenings*

*Walking Club 5:30-6:30 pm every Tues. & Thurs.*

*Free Blood Pressure Checks ongoing*

*Weight Watchers Every Wed.; Weigh In @ 5pm; Class at 5:30 pm*

#### Off Site Activities

*Ladies Night Out Jan. 3rd*

*Intro to Healthy Cooking Class Wed. Jan. 13th 5:30pm @ St. James AME Church*

#### Upcoming Activities

*Crimson Heart Gala (Semi-Formal event) Sat. Feb. 16, 2008 6:30 pm*

*@ YMI Cultural Center Tickets \$25 For more information or to purchase tickets, please visit website @ www.CrimsonHeartGala.com*

*For more information, on these activities, please call or contact the PACE office at 70 South Market St. Asheville NC 28801 (828) 251-8364 (828) 251-8365 fax*

*Happy New Year from ABIPA & PACE*

### Ladies Night Out

First Thursday of Each Month

Offering **FREE** physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided, free childcare, refreshments, mammograms, blood pressure checks, cholesterol screenings, and pap smears

Call ABIPA at (828) 251-8364 or 250-6119

Sponsored by Mission Hospitals, Asheville Radiology Breast Center, Buncombe County Health Center, Asheville Buncombe Institute of Parity Achievement, Housing Authority of Asheville, and YWCA.

