

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING FOR
A HEALTHIER TN

A TIP FOR TENNESSEANS

January 31, 2017

Know more about cervical health

No one ever wants to hear the word “cancer.” And because January is Cervical Cancer Awareness Month, it’s a great time for women and their loved ones to learn more about this common form of [female cancer](#).

Cervical health can come with lots of questions, like *“Am I at risk for cervical cancer?”* *“What are the symptoms?”* And, *“Can it be prevented?”* The answer is mostly, “yes.” Thanks to the [right screening](#) at the right time, women can know about any changes in their cervical health before cancer might develop.

Remember to:

- Always talk to your doctor about the right type of testing for you and when you should get screened.
- If you are a parent or caregiver of a child between age 11 and 12, talk to his/her doctor about [vaccines](#) that help protect against cancer-causing viruses.



Use your
resources.

Sign in to your [Well-Being Account](#) and search for healthy recipes that might reduce your risk of cancer.



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Sources:

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