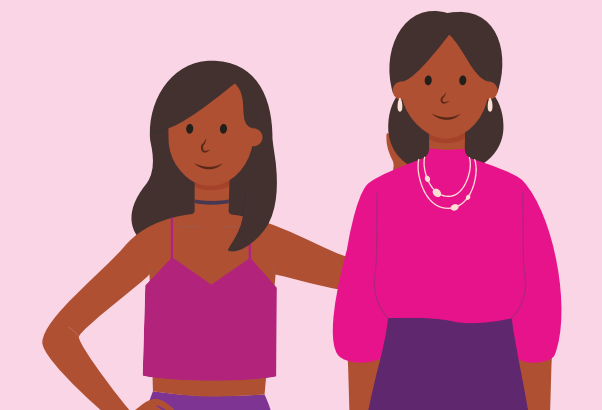


# Be Educated and Empowered When It Comes To CERVICAL CANCER

## FAMILY HEALTH HISTORY

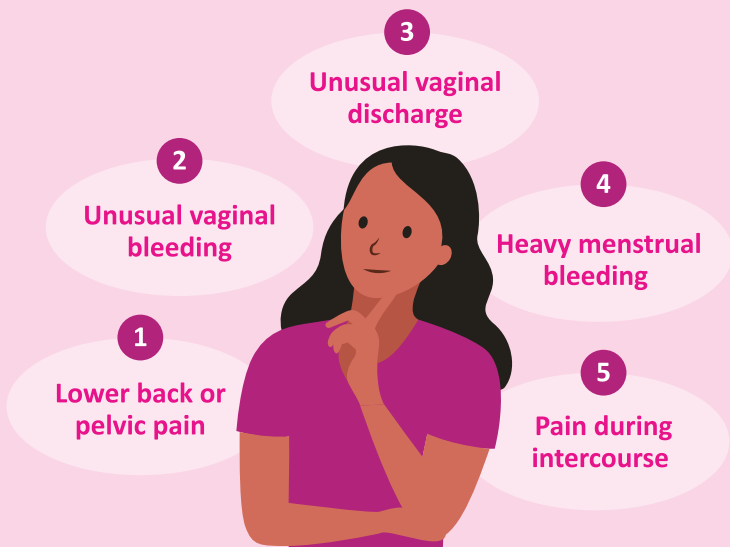
Research shows that women with a first-degree relative (parent/sibling) who has had cervical cancer are at a higher risk themselves.



For those at increased risk, understanding one's family medical history becomes crucial.

## KNOW YOUR BODY

Be sure to know what is normal when it comes to your own body. The following signs may be an indicator that something is wrong:



## OTHER RISK FACTORS

Most important risk factor

**Human papillomavirus**

Other risk factors include:

Having a weakened immune system

Having multiple sexual partners

Long-term use of oral contraceptives

Smoking



## HEALTHY LIFESTYLE & RISK REDUCTION



GET VACCINATED AGAINST HPV



EXERCISE REGULARLY



INCLUDE FRUIT AND VEGETABLES IN YOUR DIET



HAVING SAFE INTERCOURSE

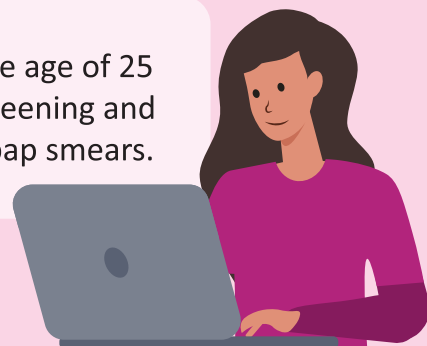


## SCHEDULING APPOINTMENTS

Routine cervical cancer screenings are a good way to be proactive with your personal health and well-being.

**+25**

Women from the age of 25 should begin screening and having routine pap smears.



EnlightenHer Health: Empowering Wellness through Knowledge  
Learn more at: [www.tigerlilyfoundation.org](http://www.tigerlilyfoundation.org)