



# Cervical Cancer Screening

## Commitment to Inclusion

At Swedish, our priority is to provide safe, compassionate, and high-quality care to every patient, regardless of gender identity, gender expression, and/or sexual orientation.

Cervical cancer has typically been associated as a service for cisgender women. We are working to change this perception as cervical cancer can affect transgender men, non-binary people, and other gender diverse individuals. With direct input from the LGBTQIA+ community, we are making our provider and caregiver education more inclusive. We are committed to ensuring everyone under our care feels welcomed and respected.

## What is cervical cancer?

- Cervical cancer is the growth of abnormal tissue starting in the cervix.
- Human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a virus that travels from one person to another during sexual or intimate contact.

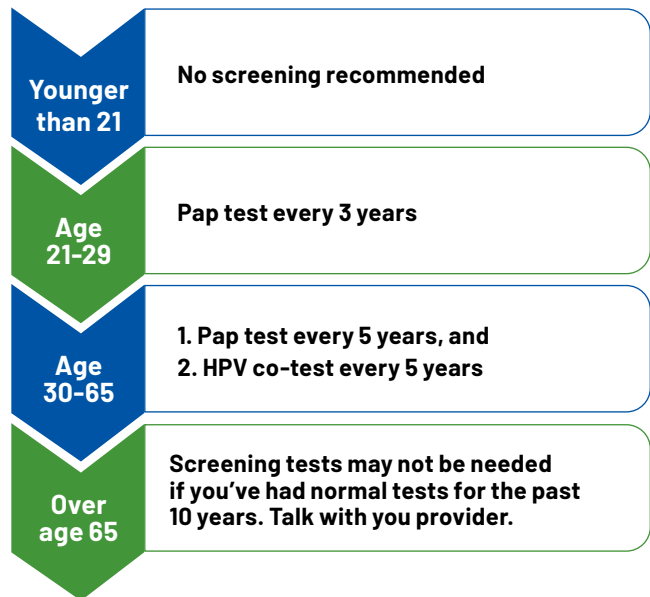
## A simple screening could save your life

If you are between the ages of 21 to 65 and have a cervix, speak with your health care provider about cervical cancer screening. Screening can help detect:

- HPV and changes in your cervical cells before cancer develops
- Early, more treatable stages of cancer

**Make an appointment with your primary care provider or OB/GYN today and ask if cervical cancer screening is right for you\*.**

## What You Should Know about Cervical Cancer Screening



- Yearly pelvic exams or pap smears are no longer recommended.
- You should be screened regardless of your sexual activity or HPV vaccine status.
- This is a routine preventative screening.
- You have the right to ask as many questions as you want about this procedure (before, during, and after).
- You have the right to:
  - Know, understand, and consent to any actions your provider is taking
  - Request to see a provider of your preferred gender
- Bring a support person along with you to your appointment.

*\*Speak with your health care provider if this screening schedule is right for you. Screening guidelines updated periodically.*

## More information on Pap Screening tests

- A **speculum** is used to see the cervix.
- A **soft broom** is used to collect a small sample of cells from your cervix to send to the lab. The test will determine if you need further evaluation.
- Some cells collected from your cervix during the Pap test will be examined for HPV. (When both samples are collected at the same time, it is called “co-testing.”)

## Cervical Cancer Screening: Benefits & Risks

BENEFITS	RISKS
Prevents cancer from developing	Can be uncomfortable or painful
Discovers cancer early when it is easiest to treat	Abnormal results will require further testing with a procedure called a colposcopy

## What you should know about HPV

- HPV is a very common virus.
- Most people with a cervix and have HPV never develop cancer. It usually goes away on its own.
- Your health care provider may recommend more frequent screenings to make sure the virus does not develop into cancer.
- HPV can adversely impact people living with HIV+ and those with immunocompromised conditions.

## Facts about the HPV vaccine

- The HPV vaccine lowers your risk of getting HPV.
- The Centers for Disease Control and Prevention (CDC) recommends the vaccine *regardless* of whether someone is sexually active or not.
- Everyone is recommended to get the vaccine series starting at age 11 or 12 and are eligible until they are 26 years old.
- For information about getting an HPV vaccine for yourself or your child, talk with your primary care provider.

## Additional Resources

### OBGYN and Primary Care Resources

- Swedish OBGYN: <https://www.swedish.org/services/womens-health>
- Swedish Primary Care: <https://www.swedish.org/services/primary-care>

### LGBTQIA+ Care at Swedish

- [LGBTQIA+ Care at Swedish | Seattle, WA | Swedish Medical Center Seattle and Issaquah](#)
- [Swedish Transgender Health | Swedish Medical Center Seattle and Issaquah](#)
- Contact us to schedule with one of our gender-affirming providers who have experience providing care to LGBTQIA+ patients
  - Transgender health line at 1-866-366-0926
  - Email address: [transhealthnav@swedish.org](mailto:transhealthnav@swedish.org)

### Mental Health Resources

- Trans Lifeline: <https://translifeline.org/> (877) 565-8860
- The Trevor Project Crisis Line (for LGBTQ+ people, ages 13-24): 866-488-7386
- It Gets Better Project: <https://itgetsbetter.org/>
- The Affirmative Collective (Seattle): <https://tacseattle.org/>
- Valley Cities (Behavioral Health Care): <https://www.valleycities.org/>
- Sound Health: <https://www.sound.health/>

### Financial Assistance

- [Breast, Cervical and Colon Health Program \(BCCHP\)](#) through the state of Washington offers free cancer screenings to eligible participants.

If you don't have a Swedish primary care provider, call us. We'll help with a referral.

**1-800-SWEDISH (793-3474)**



[swedish.org](https://swedish.org)

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711)

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)