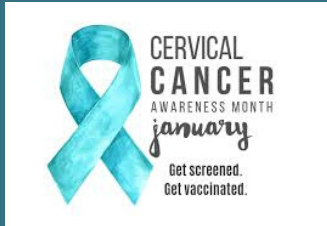


JANUARY 2020

# HAWKS HEALTH NOTES

January is Cervical Health Awareness Month and Yes Prep Northwest wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the U.S. get cervical cancer. HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.



## THE GOOD NEWS?

- **THE HPV VACCINE CAN PREVENT HPV**
- **CERVICAL CANCER CAN OFTEN BE PREVENTED WITH REGULAR SCREENING TESTS & FOLLOW UP CARE**

In honor of National Cervical Health Awareness Month Mrs. Mendoza encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at 11 or 12