



# JANUARY 2020

## **Cervical Health Awareness Month**

Cervical cancer and HPV, a common infection that can lead to cervical cancer, are serious concerns, especially for young people who are sexually active. Estimates say 70% of men and women will come into contact with HPV during their lifetimes. Since HPV causes nearly all cases of cervical cancer, this is alarming. Currently, nearly 80 million Americans are living with HPV.

Cervical Health Awareness Month is an opportunity to raise awareness about HPV and its complications. Spread the word about regular screenings to help encourage better health practices. These screenings may even be covered by insurance, so you have nothing to lose by looking into them.

Start your year off right—consider receiving an HPV vaccine and undergoing regular screenings starting this month. Talk with your doctor to learn what options are available to you. For more information, visit [www.nccco.org/hpvcervical-cancer](http://www.nccco.org/hpvcervical-cancer).

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## **Take Action**

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

### Week 1 (12/30/19-1/4) – **Create a wellness plan**

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

### Week 2 (1/5-1/11) – **Get started**

*Are you ready? Begin your plan and stick to it.*

### Week 3 (1/12-1/18) – **Look for improvement**

*How are you doing? Think about what's working with your plan and if you need to adjust it.*

### Week 4 (1/19-1/25) – **Keep going**

*Are the adjustments helping? Continue with your revised plan and finish the month strong.*

### Week 5 (1/26-2/1) – **Reflect**

*Did you reach your goal? Consider what worked with the plan and what should change next month.*