



Protecting yourself from cervical cancer can be easy.

What you can do?

Take charge of your cervical health by getting regular Pap tests and follow-up care as recommended by your healthcare provider. The Pap test helps to detect changes on your cervix (caused by HPV) often before they progress to cancer.

The addition of HPV testing to your Pap test will help to determine if you have an HPV type linked to cervical cancer. Many types of HPV have been linked to cancer, so the test can help your healthcare provider decide if additional testing is necessary.⁸

Remember to make and keep your appointments for cervical cancer screening. Follow up on test results and obtain medical care as needed or recommended by your healthcare provider.

Protect yourself from cervical cancer

Don't miss routine Pap tests and HPV screening when recommended. Fifty percent of women diagnosed with cervical cancer have never been screened or have not been screened as recommended by their healthcare provider.

About the Aptima® HPV test

The Aptima HPV test identifies types of HPV that may lead to cervical cancer. The Aptima HPV test, in conjunction with the Pap test, delivers reliable, highly accurate cervical cancer screening results.

Make the Promise

Hologic's Promise to Me campaign is a global initiative actively encouraging women to make their health a priority. Make the promise at promisetome.com and we'll send you a reminder to get your annual exam, along with preparation tips and suggestions to make the most of your visit.

For more information, please visit promisetome.com.



References: 1. *Clin Sci (Lond)*. 2006 May;110(5):525-41. 2. *CA Can J Clin* 2007 Vol 57, 2, March/April 2007. 3. <http://www.cdc.gov/hpv/signs-symptoms.html>, accessed March 2014. 4. *Am J Clin Pathol* 2012; 137:516-542. 5. <http://www.cancer.org/cancer/cancercauses/othercarcinogens/infectiousagents/hpv/hpv-and-cancer-info>, accessed Jan 2014. 6. <http://www.cdc.gov/STD/HPV/STDFact-HPV.htm>, accessed Jan 2014. 7. *Lancet Oncol* 2010; 11(11): 1045-56. 8. *British Journal of Cancer* (2003) 88, 560 – 566.

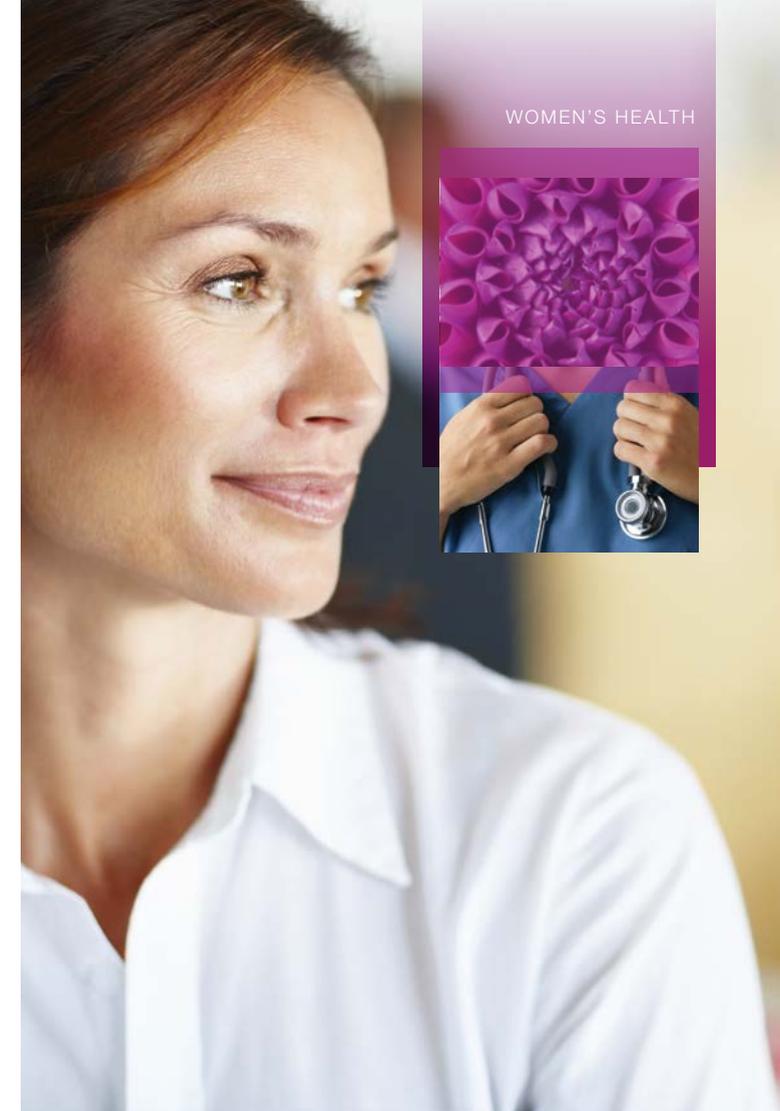
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WOMEN'S HEALTH



HPV & You

What it is. How it can cause cervical cancer. And what you can do about it.

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HPV is common



Pap and HPV testing

The Pap test is used to screen for cervical cancer. There are a few reasons why your healthcare provider may also recommend an HPV test. If you are 21 to 29 years old, an HPV test may be recommended if your Pap test is abnormal or inconclusive. If you are 30 or older, HPV testing may be recommended along with your Pap test.

HPV: What you should know

Human papillomavirus (HPV) is a very common virus. There are over 100 types of HPV, but only certain types cause cancer.¹ Most sexually active people are exposed to HPV at some time in their lives, though they may never know it because HPV usually has no signs or symptoms.^{2,3} Most of the time, HPV will go away on its own without causing any health problems, but sometimes HPV does not go away and certain types of HPV can cause cells to change. If left untreated, over time these changes can lead to cervical cancer.⁴

Why get an HPV test if your Pap is normal?

If you are 30 years of age or older, your healthcare provider may recommend an HPV test, even if your Pap test is normal. HPV infections are more common in women ages 20 to 25, but cervical cancer is rare in this age group. HPV infections are less common in patients over 30, but the rate of cervical cancer is higher.⁵

Your healthcare provider is interested in your HPV status beyond the age of 30 to understand your risk for cervical cancer. A positive HPV test could indicate that you are at increased risk for developing cervical cancer. A negative HPV test result suggests your chances of developing cervical cancer are very low.

What if your HPV test result is positive?

Most sexually active men and women are exposed to HPV at some point in their lives. Even people with only one sexual partner can get HPV, if their partner has been exposed to HPV.⁶

Having HPV does not necessarily mean that you or your partner are engaging in sex outside of your relationship. There is no way to know when you got HPV or who gave it to you, and it can take many years before it is detected.⁴

Most of the time, HPV will go away on its own. Although some HPV types can cause changes to cervical cells quickly, it often takes decades for HPV to progress into cancer.

HPV types 16, 18 and 45

If your HPV test is positive, your healthcare provider may want to run an additional test to find out if you have HPV type 16, 18 or 45.

Of the 100 types of HPV, types 16, 18 and 45 are the most common types found in cervical cancer.⁷ Women who test positive for these HPV types are at higher risk for developing precancerous cells and cancer in a shorter time period than women with other HPV types.

Very few women will test positive for HPV types 16, 18 and 45.⁷ If you do test positive for one of these types, it doesn't mean that you have cancer — just that you are at risk for developing cancer in the future. Your healthcare provider may want to look at your cervix and take a sample of any suspicious cells. After all, the best way to prevent cancer is to find its precancerous cells early.



21-29 years old

HPV testing may be recommended with abnormal or inconclusive Pap test results.



30+ years old

HPV testing may be recommended along with your Pap test.