

## New Pap Smear Guidelines- Update for Patients

Pap Smear testing has markedly reduced mortality from cervical cancer since the introduction of the Pap Smear in the mid-20th century. It is now understood that persistent cervical infection with high-risk human papillomavirus (HPV) is necessary to develop cervical cancer.

The American Cancer Society (ACS), the American Society for Colposcopy and Cervical Pathology (ASCCP), and the American Society of Clinical Pathology (ASCP) have released new guidelines for the prevention and early detection of cervical cancer. The guidelines generally advise a reduction in the number of tests women get over their lifetime to better ensure that they receive the benefit of testing while minimizing the harm, and include a preference for co-testing using the Pap test and HPV test for women age 30-65.

### Recommendations:

<21yo	No Screening
21-29yo	Pap Smear every 3 years
30-65	HPV <u>and</u> Pap Smear (Co-testing) every 5 years
	or
	Pap Smear every 3 years
>65yo	No Screening
Hysterectomy	No Screening
HPV Vaccinated	Follow above recommendations

### Important:

The above recommendations are **only** for women who have **NO** history of abnormal pap smears or HPV and have a history of routine normal annual pap smears. Recommendations will be different for you if you have a history of HPV, abnormal pap smear, or prior cervical procedure.

**It is recommended by the American College of Obstetrics and Gynecology to have a comprehensive Annual Examination. The Pap Smear is only a small part of your Annual Exam. The Pap Smear screens for cervical cancer and no other gynecologic cancer. A complete physical is still recommended including breast exam, vulvar and vagina inspection, and evaluation of the uterus and ovaries. Annual discussion of contraception, chronic medication, wellness testing and labs, preventative health discussion and reviewing any hormonal or gynecologic concerns is recommended.**

The above guidelines are **not based on insurance coverage**. It is the patients responsibility to know insurance benefits and potential financial responsibility of pap smears and HPV testing.

Knowing the recommended guidelines, please choose from the selection below

I would like a PAP test today \_\_\_\_\_ YES \_\_\_\_\_ NO

I would like HPV testing today \_\_\_\_\_ YES \_\_\_\_\_ NO

## Should We Vaccinate for HPV?

HPV is the most common sexually transmitted infection. HPV is a different virus than HIV and Herpes. HPV is so common that nearly all sexually active men and women get it at some point in their lives. There are many different types of HPV. Some types can cause health problems including genital warts and cancers. But there are vaccines that can stop these health problems from happening.

### **Gardasil**

Gardasil is the only human papillomavirus (HPV) vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause about 90% of genital warts cases.

Gardasil also helps protect girls and young women ages 9 to 26 against approximately 70% of vaginal cancer cases and up to 50% of vulvar cancer cases.

Gardasil may not fully protect everyone, nor will it protect against diseases caused by other HPV types or against diseases not caused by HPV. Gardasil does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. Gardasil does not treat cancer or genital warts. Gardasil is given as 3 injections over 6 months

### More Preventative Health Recommendations

Accept  Decline CDC recommend annual **Chlamydia** and **Gonorrhea** testing for women younger than 25yo and older women who are at risk.

Accept  Decline If not previously screened, CDC recommends **Hepatitis C** testing for anyone born between 1945 and 1965.

Accept  Decline CDC recommends **HIV** screening to everyone between the ages of 13 (after sexual activity) and 64 at least once as part of routine health care. Annual re-testing is recommended, based on individual risk factors.

The CDC recommends a yearly flu vaccine.

I have had a flu vaccine this year  YES  NO. If yes, providers name \_\_\_\_\_

The above are recommendations by the CDC and ACOG. This does not guarantee insurance coverage. It is the patients responsibility to be aware of insurance benefits and potential financial responsibility.

\_\_\_\_\_

Patient Signature

\_\_\_\_\_

Date