

Next steps for you:

At my next wellness visit, I need to discuss:

- Health status evaluation and counseling
- Physical exam
- Gynecologic physical exam (including a pelvic exam)
- Detection and screening for disease: diabetes, cardiovascular, cancers (skin, colorectal [via colonoscopy], breast [via mammogram], cervical), smoking/substance abuse, osteoporosis, bone density, thyroid
- Family planning
- Personal issues (sexual, depression, mood disorders, domestic violence)
- Exercise and nutrition
- Menopausal management

Want to learn more?

To learn more about HPV and cervical cancer, visit **hpv16and18.com/patients**. Here are some additional resources:



American Social Health Association

A trusted source of reliable information on sexually transmitted disease and overall sexual health.

ashastd.org



Society for Women's Health Research

Dedicated to improving women's health through advocacy, education and research, this organization brings attention to diseases that are unique to women.

womenshealthresearch.org



Tamika & Friends, Inc.
Together Fighting Cervical Cancer

Tamika & Friends, Inc.

Founded by a cervical cancer survivor, this national nonprofit organization is dedicated to raising awareness about cervical cancer and its link to HPV.

tamikaandfriends.org



The Yellow Umbrella Organization

This organization is dedicated to being empowered, educated and informed—connecting and working with others under the same umbrella to prevent cervical cancer.

theyellowumbrella.org