

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.

## What Can I Do to Reduce My Risk of Cervical Cancer?

### Two tests can help prevent cervical cancer—

1. The Pap test (or Pap smear) screens for precancerous cellular changes on the cervix that may become cervical cancer if not treated appropriately. You should start getting Pap tests at age 21.
2. The human papillomavirus (HPV) test screens for the virus that can cause these cell changes.

If your Pap test results are normal, your chance of getting cervical cancer in the next few years is very low. For that reason, your doctor may tell you that you will not need another Pap test for up to three years. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. If both test results are normal, your doctor may tell you that you can wait five years to have your next Pap test. You should still go to the doctor for regular checkups.

For women aged 21 to 65, it is important to continue getting a Pap test as directed by your doctor—even if you think you are too old to have a child or are not having sex anymore. However, if you are older than 65 and have had normal Pap test results for several years, or if you have had your cervix removed as part of a total hysterectomy for a non-cancerous condition, like fibroids, your doctor may tell you that you do not need to have a Pap test anymore.

### Getting an HPV Vaccine

The HPV vaccine protects against the types of HPV that most often cause cervical, vaginal and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26. The



vaccine is given in a series of either two or three shots, depending on age. It is important to note that even women who are vaccinated against HPV need to have regular Pap tests to screen for cervical cancer.

Among the most important things you can do to help prevent cervical cancer is to have regular screening tests starting at age 21 and receive the HPV vaccine by age 11 or 12, prior to any possible exposure to the virus.

## More Steps to Help Prevent Cervical Cancer

These things may also help lower your risk for cervical cancer:

- **Don't smoke.**
- **Use condoms during sex.\***
- **Limit your number of sexual partners.**

\*HPV infection can occur in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. While the effect of condoms in preventing HPV infection is unknown, condom use has been associated with a lower rate of cervical cancer.

Source: [https://www.cdc.gov/cancer/cervical/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm)

## Don't Let Eye Disease Steal Your Sight!

January is Glaucoma Awareness Month, but half of people with glaucoma don't know they have it. Learning about glaucoma and taking steps that may reduce your risk of vision loss!

### Know the Facts

- Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness.
- About 3 million Americans have glaucoma. It is the 2nd leading cause of blindness worldwide.
- Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don't know they have the disease.
- There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key.

### Know Your Risk

Anyone can get glaucoma, but certain groups are at higher risk. These groups include African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than whites. People with diabetes are 2 times more likely to get glaucoma, (as well as other conditions of the eye), than people without diabetes.

### Take Action

There are many steps everyone should take to help protect your eyes and lower your risk of vision loss, especially for those at risk. To learn how to manage and treat, visit <https://www.cdc.gov/features/glaucoma-awareness/index.html>.

## PREVENTIVE CARE WE'VE GOT YOU COVERED

Did you know that you're covered at 100 percent? That means no copays, no cost sharing and no coinsurance for preventive services when you get them from within a participating network. For a complete list of covered preventive care services or questions about what screenings you are due to receive, visit [AvMed.org](http://AvMed.org). (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.



## JANUARY EVENTS

Date	Time	Event	Location	Description
Jan. 3 – Jan. 7, 2018	Various	Walt Disney World® Marathon Weekend	WDW Orlando, Florida	Spectacular 25th Anniversary Walt Disney World® Marathon Weekend Celebration! <a href="https://www.rundisney.com/disneyworld-marathon/">https://www.rundisney.com/disneyworld-marathon/</a>
Sat. Jan. 13, 2018	7:00 am	Best Damn Race - Jacksonville	The Jacksonville Landing 2 W. Independent Dr. Jacksonville, FL 32202	<a href="http://jacksonville.bestdamnrace.com/">http://jacksonville.bestdamnrace.com/</a>
Sun. Jan. 28, 2018	6:00 am	Miami Marathon	Main event: American Airlines Arena	<a href="http://www.themiamimarathon.com/">http://www.themiamimarathon.com/</a>

A Wellness Newsletter for AvMed Members



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