



Women's Health Watch

LAKE SUPERIOR
COMMUNITY HEALTH CENTER

WWW.LSCHC.ORG

April 2013

Cervical Cancer: What You Need to Know

Cervical cancer is abnormal, out of control cell growth on the cervix, the opening between the vagina and the uterus. Formerly the leading cause of cancer death for women in the United States, it has declined to 14th in frequency thanks to the adoption of regular pap testing. Pap testing, also known as cervical cancer screening, can find abnormal cells on the cervix **BEFORE** they become cancer or within an early, treatable stage.

Another important way to prevent cervical cancer is to get the HPV vaccine. Females and males can get this vaccination from ages 9 through 26 years. Almost all cases of cervical cancer are caused by certain types of HPV. The vaccination can prevent those types of HPV and therefore, cervical cancer.

What are the Risk Factors?

- Human Papillomavirus (HPV), a common virus that can be passed from one person to another during sex. Therefore, the more sexual partners you have, the more likely you are to contract HPV.
- Smoking
- Having a suppressed immune system, as in those who have AIDS
- Family history of cervical cancer

What are the recommendations based on your age?

	11 through 26	21 through 29	30 through 64	65 and Over
In addition to annual exams, you should:	Get the HPV Vaccine Regular pap testing is still recommended even if you have had the vaccine.	Have a pap test every 3 years	Have both a pap and an HPV test every 5 years You may also continue to have just a pap test every 3 years	You may stop having regular pap tests if you do not have history of moderate or cervical dysplasia or cervical cancer.

Worried About the Cost of Women's Health Services?

Make an appointment with our Health Care Access Office! We will help you determine your eligibility for a program that can help you pay for the women's health services you need. Call (218) 722-9650 for Duluth or (715) 392-1955 for Superior to make an appointment.

Minnesota	Wisconsin
Minnesota Family Planning Program: Free family planning office visits, education, birth control and STD diagnosis for men and women between the ages of 15 and 50. Sage Program: Free breast and cervical cancer screening and follow up services to women over the age of 40.	Wisconsin Family Planning Program: Free family planning office visits, education, birth control and STD diagnosis for men and women ages 15 through 44. Wisconsin Well Woman Program: Free breast and cervical cancer screening services for women between the ages of 45 - 64.

If you are already on MNCare/BadgerCare/Medical Assistance, you are already covered for Women's Health services!

Meet Our New Providers



Dr. Emily Anderson joined Lake Superior Community Health Center in 2013 as both provider and Medical Director. She graduated from the University of Minnesota Duluth Medical School and shortly after, completed the Duluth Family Medicine Residency Program. Her professional interests include preventive care for the whole family including women, children and prenatal care. What she enjoys most about her job is hearing people's life experiences. Her favorite health tip is that laughter is the best medicine. Dr. Anderson is originally from Wentworth, WI. In her free time, she enjoys leisure reading, yoga, camping and spending time with family and friends.

Sara McNeill, C-FNP started with Lake Superior Community Health Center in 2012. She completed her graduate degree at the Frontier Nursing University in Hyden, Kentucky. She has focused most of her education and career around women's health including working with women during pregnancy and childbirth, working with women in corrections and as a sexual assault examiner. She continues to strengthen her knowledge around women's health while pursuing a degree in midwifery. When asked what Sara enjoys most about her job, she replied, "I love getting to know people from the community and feeling like I can help improve people's quality of life." In Sara's free time, she enjoys hiking, camping, cooking, reading and ceramics.



Women's Health Services Now Offered at LSCHC

Did you know that you can see your LSCHC provider for women's health services? Programs that apply at outside organizations (e.g. 4NOW) are also accepted at LSCHC. The convenience of having all of your medical, mental and dental health needs met under one roof is available to you at LSCHC.

Our Women's Health Services:

- Cervical Cancer Screening (i.e. Pap testing)
- HPV Testing
- Breast Cancer Screening
- Colposcopy
- Pelvic Exams
- Urinary Tract Infection (UTI) Testing and Treatment
- Yeast Infection & Vaginitis Testing and Treatment
- Sexually Transmitted Disease Testing
- Family Planning:
 - ⇒ Birth Control (IUD, pills, implant, shot, patch, ring)
 - ⇒ Pregnancy Testing

We also provide general health care for you and your whole family!

- Physical Exams
- Well-Child Exams
- Cancer Screenings
- Health Education
- Care when sick
- Chronic Disease Management
- Lab Services

Call to Make an Appointment Today!

HOURS

Medical, Mental Health,
and HCAO

8:00 a.m. to 5:00 p.m.

Dental

7:30 a.m. to 5:00 p.m.

SUPERIOR

3600 Tower Avenue
Superior, WI 54880

Medical: 715-392-1955

Dental: 715-394-5411

Health Care Access Office: 715-392-1955

DULUTH

4325 Grand Avenue
Duluth, MN 55807

Medical: 218-722-1497

Dental: 218-628-7035

Health Care Access Office: 218-722-9650