January is Cervical Health Awareness Month. There’s a lot you can do to prevent cervical cancer. About 79 million Americans currently have HPV (human papillomavirus). HPV is a major cause of cervical cancer. The good news?

- HPV can be prevented by the HPV vaccine.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, we are encouraging:

- Women to start getting regular Pap tests at age 21. Pap tests can detect cervical cancer early.
- Women to get the HPV vaccine before age 27
- Parents to consult with their pediatrician about vaccinating pre-teens as early as age 11 or 12
- Men to get the HPV vaccine if you are under age 22.

You and your family members may be able to get these services at no cost to you when covered under a preventive care visit. Cervical cancer screening and the HPV vaccine is covered at no cost to you.

Below are helpful links for more information.

Lower your risk of getting HPV (human papillomavirus). Find out how: [http://1.usa.gov/TLwCaF](http://1.usa.gov/TLwCaF)

Ask your child’s doctor about the HPV vaccine! Boys and girls may have the HPV vaccine at age 11 or 12. Use this link to find out what questions to ask your child’s doctor. [http://1.usa.gov/IWWco0](http://1.usa.gov/IWWco0)

Find out how often you need to get tested for cervical cancer: [http://1.usa.gov/uclfGR](http://1.usa.gov/uclfGR)

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Colorectal Cancer—What You Can Do

130,000 people are newly diagnosed with colorectal cancer each year. Colorectal cancer is preventable and often curable when detected early. Follow these seven steps to reduce your risk.

1) Get regular colorectal screenings beginning at age 50
2) Eat between 25 to 30 grams of fiber each day
3) Eat a low-fat diet
4) Eat leafy green vegetables
5) Drink alcohol in moderation
6) Quit smoking
7) Exercise at least 20 minutes 3 to 4 times a week

Heart Health: Make It Happen!

Each year, 1.5 million Americans have a heart attack or stroke, and nearly 800,000 of these episodes are fatal. Cardiovascular disease is the leading cause of death in the country. and heart disease kills roughly the same number of people in the United States each year as cancer, lower respiratory diseases (including pneumonia), and accidents combined.

Know the warning signs of a heart attack:
- Chest discomfort—In the center of your chest that may come and go; may feel like pressure, fullness, squeezing or pain
- Discomfort in the other areas of your upper body—Pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Other symptoms: Cold sweats, nausea, or light-headedness

Know the warning signs of a stroke:
- Sudden numbness or weakness of the face, limb, or one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Prevention is the key to conquering the nation’s number 1 killer. According to the American Heart Association, only 1 percent of the U.S. public meets the criteria for ideal heart health. The good news is that the chance of developing Cardiovascular disease can be reduced by taking steps to prevent and control factors that put people at risk.

Eat a Heart Healthy Diet: Consume fruits, vegetables and whole grains and avoid high sodium, saturated fats and sugar. These changes can control cholesterol levels, prevent high blood pressure, obesity and diabetes (risk factors for heart disease).

Exercise and Control Your Weight: Moderate exercise several days a week will lower your risk for heart disease and maintain a healthy weight.

Don’t Smoke: No matter how long you have smoked, quitting will dramatically lower your risk of heart disease.

Manage Stress: Prolonged emotional stress can harm your heart. Reduce stress levels through exercise, supportive relationships and professional help, if needed.

Sleep Well: Sleep is essential in heart health. Adults who get less than 7-8 hours of sleep each night have a higher risk of developing heart disease.

Get regular health screenings: Simple tests are available to detect high blood pressure, high cholesterol and diabetes—which have few symptoms. Have regular checkups and follow recommended drug regimens.

January is Mental Wellness Month

Good mental health wellness is defined as bouncing back from adversity, communicating about your feelings, forming good interpersonal relationships, setting and achieving realistic goals, seeking help in difficult times, enjoying life to the fullest and self-appreciation.

Strategies for good mental health wellness:
1) Meditation and relaxation
2) Time to yourself
3) Physical activity
4) Reading, hobbies, spirituality and pets help distract the mind from stress
5) Reach out to friends
6) Add humor to your life
7) Get enough sleep
8) Eat right—Proper nutrients help your body function

Know Your Heart Risk

Using the link below, you can input your biometric screening data and estimate your 10-year risk of having a heart attack.

http://cvdrisk.nhlbi.nih.gov/calculator.asp

Risk assessment tool provided through the National, Heart, Lung, and Blood Institute.