



Prevention Beat

January 4, 2012

January is Cervical Health Awareness Month

Cervical Health Awareness Month was created to raise awareness about the prevention of cervical cancer. Cervical cancer is currently the second-leading cause of cancer death among women worldwide. ***Nearly 13,000 American women were diagnosed with cervical cancer in 2011, and more than 4,000 died from an advanced form of the disease,*** according to the National Cancer Institute (NCI).

Cervical cancer tends to occur in midlife. Most cases are found in women younger than 50. It rarely occurs in women younger than 20. Many women do not know that as they get older they are still at risk of getting cervical cancer. This is why it is important for older women to keep having regular Pap tests.

Cervical Cancer Can Be Prevented

Cervical cancer can be prevented in most cases. Women can greatly reduce their cervical cancer risk by getting a regular Pap smear. A Pap smear is a highly effective cervical cancer screening tool, detecting abnormal cervical changes long before they become cancerous. However, the Pap smear is not a diagnostic test, and regular Pap smears are needed to detect any abnormal changes that may become cancerous.

The HPV vaccine, approved by the FDA in June 2006, is also a highly effective means of cervical cancer prevention. The human papillomavirus (HPV), a virus transmitted through sexual skin-to-skin contact, is known to cause cervical cancer in women. The vaccine works by preventing four strains of HPV. Two of the strains that the vaccine protects against are known to cause cervical cancer.

What You Can Do to Keep Your Cervix Healthy

Get Screened: A regular Pap smear is essential in detecting cervical abnormalities. The American College of Obstetricians and Gynecologists recommend that a woman have her first Pap smear about three years after her first sexual intercourse or by age 21, whichever comes first. How often you have a Pap smear depends on your age, previous Pap results, and overall cervical cancer risk factor. Remember, annual exams are still necessary even if you do not have a Pap smear every year.

Get Vaccinated: The HPV vaccine is an excellent method of preventing cervical cancer. In clinical trials, Gardasil was 100 percent effective against HPV strains 16 and 18, which are responsible for 70 percent of cases of cervical cancer. It was also 99 percent effective against HPV strains 6 and 11, which are responsible for 90 percent of cases of genital warts. Gardasil is available to young women ages nine to 26, with a target age of 11 to 12 years.

Abstain from Sexual Contact and Intercourse or Limit the Amount Sexual Partners You Have: HPV is transmitted through both sexual intercourse and sexual skin-to-skin contact, so no penetration is needed to

contract HPV. Limiting the amount of sexual partners you have and staying in a monogamous relationship can reduce your risk factor for developing HPV.

Quit Smoking: Besides the obvious risk of developing lung cancer and heart disease, smoking affects the cervix also. Smoking has been linked to the development of cervical dysplasia and cervical cancer, especially if a woman has HPV. In fact, smokers are twice as likely to develop cervical cancer than non-smokers.

Early Detection Saves Lives! Cervical cancer, when detected early is nearly 100% curable. All women are encouraged to see their health care provider for regular pap tests. Talk to your doctor or health practitioner about cervical cancer, risk factors, vaccine prevention, symptoms and early detection.

To learn more about Cervical Cancer visit the National Cervical Cancer Coalition webpage at: <http://www.nccc-online.org/> or the American Cancer Society webpage at: <http://www.cancer.org/>.

Adult Quick Care now has flu shots available at all Kansas City area locations as well as our St. Joseph location.

*****We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well*****



Adult Quick Care is now on Facebook (www.facebook.com/aqcUrgentCare).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.

Please feel free to forward this information to any member of management in your company who would benefit from it.

To learn more about services Adult Quick Care or OHS-COMP CARE has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at clientservices@ohscompicare.com. You can also visit us at www.adultquickcare.com or www.ohscompicare.com.

OHS-COMP CARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility
19000 E. Eastland Center Crt, St. 200
Independence, MO 64055
816-478-9299

After Hours Available

***Now open Saturday 9am – 1pm**

Johnson County Clinical Facility
10415 Lackman Road
Lenexa, KS 66219
913-495-9905

St. Joseph Clinical Facility
904 Edmond Street
St. Joseph, MO 64501
816-233-7702

Grandview Clinical Facility
13830 S Us Highway 71
Grandview, MO 64030
816-761-4664

KCMO/Broadway Clinical Facility
1650 Broadway
Kansas City, MO 64108
816-842-2020

KCMO/Front Street Clinical Facility
6501 East Commerce, Suite 110
Kansas City, MO 64120
816-483-5550

Wyandotte County Clinical Facility
1333 Meadowlark Lane, Suite 200
Kansas City, KS 66102
913-596-2774



Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

To learn more about **Adult Quick Care** please call 816-559-6320 or visit www.adultquickcare.com.