



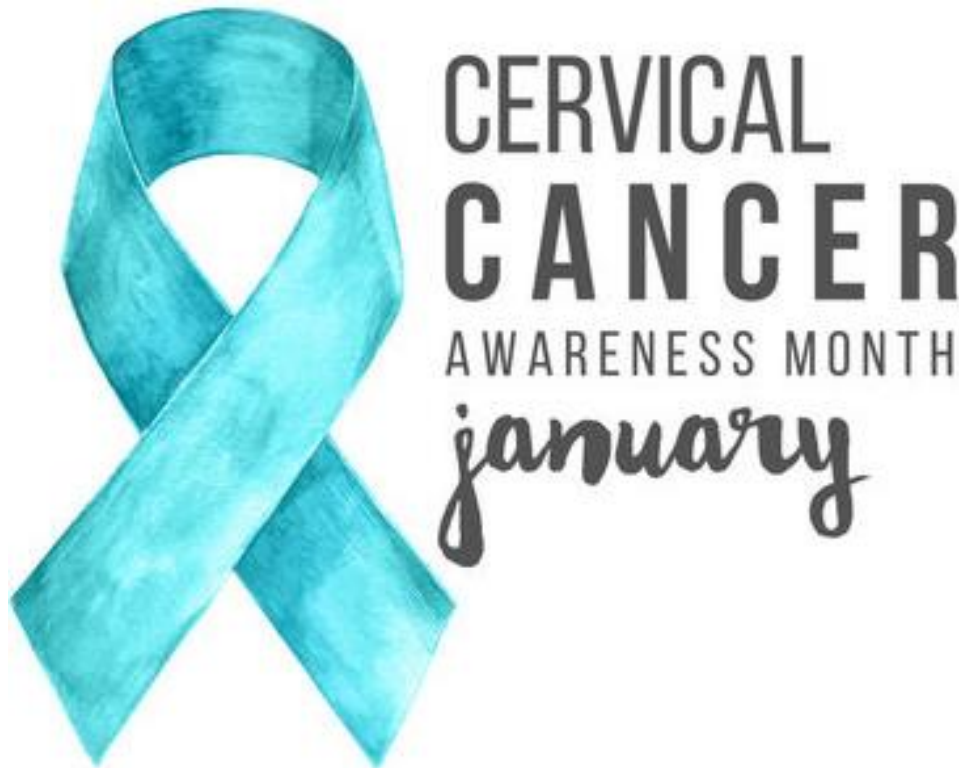
January 2022

Dear Communities,

The VIVA Connects team hopes that you are all doing well and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your community's safe. Please feel free to share this information with community members and loved ones.



# January is Cervical Cancer Awareness Month



## **What is Cervical Cancer?**

Cervical cancer is cancer that begins in the cervix of a women. Over time, cancer from the cervix can grow and spread throughout the entire body.

## **What are the Risk Factors?**

Here are some items that may increase your risk of developing cervical cancer:

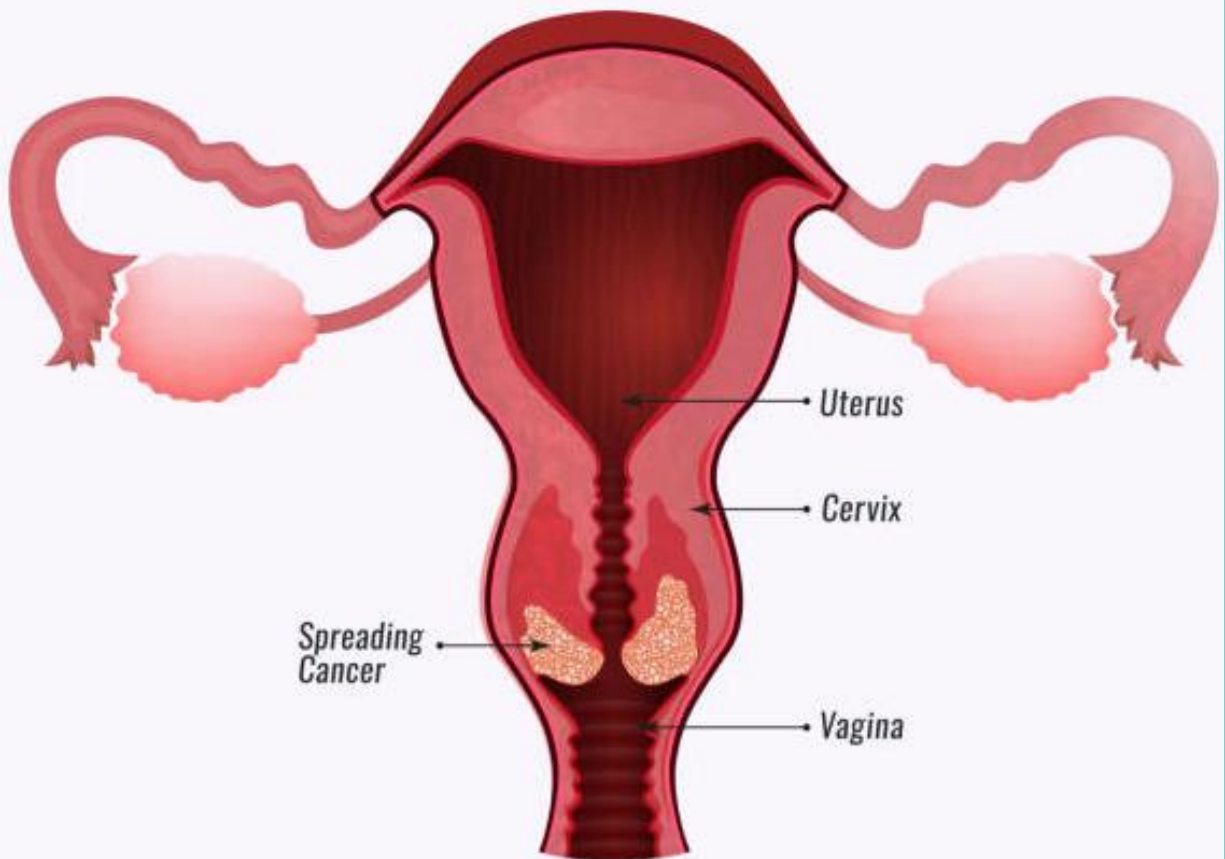
- Having HIV
- Having HPV
- Having other immune-compromising health conditions
- Smoking
- Using birth control pills for more than 5 year
- Having multiple sexual partners throughout life
- Having given birth to 3+ kids

## How to Reduce Risk Factors?

Some ways that you can help keep your body healthy and prevent cervical cancer are:

- Get your HPV (human papillomavirus) vaccine
  - Most people have the vaccine between the ages of 11-26; however, talk to your health care provider if you have never had the vaccine and should receive it to stay healthy
  - The HPV vaccine helps to prevent HPV infections in the body, and it only a preventative- not a treatment
  
- Screening tests
  - Pap smear tests and HPV tests are two helpful screenings that can detect early signs of cervical cancer
  
- Safe sex
  - Limiting the number of sexual partners can help reduce the risk of getting sexually transmitted infections that may lead to cervical cancer (such as HPV and HIV)
  - Using condoms as protection to avoid the risk of sexually transmitted infection
  
- Don't smoke
  - Smoking increases your risk of many types of cancer throughout the body due to the chemicals in cigarettes

# CERVICAL CANCER



To find out if you are eligible for free or low-cost cervical cancer screenings, visit:  
<https://www.cdc.gov/cancer/nbccedp/screenings.htm>

For more information about cervical cancer, visit:  
[https://www.cdc.gov/cancer/cervical/basic\\_info/](https://www.cdc.gov/cancer/cervical/basic_info/)

For more information about HPV, visit:  
<https://www.cdc.gov/hpv/index.html>

## **Community Highlight: VIVA Connects Action Community Celebration Video!**

If you missed our lovely celebration video featuring Cuba, Silver City, and Alamogordo communities, here is the link to view it: [https://unmm-my.sharepoint.com/:v/g/person/lfimbel\\_unm\\_edu/EVoaWVEDqpZJpXkmEyfbyzOBPUghu4WKtAS33ZxiDwNuYQ?e=wtt1m9](https://unmm-my.sharepoint.com/:v/g/person/lfimbel_unm_edu/EVoaWVEDqpZJpXkmEyfbyzOBPUghu4WKtAS33ZxiDwNuYQ?e=wtt1m9)

Our intern Jiahua (Bella) Yang created this lovely video- Thank you Bella, without your help we would not have this beautiful video!

We want to thank all the communities in this video and all the ones not shown- the work that you do is so valuable and important! Please feel appreciated and excited to continue to promote physical activity and education to increase the health of all New Mexicans! Let's make 2022 a healthy and happy year!

**COVID-19 IS STILL HERE.  
YOUR ACTIONS STILL MATTER.**



Wear  
a mask



Wash  
your hands



Practice social  
distancing



Get  
vaccinated

*Sincerely,  
The VIVA Connects Team*

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