

#### 04. What can you do to prevent cervical cancer?

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The best way to protect yourself is to get regular cervical cancer screenings with the Pap and – if you're older than 30 – the HPV test. Together, these tests determine if you are likely to have or to develop abnormal cells that could become cancerous if not removed. If your Pap looks abnormal and HPV testing shows you have an infection with a high-risk type of the virus, your doctor, nurse or other healthcare professional can perform an additional exam called a colposcopy to determine if any abnormal cells need to be removed.