

# HPV-RELATED NEW YEAR'S RESOLUTIONS

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January is  
Cervical Cancer  
Awareness  
Month!

Every year,  
until its  
**elimination!**

## Four attainable 2024 New Year resolutions:

### 1 Educate yourself (and others) about human papillomavirus virus (HPV) and cervical cancer

- High-risk HPVs cause nearly all cervical cancers
- Cervical cancer is the fourth most common cancer in women globally
- Cervical cancer is preventable through HPV vaccination and screening
- Cervical cancer is treatable and curable if diagnosed at an early stage

### 2 Schedule an appointment with your doctor/gynecologist

- Get screened regularly even if you have no symptoms
- Early detection of abnormal cells in the cervix means early management/treatment of precancerous cervical cell changes that would stop cervical cancer from developing

### 3 Advocate for HPV vaccination

- HPV vaccines are safe and effective
- All girls aged 9-14 years should be vaccinated so that they are protected from HPV infections before they become sexually active
- All boys of the same age should also be vaccinated; this will help eliminate HPV transmission in the population faster

### 4 Raise awareness

- A 2024 study showed an association between watching health-related videos on social media and increased awareness about HPV and HPV vaccination

January 2024 marked a new era for Canadian women: the introduction of a **cervix self-screening program** in the province of **British Columbia** to **self-screen** for HPV.

- Empowering women and screening participants by prioritizing their health on their own terms
- Starting January 29, women aged 25-69 can order a self-administered HPV testing kit
- At-home self-screening will eliminate the need for a clinic visit and remove other obstacles (cultural barriers, missing work, transportation restrictions, etc.)

Kudos to British Columbia for being the first jurisdiction in Canada to launch this provincewide initiative, made also feasible by implementing HPV testing as the primary screening method.

The big question remains: *when will the other Canadian provinces follow suit?*