

Public Health Toolkit **SOCIAL MEDIA**



Winter Cervical Health

POST: Cervical cancer is almost always caused by the human papillomavirus (HPV), which is so common that most people are infected at some point in their lives. Most often HPV will go away on its own, but if it does not, it could cause cervical cancer. The most important action a woman can take is to have routine cervical cancer screenings. To get help with screenings, call the Cancer Services Program at 1-866-442-CANCER (2262). www.health.ny.gov/diseases/cancer/cervical/campaign/

TWEET: Are you 21 years old or older? Take action and schedule your routine cervical cancer screening today. www.health.ny.gov/diseases/cancer/cervical/campaign/

POST: Cervical cancer is one of the most preventable cancers that affect women. Routine testing and early treatment can reduce a woman's risk. Routine testing should take place every three years for women ages 25-65. Women under 21 and over 65 do not need to be tested. To get help with screenings, call the Cancer Services Program at 1-866-442-CANCER (2262).

www.health.ny.gov/diseases/cancer/cervical/campaign/

TWEET: Cervical cancer is one of the most preventable cancers affecting women. Routine testing & early treatment reduce risk. www.health.ny.gov/diseases/cancer/cervical/campaign/

POST: Women can reduce their risk for developing cervical cancer by getting recommended Pap tests, being immunized against HPV, and not smoking.

www.health.ny.gov/diseases/cancer/cervical/campaign/

TWEET: Get reliable cervical cancer resources and information to get the help you need.

www.health.ny.gov/diseases/cancer/cervical/campaign/

POST: There are often no symptoms of cervical cancer in its early stages. So it's important that if you do experience abnormal vaginal bleeding, painful urination, or unusually heavy discharge, you talk to your doctor and get it checked out. www.health.ny.gov/diseases/cancer/cervical/faq/

TWEET: Women: Let your doctor know if you have health changes such as abnormal vaginal bleeding, painful urination or unusually heavy discharge.

POST: HPV vaccine is cancer prevention. If you're a parent to a preteen or teen, schedule an appointment with their doctor today to help protect them against the types of HPV that most often cause cervical cancer. www.health.ny.gov/diseases/communicable/human_papillomavirus/

TWEET: HPV vaccine is cancer prevention. Learn how you can lower your child's chances of cervical cancer. www.health.ny.gov/diseases/communicable/human_papillomavirus/