

HEALTH NEWS

JANUARY 2021 NEWSLETTER



**Cervical
Cancer
Awareness
Month**

#CervicalHealthMonth

Cervical Cancer Awareness Month

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January is Cervical Cancer Awareness Month and is the opportunity to become more informed. It is also the opportunity to share your knowledge about cervical cancer with others.

What is Cervical Cancer?

Cervical cancer can only be found in women with a cervix and is most often found in women under the age of 50.^{1,2,4,5} Cancerous tissues develop when cells of the cervix (the birth canal) become abnormal and grow out of control forming a malignant tumor.

How is Cervical Cancer Treated?

There are essentially 3 primary treatment routes: Surgery, Drug Therapy and Radiation.^{4,5} The route, variations and the way in which they are implemented will differ from person to person and will also be dependent on their health circumstances.

Who is most at risk for Cervical Cancer?

There is a long list of risk factors tied to cervical cancer, some of which include: Mother or sister with cervical cancer, personal history of cervical

cancer, 3 or 4 full-term pregnancies, smoking, HPV infection, use of birth control, obesity, past chlamydia infection, infection with HIV or weak immune system, and more.⁵

Some statistics on Cervical Cancer:

- ✓ This year, an estimated 13,800 women in the United States will be diagnosed with invasive cervical cancer.⁴
- ✓ Hispanic women and African American women are most likely to get the disease.⁴
- ✓ It is estimated that 4,290 deaths from the disease will occur this year.⁴

To explore additional resources on how you can get involved in spreading awareness about Cervical Cancer, visit the **Stay Informed** section of this newsletter.

Sources:

- 1) <https://www.cancerhealth.com/event/national-cervical-cancer-awareness-month-2021>
- 2) <https://www.nccc-online.org/hpvcervical-cancer/cervical-cancer-overview/>
- 3) <https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>
- 4) <https://www.cancer.org/latest-news/special-coverage/cervical-health-awareness-month.html>
- 5) <https://www.cancer.net/cancer-types/cervical-cancer/introduction>
- 6) https://www.cityofhope.org/clinical-program/cervical-cancer?gclid=CjwKCAiAt9z-BRBCEiwA_bWw-L4A1DaiGgEVsSPi0Mrz2N_0LBRcgG33cj6AUQz2PkB3y7d6s5AmxoCdL4QAvD_BwE&gclidsrc=aw.ds

Stay Informed!

Your strongest tool in spreading awareness is to know what resources are available to you and how to access them. Below are some local and national resources that will show you ways in which you can take action today!

Local & National Resources

Cancer Health

<https://www.cancerhealth.com/event/national-cervical-cancer-awareness-month-2021>

National Cervical Cancer Coalition

<https://www.nccc-online.org/hpvcervical-cancer/cervical-cancer-overview/>

<https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>

https://www.nccc-online.org/images/pdfs/10ThingsHPV_CCAM.pdf

American Cancer Society

<https://www.cancer.org/latest-news/special-coverage/cervical-health-awareness-month.html>

Cancer.Net

<https://www.cancer.net/cancer-types/cervical-cancer/introduction>

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- 4) <https://www.cancer.org/latest-news/special-coverage/cervical-health-awareness-month.html>
- 5) <https://www.cancer.net/cancer-types/cervical-cancer/introduction>
- 6) https://www.cityofhope.org/clinical-program/cervical-cancer?gclid=CjwKCAIAt9z-BRBCEiWA_bWv-L4A1DaiGgEVsPPI0Mrz2N_0LBRcgG33cj6AUQz2PKB3y7d6s5AmxoCdL4QAvD_BwE&gclid=aw.ds



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Member Connection Corner

Questions about your benefits?

Fiscal Services Department

Oscar Alcocer

(530) 757-5300 Ext. 127

CalPERS

888-225-7377

<https://www.calpers.ca.gov>

If you are experiencing challenges with accessing care when using your existing medical, dental or vision benefits, contact your district patient advocacy resource below:

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