



- [Top News](#)
- [Videos](#)
- [Local](#)
- [Politics](#)
- [Arts & Lifestyle](#)
- [Send Tips: info@centralfloridapost.com](mailto:info@centralfloridapost.com)

Search

Sign in

Welcome! Log into your account

your username

your password

Forgot your password? Get help

Password recovery

Recover your password

your email

A password will be e-mailed to you.



[Top News](#)

[Videos](#)

[Local](#)

[Politics](#)

[Arts & Lifestyle](#)

[Send Tips: info@centralfloridapost.com](mailto:info@centralfloridapost.com)



National Ovarian Cancer Awareness Month – Become More Aware Of Your Body

September 12, 2014

[Share on Facebook](#)

[Tweet on Twitter](#)

September is both National Ovarian Cancer Awareness Month and Gynecologic Cancer Awareness Month, and it's a good opportunity for women to schedule their well-woman exam and determine if they – or someone they love – are due for an important preventive health screening.

By Kim Sorensen

About 22,000 women are diagnosed with ovarian cancer each year in the U.S. About 12,000 American women are diagnosed with cervical cancer each year, and around 4,000 will die from the disease.

The good news is that cervical cancer is one of the most preventable cancers: when caught early, the five-year survival rate is nearly 100 percent.

That's why gynecological health is important at all stages of adult life. Cervical cancer can affect women before or after menopause and it's never too late to start getting screened. Whether it's for you, a friend, family member, or partner, there are three things you can do to stay as healthy as possible.

Number one, know your body. Being aware of your body is important at any age. It's important to know how your body normally looks and feels. If you notice any changes, tenderness, or pain, you should get checked out by a health care provider as soon as possible.

Number two, know your risk factors. Learn the risks of gynecologic cancers, including a family history of ovarian or breast cancer, and take steps to prevent and catch them early when they are most treatable. For example, older women are most at risk for ovarian cancer — about half of the women who are diagnosed with ovarian cancer are age 63 or older. And anyone with a cervix and ovaries, including transgender people, can develop cervical and ovarian cancer.

The third thing to know is when you're due for a checkup. The earlier cancer is detected and treated, the better. The frequency for checkups is different for different women, but everyone should see their health care providers regularly. National medical guidelines call for initial Pap tests at age 21; Pap tests every three years for women aged 21–29; and Pap tests every three years for women aged 30–64 (or every five years when women 30-64 receive combined Pap and HPV tests). Women with certain abnormalities may require more frequent Pap tests, so confirm with your health care provider to see if you are due for a checkup and screening, and encourage your loved ones to do the same.

In 2012, Planned Parenthood health centers provided nearly 500,000 Pap tests. Planned Parenthood also provided advanced testing and treatment for thousands of women with abnormal Pap tests and precancerous conditions. In fact, cancer screening and prevention accounted for 10 percent of Planned Parenthood’s health services in 2012.

As the nation’s leading women’s health care provider, advocate, and educator, Planned Parenthood encourages every woman to visit her health care provider regularly to receive a checkup that can screen for gynecologic cancers, and also may include contraceptive counseling, birth control prescriptions, breast exams, and testing for STIs, including HIV.

So this month, take the time to check in with yourself and your health care provider so that you can keep yourself as healthy as possible.

Kimberly Sorensen is an Advanced Registered Nurse Practitioner and the Associate Medical Director of Planned Parenthood of Greater Orlando.

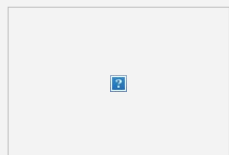
SHARE

[Facebook](#)
[Twitter](#)



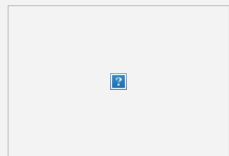
Previous article [Book Review – The World of Nixon’s Secrets](#)
Next article [Chris Walla Plays Last Song With Death Cab For Cutie](#)

MORE FROM AUTHOR



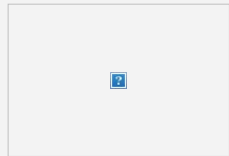
[Local](#)

Commentary: My First Trump Rally



[Arts & Lifestyle](#)

Muslim “Friendly” Resort With Terror-Ties Planned Near Disney World



[Arts & Lifestyle](#)

Pulse Memorial Turns Into Huge Payday For Nightclub Owners

JOIN OUR LIST

Join our list and get news directly to your email... plus exciting updates on our launch!

EMAIL: *

FIRST:

LAST:

Constant Contact Use.

By submitting this form, you are consenting to receive marketing emails from: . You can revoke your consent to receive emails at any time by using the SafeUnsubscribe® link, found at the bottom of every email. [Emails are serviced by Constant Contact](#)

CONNECT WITH US

Follow



Central Florida Post

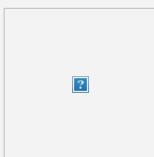
YouTube 198

[Central Florida Post](#)

TOP STORIES

More

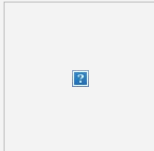
- [All](#)
- [Arts & Lifestyle](#)
- [Culture](#)
- [Featured](#)
- [Lifestyle](#)
- [Local](#)
- [Music](#)
- [Politics](#)
- [Social](#)
- [Top News](#)
- [Top Story](#)
- [Travel](#)
- [Videos](#)



[Pulse Memorial Turns Into Huge Payday For Nightclub Owners](#)

[Arts & Lifestyle](#) [Central Florida Post](#) - June 22, 2019

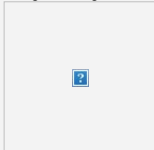
Tax returns reveal that Barbara Poma, owner of Pulse nightclub and one of the founders of onePulse Foundation, is pulling in \$150,000 a year...



[Democrats Return To Racist Roots With Milkshake Attacks](#)

[Politics](#) [Central Florida Post](#) - June 16, 2019

During the civil rights era in the 60's, rabid racist Democrats would regularly pour or throw beverages on blacks who were engaging in peaceful...



[Government Gone Wild Videos Return, Reveal Why Dems Want Illegals](#)

[Politics](#) [Central Florida Post](#) - May 29, 2019

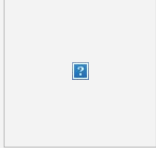
Blaise Ingoglia, the immediate past Chairman of the Republican Party of Florida, is returning to his viral video roots by relaunching his Government Gone...



Civil Rights Icon Dr. Alveda King To Visit Central Florida

Local [Central Florida Post](#) - May 25, 2019

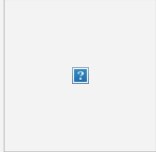
Niece of the legendary Dr. Martin Luther King, Mrs. King has become a prominent supporter of President Donald Trump and a prominent pro-life activist. By...



Murphy Abandons Moderation, Joins Delusional Impeachment Bandwagon

Politics [Central Florida Post](#) - May 24, 2019

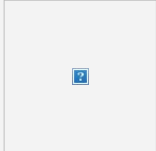
Self-described "moderate" Central Florida Congresswoman Stephanie Murphy now claims that if the President or his advisors deny ANY congressional request for information that it...



Facebook Co-Founder Gives Trump Opening To Break Up Big-Tech

Top Story [Central Florida Post](#) - May 9, 2019

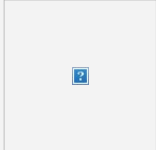
Mr. Zuckerberg has created something truly remarkable in his quest for total domination over the internet and amassed a collection of other platforms that...



Demings Pushes To Defund Safer Schools Post Parkland

Politics [Central Florida Post](#) - April 30, 2019

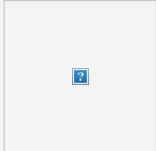
Demings, who has been a vocal gun-control advocate since being elected to Congress several years ago, once violated her own gun-safety policy when she...



Gillum Admits Ethical Violations, Pays \$5000 Fine

Politics [Central Florida Post](#) - April 24, 2019

Gillum billed the ethics fine as a victory for his reputation... it was anything but. Published first at The Gateway Pundit. By Jacob Engels Former Tallahassee...



Brawling Easter Bunny Previously Arrested For Armed Robbery, Has Extensive Record

Local [Central Florida Post](#) - April 23, 2019

The Central Florida Post has discovered news articles from Delaware and New Jersey describing how the man wearing an Easter Bunny costume while breaking...



Could Orlando Soon Get Busloads of Illegals?

Politics Central Florida Post - April 14, 2019

Following President Trump's announcement that he is considering sending illegal immigrants to sanctuary cities and other areas of the country openly welcoming vast swaths...



The Central Florida Post is dedicated to providing bold, engaging, and provocative content to readers across Central Florida, the state of Florida, and United States. We publish the stories that mainstream media sources are too afraid to tackle.

info@centralfloridapost.com

LATEST TWEETS

Central Florida Post [Follow](#)



[Retweet on Twitter](#) central Florida Post Retweeted



Cassandra Fairbanks [@CassandraRules](#)

Anyone pretending Tulsi didn't win that debate is dishonest.

[Reply on Twitter 1144077763118358529](#) [Retweet on Twitter 1144077763118358529](#)

288

[Like on Twitter 1144077763118358529](#)

1692

[Twitter 1144077763118358529](#)

[Retweet on Twitter](#) central Florida Post Retweeted

FIND US ON FACEBOOK



...ential debate soon enough.

...t Lady! <https://t.co/chjOGzW7qL>

[Retweet on Twitter 1143996573325676545](#)

191

[Like on Twitter 1143996573325676545](#)

Unable to display Facebook posts.

[Show error](#)

[Retweet on Twitter](#) ... Post Retweeted



(#4) Application request limit reached

(Type: AuthException

Code: 4

Please refer to our [Error Message Reference](#).

This is what happens when you try to access Reddit's r/The_Donald page

[Reply on Twitter 1143938593590775808](#) [Retweet on Twitter 1143938593590775808](#)

2463

[Like on Twitter 1143938593590775808](#)

4209

© Copyright Central Florida Post. All rights reserved.

[Load More...](#)