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## Hello exercise... goodbye stress

We all know we should be exercising in order to stay healthy. But did you know there's a reason to get moving that's not so obvious? Research has shown that exercising can help reduce stress.<sup>9</sup> But who has the time? After all, overloaded schedules can be a main source of stress. Read on for a few ways to make exercise a part of your busy day—every day.

- Reserve 10 minutes 3 times a day to be active instead of blocking off 30 minutes all at once.<sup>10</sup>
- Take the stairs. For a high floor, take the elevator partway and then climb the remaining flights.<sup>10</sup>
- Plan active vacations. If you're going to the beach, take a long walk in addition to relaxing in the sand.<sup>10</sup>
- Work out on a stationary bike or treadmill while you're watching the evening news or your favorite show.<sup>10</sup>
- Do something active with your family or friends. You'll make the most of your time by exercising while spending time with your loved ones.<sup>10</sup>

Stress may be unavoidable. So, it's the way you deal with it that counts. Make an effort to get moving—you'll feel better and you'll be healthier. But first, talk to your doctor or health care professional about the type of physical activity that's right for you.



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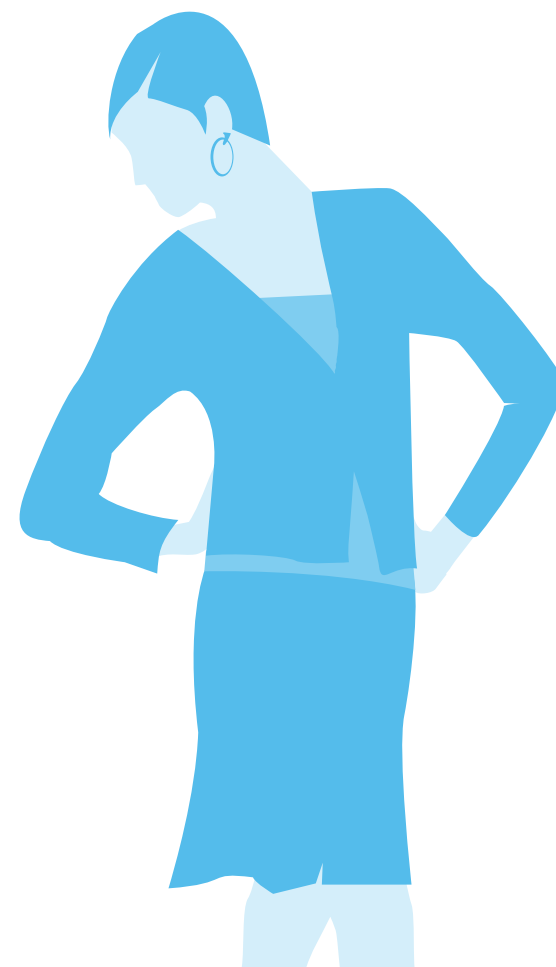
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**Wellness for Women**  
Speaking up for women's health

## The Pap Test, Exercise, and Stress



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**what you need to know**

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# Your Questions Answered: **The Pap Test**

**Q:** What is a Pap test, and why is it important?

**A:** A Pap test is the primary way to detect cervical cancer. That's why regular Pap tests are so important—they can help detect abnormal cells in the lining of the cervix before they have a chance to become cervical precancers or cervical cancer. An abnormal Pap test can be the first indication that human papillomavirus (HPV) is present.<sup>1</sup>

**Q:** How often should I get a Pap test?

**A:** According to the American College of Obstetricians and Gynecologists<sup>2</sup>:

- You should begin Pap tests 3 years after becoming sexually active or at age 21—whichever comes first.
- If you're younger than 30, you need a Pap test every year.
- If you're 30 or older, you may only need a Pap test every 2 to 3 years if you've already had 3 Pap tests in a row with normal results.

**Talk with your doctor or health care professional about when your next Pap test should be.**

**Q:** I'm confused. What is HPV, and what does it have to do with cervical cancer?

**A:** While HPV is a common virus, many people haven't heard of it. There are more than 100 types of the virus. Most types are relatively harmless—like the ones that cause common warts on hands and feet.<sup>3</sup> About 30 types of HPV affect the genital area and are known as *genital HPV*. Some are “high-risk” types that can cause abnormal cervical cells, cervical precancers, and cervical cancer. Others are “low-risk” types that can cause benign (noncancerous) changes in the cervix and genital warts.<sup>4</sup>

**Q:** What are genital warts?

**A:** Genital warts are caused by certain types of HPV and are usually flesh-colored growths that can appear alone or in groups.<sup>4,5</sup> They can sometimes cause itching and burning.<sup>6</sup> About 2 out of 3 people who have sexual contact with a person who has genital warts will also get them.<sup>5</sup> Though genital warts can be treated and removed, they may come back. In fact, 25% of cases come back within 3 months.<sup>7</sup> If you are concerned about genital warts, be sure to talk to your doctor or health care professional today.

**Q:** My Pap test results are abnormal. What does this mean?

**A:** An abnormal Pap test means that some of the cells taken from the cervix looked different from the way healthy cells normally look. It's no reason to panic, though. Having an abnormal Pap test doesn't necessarily mean that cervical cancer is present.<sup>8</sup> That's why your doctor or health care professional will probably recommend one (or more) of these tests to find out more:

- Another Pap test—to make sure the first one was accurate.<sup>8</sup>
- An HPV DNA test—to find out if the types of HPV that can cause cervical cancer are present.<sup>1</sup>
- A colposcopy or biopsy—to see if precancerous cells are present.<sup>8</sup>

While most abnormal cells in the lining of the cervix will eventually go away on their own, an abnormal Pap test isn't something to ignore.<sup>4</sup>



## Wellness for Women