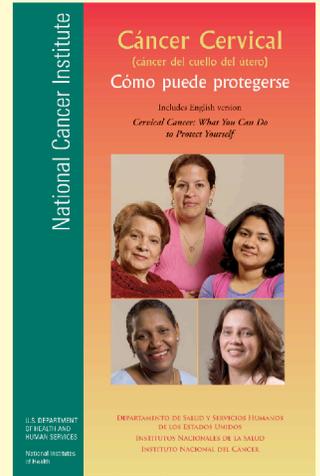


Cervical Cancer: What You Can Do to Protect Yourself Cáncer Cervical (cáncer del cuello del útero): Cómo puede protegerse

A new booklet from the National Cancer Institute available in English and Spanish.



Why was it developed?

To increase awareness among Hispanic/Latina women about the importance of regular Pap test screening to prevent cervical cancer. A large percentage of Hispanic/Latina women are diagnosed at an advanced stage of cervical cancer and this number increases with age.

How was the booklet developed?

Community members were involved from the start. They provided input on cultural and linguistic aspects through:

- Interviews with outreach workers
- Surveys of experts in the field
- Focus groups with Hispanic/Latina women

A literature review also revealed barriers to regular Pap test screening, such as:

- Cost, lack of insurance
- Discomfort
- Embarrassment
- Fear of testing
- Lack of transportation
- Lack of regular care or a health care provider
- Lack of knowledge about the Pap test and cervical cancer

Excerpts from the booklet



Consuelo: “I take care of myself and I feel great. Why do I need a Pap test?”

Doctor Vargas: “Although you may feel healthy, the abnormal changes that can end up as cancer can appear without any symptoms. This can happen even when you are feeling great. That is why it is important to get regular Pap tests.”



Rosa: “I often feel embarrassed to talk about my body and other private issues.”

Nurse Vivian: “Because of our culture, we are not used to talking about sex and intimate parts of the body. But remember, your doctor is used to discussing these sensitive issues every day and wants to help you. Even if you feel embarrassed, remember that this test is important for your health.”



Virginia: “I do not get Pap tests because I do not have insurance.”

Angela, her best friend: “Even though you do not have health insurance, you may be able to get a free or low-cost test.”