

4VcgZIR| 9VR|eY 2hRcV_Vdd> ` _eY

by M. Scott Stanley, Wellness Coordinator

Cervical cancer is a deadly but often preventable cancer. It is caused by the human papillomavirus (HPV), a common virus that is spread through sexual contact. Most HPV infections go away on their own, but some can lead to cervical cancer. The best treatment for cervical cancer is actually early detection and obtaining a Pap test and pelvic exam at least once every 3 years is the best strategy. You may also consider HPV vaccination for your children and yourself.

- » Q)-^&c^a^, ac@A| }^A of the human papillomavirus (HPV) is a common virus that is spread through sexual contact.
- » Y^æ\^}^ââ { { }^A system or immune system that is spread through sexual contact.
- » High number of sexual partners
- » Has had many full-term pregnancies
- » Has used oral contraceptives for a great length of time
- » Has not had regular Pap tests
- » Has been or is a sex partner of someone with a history of cervical cancer
- » Family history of cervical cancer
- » Eating a diet low in fruits and vegetables
- » Not eating enough fruits and vegetables

The best treatment for cervical cancer is actually early detection and obtaining a Pap test and pelvic exam at least once every 3 years is the best strategy. You may also consider HPV vaccination for your children and yourself.

Sources: National Cancer Institute
Centers for Disease Control and Prevention

J fc6^ a| jW2dHR_TVAc XR
IFJEI IÉIHHi ÁQAI €€I GGÉ IHHi
É@æ!à| IÉ|!*

9VR|eY 2]eVc_RéZgVd

2IYZgVJ` fc? Vh JRčdCVd |f eZ _deYVD 2CEHRJ

by M. Scott Stanley, MS, Wellness Coordinator

Just about everyone makes New Year's resolutions, but many simply don't know how to go about achieving them. Oftentimes goals are set that are too broad and too far out of reach, leaving frustration and an urge to give up. It's not always a matter of quitting because of a lack of motivation either, as many simply lack effective goal-setting skills. We want you to achieve those goals, and here's a strategy to help you succeed! Goals are more attainable when they are:

- » **DaVIZ`Z** Goals must not be vague general statements, but clear and simple to describe. CE}A^cæ {]|A [-AæA } []É•] ^&â, &A * [æ|â•ÉA%QÁ, æ}cÁc [Á à^A @æ|c@â^!Ác@â•A ^æ!É+ÁCEÁ à^cc^!Á * [æ|â•ÉA%QÁ, æ}cÁ to begin exercising and eating more fruits and vegetables."
- » **≥ VRf cRS|VÖ** [æ]•A { ~•cA@æç^æA•] ^&â, &A [~c& [{ ^A that can actually be measured. An example of æ}Aâ { { ^æ•~!æà|^A * [æ|â•ÉA%QÁ, æ}cÁc [Á à^A æà|^A c [Á b [*Á| [] * ^!Áââ•cæ } & ^•É+ÁCEÁ à^cc^!Á * [æ|â•ÉA%QÁ, æ}cÁc [Á increase my jogging distance from 2 miles to 3 miles."
- » **2IYZgRS|VŽ** Goals must be realistic and !^æ&@æà|^ÉA!æc@^!Ác@æ } Áâ } 'æc^âæ } âAc [[Áââ-, &~|cÁc [Á æ&@â^ç^ÉACE } A^cæ {]|A [-Aæ } A ~ } !^æ|â•câ&A * [æ|â•ÉA%QÁ, æ}cÁc [Á | [•A^IÉA] [~ } â•Aâ } Ác@^A } ^cÁHÁ { []c@•É+Á That could be very hard to reach, and possibly ~ } @æ|c@^ÉACEÁ à^cc^!Á * [æ|â•ÉA%QÁ, æ}cÁc [Á | [•A^FÉGA] [~ } â•A^!Á, ^^ÉA [IÁIÉFÉA] [~ } â•A^!Á { []c@É+
- » **CVVR eZ** Goals must be meaningful and consis-c^}cÁ, ac@A^ [~!Áâ { { ^âæc^Aæ } âA| [] *É!æ } *^A]|æ } •ÉACE } A^cæ {]|A [-Aæ } Aâ!|^!çæ } cÁ * [æ|â•ÉA%QÁ, æ}cÁc [Á !^çâ^, Áæ|A [-Ác@^A&æ!^!•Á|â•c^âA } A { ^A&æ!^!Á [~c- [[^A@æ } âà [[^É+ACEÁ { [!^A!|^!çæ } cÁ * [æ|â•ÉA%QÁ, æ}cÁ

c [Á !^çâ^, Á æ|A [-Á c@^A careers associated , ac@A { ^A &|â { â }æ|A justice degree in my career hand-à [[\É+

» **EZ` MUCZgV_Ž** Goals must be given a timeline for achievement or they { æ^A à^A •, ^ } cÁ ~ } â^!Ác@^A !~*ÁACE } A^cæ {]|A [-AæA * [æ|A, ac@ [~cAæcâ { ^|â } ^Aâ•ÉA%QÁ, æ}cÁc [Á •æç^A^ } [~ *@A { [] ^ ^Ác [Áâ ~ a treadmill c@â•A ^æ!É+ÁCEÁ à^cc^!Á * [æ|â•ÉA%QÁ, æ}cÁc [Á •æç^A enough money to buy a treadmill before the end of Spring."

We hope these tips help you to reach your goals in G€€IÉAæ } âAc@æc^ [~!Á@æç^AæA•æ-^ÉA@æ]] ^ÉAæ } âA@æ|c@^A } ^, Á^æ!Á



