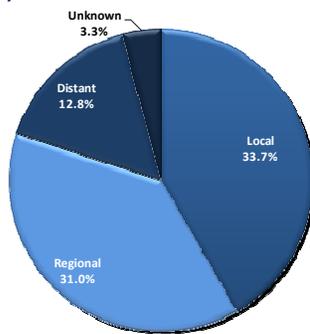




CERVICAL CANCER is an abnormal growth of cells on the cervix, or an abnormal growth of cells that began in the cervix. Cervical cancer is almost 100 percent preventable through regular routine screening, avoidance of controllable risk factors and vaccination against the human papillomavirus (HPV). According to the American Cancer Society (ACS), there were an estimated 12,360 cases of invasive cervical cancer diagnosed in the United States during 2014, and over 4,020 deaths occurred nationally as a result of cervical cancer. During 2012, 240 new cases of cervical cancer and 100 cervical cancer-related deaths occurred among Indiana females.¹

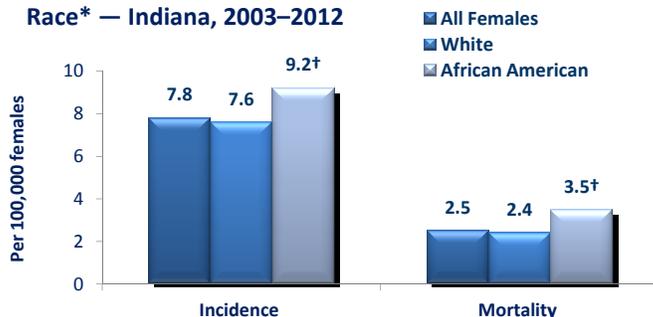
Figure 1. Percent of Cervical Cancer Cases Diagnosed During Each Stage*—Indiana, 2008–2012



*Age-adjusted. Does not include in situ cases which are not reportable.
Source: Indiana State Cancer Registry.

DURING 2008-2012, of the 1,250 Indiana residents who received a diagnosis of invasive cervical cancer, 521 (33.7 percent) were diagnosed in the local stage, which has a five-year survival rate of 91 percent. Forty-four percent (677) were diagnosed in the regional or distant stage and 51 (3.3 percent) had unknown staging [Figure 1]. The five year survival rate drops to 57 percent for regional stage and 16 percent for cases diagnosed in the distant stage.

Figure 2. Cervical Cancer Incidence and Mortality Rates by Race* — Indiana, 2003–2012



*Age-adjusted.
†Rate among African-American females is significantly higher (P<.05) than the rate among white females.
Source: Indiana State Cancer Registry.

Who Gets Cervical Cancer?

- ❑ HPV infection is the single greatest risk factor for cervical cancer.⁶ HPV is passed person-to-person through sexual contact.
- ❑ The Centers for Disease Control and Prevention (CDC) recommends HPV vaccination for boys and girls ages 11-12. In addition, CDC recommends vaccination for teens that did not get the vaccine when they were younger. Young women can get HPV vaccine through age 26, and young men can get vaccinated through age 21. The vaccine is also recommended for gay and bisexual men (or any young man who has sex with men), and for men with compromised immune systems (including HIV), through age 26, if they did not get HPV vaccine when they were younger.³
- ❑ Indiana females are most often diagnosed with cervical cancer during their middle adult years. During 2012, 85 percent of cervical cancer cases occurred among Indiana females less than 65 years-old, including 38 percent of cases occurring among women ages 25 to 44 and 46 percent among women ages 45 to 64.⁴
- ❑ During 2003-2012, in Indiana, African-American women, compared to white women, had a 22 percent higher cervical cancer incidence rate (9.2 versus 7.8 cases per 100,000 females) and a 46 percent higher mortality rate (3.5 versus 2.4 deaths per 100,000 females) (Figure 2). While many factors are probably impacting this disparity, one apparent issue is that African-American women tend to be diagnosed more often at a later stage.
- ❑ According to the ACS, women who smoke are twice as likely to develop cervical cancer when compared to non-smokers. For help quitting, or to help a loved one quit, contact the Indiana Tobacco Quitline at 1-800-QUIT NOW (1-800-784-8669) or www.quitnowindiana.com.
- ❑ Women with a suppressed immune system, a high number of live childbirths, and a history of long-term use of oral contraceptives (birth control pills) may also be at an increased risk for cervical cancer.⁷
- ❑ Women who are overweight, or who eat a diet low in fruits and vegetables may be at an increased risk for cervical cancer.⁵



Can Cervical Cancer Be Detected Early?

In the United States, the cervical cancer death rate declined by almost 50 percent in the last 30 years, mainly because of the effectiveness of Pap smear screening.⁵

There are two screening tests that can help prevent cervical cancer or find it early. The Pap test (or Pap smear) looks for *precancers*, cell changes on the cervix that might become cervical cancer if they are not treated appropriately. The HPV test looks for the virus that can cause these cell changes.

The United States Preventive Services Task Force recommends screening for cervical cancer in women ages 21 to 65 with a Pap test every three years; or, for women ages 30 to 65 who want to lengthen the screening interval, screening with a combination of a Pap test and an HPV test every five years.

In 2012, 76.4 percent of Indiana women age 21 and older reported having had a Pap test during the past three years. There was no difference in the rate among white non-Hispanic, black non-Hispanic and Hispanic females.²

The Indiana Breast and Cervical Cancer Program provides access to breast and cervical cancer screenings, diagnostic testing, and treatment for uninsured women. To find out if you qualify for this program, call the Indiana Family Helpline at 1-855-HELP-1ST (1-855-435-7178).

What Can You Do To Help Prevent Cervical Cancer?

- ❑ Get vaccinated! Protecting yourself from HPV decreases your risk for cervical and other cancers.
- ❑ Practice safe sex.
- ❑ Limit your number of sexual partners.
- ❑ Be smoke free. Visit www.quitnowindiana.com for free smoking cessation assistance.
- ❑ See your doctor regularly for a Pap test that can find cervical pre-cancers.
- ❑ Follow up with your doctor, if your Pap test results are not normal.
- ❑ Ask for an HPV test with your Pap test if you are 30 years-old or older.
- ❑ Watch for abnormal vaginal discharge and bleeding.

GET INVOLVED: Join the Indiana Cancer Consortium (ICC)

- ❑ The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ❑ The ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a [comprehensive plan](#) that addresses cancer across the continuum from prevention through palliation.
- ❑ Become a member at www.indianacancer.org.

Community resources

- To learn more about the [Indiana Breast and Cervical Cancer Program](#), visit www.in.gov/isdh/24967.htm or call the Indiana Family Helpline at 1-855-HELP-1ST (1-855-435-7178).
- To learn more about the cervical cancer burden in Indiana, visit the [Indiana Cancer Facts and Figures 2012: Cervical Cancer](#) report at www.indianacancer.org/wp-content/uploads/2012/04/ICC-Facts-and-Figures-2012-Cervical-Cancer-pg-27-30.pdf.
- To view a toolkit of resources and information regarding Indiana's cervical cancer burden, visit the [ICC website at www.indianacancer.org/cervical_cancer_toolkit/](#).
- For tobacco cessation assistance, contact the Indiana Tobacco Quitline at 1-800-QUIT NOW (1-800-784-8669) or www.quitnowindiana.com.

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