



HPV & You

It's estimated that 8 out of every 10 people get HPV at some point in their lives.

The Human Papillomavirus (HPV) is a very common virus. No matter what age you are, there are things that you can do to make sure you are making your gynecological health a top priority.

- If you are age 9 – 26, you can start by making yourself “one less”. Ask us how you can be vaccinated against HPV.
- If you are age 21 – 30, make sure that you have your Pap Smear annually.
- If you are age 30 or over, make you that you have your Pap Smear and HPV Screening annually. If you have several normal Pap Smears, you and your provider may decide to change the frequency.

Studies suggest that whether a woman develops cervical cancer depends on a variety of factors acting together with the presence of high-risk genital HPV infection. Other factors may include:

- Having sexual intercourse at a young age (during adolescence)
- Having many sex partners
- Smoking cigarettes
- Having a health problem that impairs the body's natural defense (immune) system
- A diet lacking in beta-carotene, vitamins A and C, and folic acid

Take charge of your health with appropriate testing, regular medical care and healthy lifestyle choices.

Contact Us

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