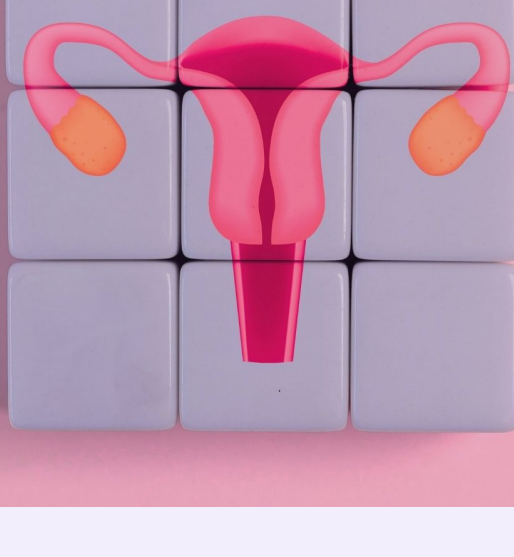


ALLIANCE LENZ

Cervical Cancer Awareness Month
January 2026



What is cervical cancer?

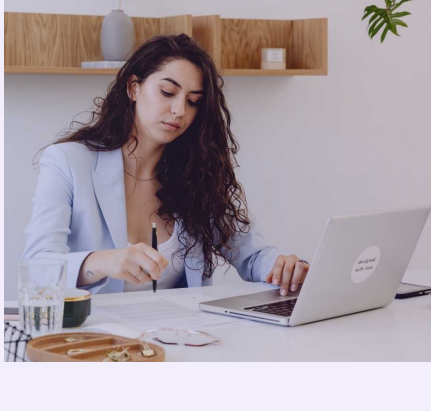
Cervical cancer happens when cells in the cervix grow abnormally and can spread to other parts of the body. It usually starts from changes in the outer or inner cells of the cervix, and early detection can prevent it from becoming cancer.

[Learn more](#)

Did you know?

HPV causes most cervical cancers

Human papillomavirus (HPV) is a group of over 200 viruses that can be spread through sexual activity. Some high-risk types cause most cervical cancers, making HPV vaccination and regular screening the best ways to prevent them.


[Learn more](#)


HPV is common & usually harmless

Around 75% of sexually active people will get it at some point. Most infections go away on their own and don't cause any symptoms. Some can cause warts, and a few persistent high-risk types can lead to cancer.

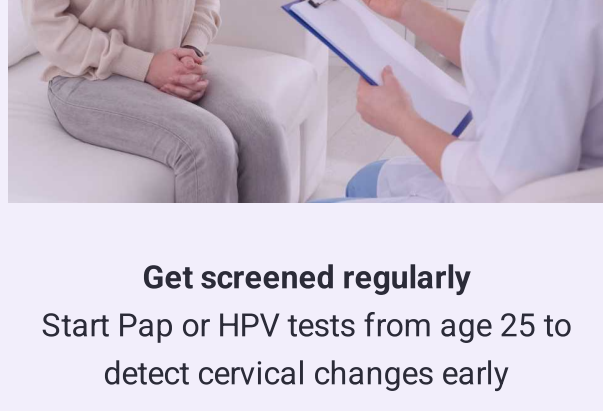
[Learn more](#)

Screening can stop cancer before it starts

Regular screening can reduce your risk of cervical cancer. No test is perfect, but it helps catch problems early. Depending on your region, you may be offered a Pap test or an HPV test. HPV tests detect high-risk viruses early, while Pap tests identify abnormal cells once they appear.


[Learn more](#)

Prevention Saves Lives



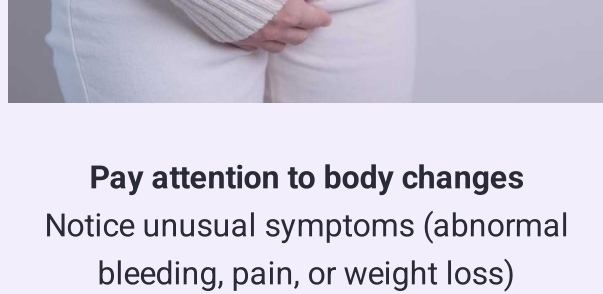
Get screened regularly

Start Pap or HPV tests from age 25 to detect cervical changes early



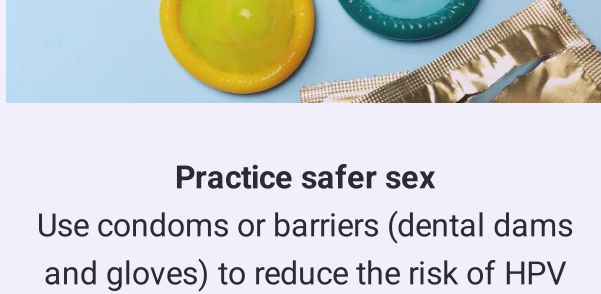
Get HPV vaccination

Ages 9 to 45 are encouraged to get vaccinated to lower cancer risk



Pay attention to body changes

Notice unusual symptoms (abnormal bleeding, pain, or weight loss)



Practice safer sex

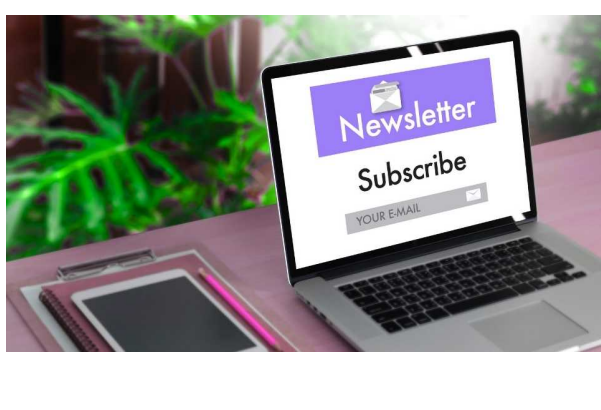
Use condoms or barriers (dental dams and gloves) to reduce the risk of HPV

ACCE Updates



Discover Our Latest Blogs

Check out our new blogs for cancer tips and updates

[Read here](#)


Catch Up on Our Newsletters

Missed an update?
Explore all past newsletters anytime

[Subscribe](#)

Our Event

Empowering Communities:

A Cancer Awareness & Education Event

Join us on March 28, 2026, for a one-day event on cancer awareness, prevention, and early detection for minority communities.

Learn about screening, risk factors, treatment options, and navigating care, while connecting with healthcare providers and community organizations.

The event includes expert talks, interactive panels, Q&A, and resource booths, both in person and online, and honors IMRC co-founder Margaret Walton Roberts.



Date: March 28, 2026

Time: 9 AM – 3 PM

Price: Free

Format: In-person or Online

Location: Centre for International Governance Innovation (Waterloo, ON)

[Register here](#)

Word Puzzle



Find 8 words related to cervical cancer hidden in the puzzle!

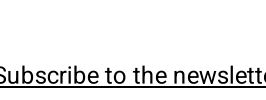
P	R	E	V	E	N	T	I	O	N	Y
V	E	S	D	O	M	S	J	Y	S	I
X	Y	H	P	E	E	K	X	Y	J	I
B	I	D	B	G	S	T	M	P	C	E
T	Q	S	N	T	F	P	E	E	W	D
M	T	A	Y	L	T	J	R	O	W	A
P	H	D	A	O	S	V	T	H	P	V
C	G	J	M	A	I	A	L	N	Z	N
T	E	S	T	X	P	N	I	M	P	J
V	A	C	C	I	N	A	T	I	O	N
S	C	R	E	E	N	I	N	G	K	K

**Cervix
Changes**

**Test
HPV**

**Vaccination
Prevention**

**Screening
Symptoms**

[Play here!](#)


[Subscribe to the newsletter](#)

© 2025 Alliance for CancerCare Equity. All rights reserved.

You are receiving this email because you opted in via our website.

[Update your preferences](#) | [Unsubscribe](#)

[View this email in your browser](#)

