Cervical Cancer

There are five main types of cancer that affect a woman's reproductive organs: cervical, ovarian, uterine, vaginal, and vulvar. As a group, they are referred to as gynecologic (GY-neh-kuh-LAH-jik) cancer. (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)

This fact sheet about cervical cancer is part of the Centers for Disease Control and Prevention's (CDC) Inside Knowledge: Get the Facts About Gynecologic Cancer campaign. The campaign helps women get the facts about gynecologic cancer, providing important “inside knowledge” about their bodies and health.

What is cervical cancer?
Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (the birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.

Who gets cervical cancer?
All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, approximately 12,000 women in the United States get cervical cancer.

The human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

What are the symptoms?
Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

Are there tests that can prevent cervical cancer or find it early?
There are two tests that can either help prevent cervical cancer or find it early:

• The Pap test (or Pap smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective. The Pap test is recommended for women aged 21-65 years old.

The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.

• The HPV test looks for HPV—the virus that can cause precancerous cell changes and cervical cancer.

Inside Knowledge is an initiative that supports the Gynecologic Cancer Education and Awareness Act of 2005, or Johanna’s Law, which was unanimously passed by the U.S. House and Senate in December of 2006, and signed into law in January 2007.

www.cdc.gov/cancer/knowledge 1-800-CDC-INFO
When should I get tested for cervical cancer?

The Pap test is one of the most reliable and effective cancer screening tests available. You should start getting regular Pap tests at age 21. If your Pap test results are normal, your doctor may say that you will not need another Pap test for three years.

The HPV test can be used to screen for cervical cancer along with the Pap test in women aged 30 years and older. It also is used to provide more information when women aged 21 years and older have unclear Pap test results.

If you are age 30 or older, you may choose to have an HPV test along with the Pap test. If the results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say that you can wait up to five years for your next screening.

For women aged 21-65, it is important to continue getting a Pap test as directed by your doctor—even if you think you are too old to have a child or are not having sex anymore. However, your doctor may tell you that you do not need to have a Pap test if either of these is true for you:

- You are older than 65 and have had normal Pap test results for several years.
- You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.

What raises a woman's chance of getting cervical cancer?

Almost all cervical cancers are caused by HPV. You are more likely to get HPV if you started having sex at an early age, or if you or your partner have had sex with several others. However, any woman who has ever had sex is at risk for HPV.

There are many types of HPV. Usually HPV will go away on its own, but if it does not, it may cause cervical cancer over time.

In addition to having HPV, these things also can increase your risk of cervical cancer:

- Smoking.
- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.
- Using birth control pills for a long time (five or more years).
- Having given birth to three or more children.

How can I prevent cervical cancer?

- Get the HPV vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is given in a series of three shots. The vaccine is recommended for 11 and 12 year old girls. It is also recommended for girls and women aged 13 through 26 who did not get any or all of the shots when they were younger. (Note: The vaccine can be given to girls beginning at age 9.)
- See your doctor regularly for a Pap test that can find cervical precancers.
- Follow up with your doctor, if your Pap test results are not normal.
- Don’t smoke.
- Use condoms during sex.*
- Limit your number of sexual partners.

What should I do if my doctor says I have cervical cancer?

If your doctor says that you have cervical cancer, ask to be referred to a gynecologic oncologist—a doctor who has been trained to treat cancers like this. This doctor will work with you to create a treatment plan.

Where can I find free or low-cost Pap tests?

If you have a low income or do not have insurance, you may be able to get a free or low-cost Pap test through the National Breast and Cervical Cancer Early Detection Program. To learn more, call 1-800-CDC-INFO or visit www.cdc.gov/cancer/nbccedp.

Where can I find more information about cervical and other gynecologic cancers?

Centers for Disease Control and Prevention: 1-800-CDC-INFO or www.cdc.gov/cancer
National Cancer Institute: 1-800-4-CANCER or www.cancer.gov

* HPV infection can occur in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. While the effect of condoms in preventing HPV infection is unknown, condom use has been associated with a lower rate of cervical cancer.

CDC Publication #99-9123, Revised July 2012
¡A Celebrar Los Reyes Magos!

Desfile Invernal

Martés 6 de enero del 2015
3pm en la esquina de
Division St. & Western Ave.

Registro para regalos (niños de 0-12) en gimnasio de
Secundaria Roberto Clemente. Para recibir regalos todo niño
se tiene que inscribir.

Auspicio: Concejal Roberto Maldonado, Latin American Motorcycle Association (LAMA), Centro Cultural Puertorriqueño, Secundaria Roberto Clemente, Secundaria Dr. Pedro Albizu Campos, West Town Bikes/ Ciclo Urbano, La Voz Del Paseo Boricua y Division Street Business Development Association
You're invited.

Topping off Ceremony

Thursday, January 8, 2015
6 p.m.

Please join us at the corner of Surf Street and Commonwealth Avenue on the campus of Presence Saint Joseph Hospital for a historic event as we raise the final beam to top off the Presence Center for Advanced Care at 2845 North Sheridan Road, Chicago.

Reception to follow.
Presence Saint Joseph Hospital
Boikan Conference Center
Parking available.
HEALTH FAIR!!
Westlake Hospital in partnership with Our Lady of Mt. Carmel Parish, invites you to come and participate of this special event, which will offer FREE screening tests.

Staff from the West Cook YMCA will give a 20 minutes fitness session around 10:00 am.

Screening Tests Offered:
- Glucose (Diabetes)
- Cholesterol
- Blood Pressure
- Prostate Cancer
- Bone Density

Fasting is preferred but not necessary!
Screenings are considered preventive care only

DATE: Saturday, January 10th, 2015
LOCATION: Our Lady of Mt. Carmel Parish Hall
TIME: from 9:00 am to Noon

Pablo Cruz, Director
Casa Esperanza
708-345-3632
Karen Montiel, Coordinator – Westlake Hospital

COMMUNITY ALLIANCE
¡FERIA DE SALUD!
La Iglesia de Nuestra Señora de Monte Carmelo y el Hospital Westlake, le invitan a participar a este gran evento, donde se ofrecerán exámenes de salud GRATUITOS.

SE OFRECERÁN LOS EXÁMENES DE:
- Glucosa (Diabetes)
- Colesterol
- Revisión de la Presión Arterial
- Cáncer de próstata
- La densidad ósea (Huesos)

SE RECOMIENDA QUE VENGA EN AYUNAS
Los exámenes son para cuidado preventivo

EL PERSONAL DE WEST COOK YMCA, DARÁ UNA SESION DE EJERCICIO DE 20 MINUTOS A LAS 10:00 AM.

FECHA: SABADO 10 DE ENERO, 2015
LUGAR: Sótano de La Escuela de Nuestra Señora de Monte Carmelo
HORA: DE 9:00 AM – 12:00 PM

Pablo Cruz, Director
Casa Esperanza
708-345-3632
Karen Montiel, Coordinadora – Vanguard Westlake Hospital

ALIANZA COMUNITARIA
Happy New Year from the Autism Program Family and Community Resource Room at Easter Seals Metropolitan Chicago!

- **Family and Community Resource Center appointments available for families and professionals**
  1747 W Roosevelt Rd., Suite 110
  Hours vary so please call to schedule an appointment
  Looking for information on autism or a visual support for your home or classroom? The resource room is open to the public and includes a lending library, computers with Boardmaker software, a laminator, and a lot of Velcro! Call or e-mail to schedule an appointment! I can be reached at (312) 564-4060 or via email at mallory.smith@eastersealschicago.org

- **Spend your morning at the Chicago Children’s Museum**
  CHICAGO CHILDREN’S MUSEUM!
  Saturday, January 10th from 8:30am-12:00pm – FREE Admission and FREE transportation
  The museum will open one hour early just for children and families with disabilities and/or specific needs. Come play, explore, and dance the afternoon away! The bus will leave from the Easter Seals Therapeutic School and Center for Autism Research (1939 W 13th St, 60608) promptly at 8:30am and will return to the school at 12:00pm. To register please call 312-564-4060 or email Mallory.Smith@eastersealschicago.org

**Additional Community Events and Information:**

- **Improv for ASD at Second City**
  Improv for ASD offers a class in improvisation for teens and adults with Autism Spectrum Disorders. Classes focus on ensemble and team building to help with the exploration of different relationships and social cues. Improvisational games used in this class will teach the students skills such as assessing emotions and storytelling. This will be done in a safe and fun setting where students can explore and challenge themselves. Improvisation is a great tool to work through many types of barriers which stand in the way of creativity and socialization. Classes begin for individuals ages 15-19 on January 16th and classes for individuals ages 19 and up begin on January 9th. For more information and to register please click here.

- **Navigating the IEP process hosted by Family Resource Center on Disabilities**
  Saturday, January 24th from 10:00am-1:00pm. Located at the FRCD office at 11 E.Adams St., Suite 1002, Chicago, IL 60603. This free workshop covers information on the rules and regulations related to creating the Individualized Education Program (IEP) for your child. Click here for more information and to register.

- **NPN Developmental Differences Resource Fair**
  Sunday, March 8, 2015 from 10:00am-2:00pm at DePaul College Prep (formerly Gordon Tech High School) 3633 N California Ave, Chicago, IL. Free and open to the public. Click here to view flyer and list of exhibitors!

Happy New Year,

Mallory
SAVE THE DATE
JANUARY 30, 2015
9:30-11:30 AM

YOUTH EMPLOYMENT
A SMART INVESTMENT

CHICAGO URBAN LEAGUE
4510 S. MICHIGAN | CHICAGO, IL

YOUTH EMPLOYMENT HEARING
A Dialogue between youth and legislators and key agency officials
For more information contact Jack Wuest (312) 259-2360
THE 2014 TAX SEASON IS HERE

Claim Your Earned Income Tax Credits (EITC)!!

The Tax Break for Hardworking People -
YOU Could Qualify!

What is it worth?
If you worked in 2014, you could claim the EITC to reduce your federal income taxes and/or get a bigger refund if:

• Your household earnings were less than $46,997 (or $52,427 if married filing jointly) and you were raising three or more qualifying children in your home - you could get up to $6,143

• Your household earnings were less than $43,756 (or $49,186 if married filing jointly) and you were raising two qualifying children in your home - you could get up to $5,460!

• Your household earnings were less than $38,511 (or $43,941 if married filing jointly) and you were raising one qualifying child in your home - you could get up to $3,305!

• Your household earnings were less than $14,590 (or $20,020 if married filing jointly), you had no qualifying children, and you are between the ages of 25 and 64 - you could get up to $496!

There are special rules to determine which children qualify for the credit. In most cases, all household members must have Social Security Numbers. Also, investment income must be $3,350 or less for the year.

How do I apply?
• You can only get the EITC if you apply for it on your federal income tax return and you can get it even if you do not owe federal income taxes.

• You must have received “earned income” in 2014 to qualify – that includes wages reported on Form W-2 or self-employment reported on Form 1099-MISC or other earnings.

• If you were raising children in 2014, file federal Form 1040 or 1040A and attach Schedule EIC. If you were not raising children, file any federal income tax return.

• If you worked in the last 3 years and you did not claim the EITC in those years but were eligible, you can still apply for EITC benefits by filing an amended tax return.

Illinois also has a State EITC!
Illinois residents who claim the federal EITC may also get a State EITC which can be worth up to $614!
The State EITC is worth 10 percent of the federal EITC and is fully refundable.

Need help filing your taxes?
There are programs throughout Illinois where families with incomes under $50,000 and individuals with incomes under $25,000 can get free electronic tax preparation and access to financial services.
• Call 312-252-0280 for Center for Economic Progress tax site information.

• Call 312-409-1555 or 312-409-4318 (Spanish) for Ladder Up tax site information.

• You may also call the IRS at 800-829-1040 or 800-829-4059 (TDD).

Note: EITC payments will not affect any IDHS benefits you are currently receiving.
LA TEMPORADA DE IMPUESTOS HA LLEGADO

¡Reclame su Crédito Tributario Por Ingresos De Trabajo (EITC)!

¡Reducción de Impuestos Para Las Personas Que Trabajan – Usted Podría Calificar!

¿Cuánto vale?
Si trabajó en el 2014, usted puede reclamar el EITC para reducir sus impuestos federales y obtener un reembolso más grande si:

- ¡Los ingresos de su familia fueron menos de $46,997 (o $52,427 si es casado y completan los impuestos juntos) y estaba criando tres o más niños en su hogar – puede recibir hasta $6,143!
- ¡Los ingresos de su familia fueron menos de $43,756 (o $49,186 si es casado y completan los impuestos juntos) y estaba criando dos niños en su hogar – puede recibir hasta $5,460!
- ¡Los ingresos de su familia fueron menos $38,511 (o $43,941 si es casado y completan los impuestos juntos) y estaba criando un niño en su hogar – puede recibir hasta $3,305!
- ¡Los ingresos de su familia fueron menos de $14,590 (o $20,020 si es casado y completan los impuestos juntos), no tiene niños que califican y tiene entre 25 y 64 años de edad – puede recibir hasta $496!

Hay reglas especiales para determinar qué niños califican para el crédito. En la mayoría de los casos, todos los miembros del hogar deben tener número de seguro social.

¿Cómo Solicito?
- Solamente puede obtener el EITC si lo solicita en su declaración de impuestos federal y puede obtenerlo aunque no deba ningún impuesto federal.
- Para calificar usted debe haber tenido “ingresos de trabajo” en 2014 – esto incluye salarios declarados en el Formulario W-2 o ingresos de negocio propio o trabajos por cuenta propia declarados en el Formulario 1099-MISC u otros ingresos.
- Si usted estaba criando niños en 2014, complete el Formulario Federal 1040 o 1040A y adjunte el Anexo EIC. Si no estaba criando niños, complete cualquier declaración de impuestos federal.
- Si usted trabajó en los últimos tres años y no reclamó el EITC en esos años, pero era elegible, todavía puede solicitar los beneficios del EITC presentando una declaración de impuestos enmendada.

¡Illinois también tiene el EITC estatal!
¡Los residentes de Illinois que reclaman el EITC federal también pueden obtener EITC Estatal, el cual vale hasta $614! El EITC estatal vale el 10 por ciento del EITC federal y es totalmente reembolsable.

¿Necesita ayuda para preparar sus impuestos?
Hay programas por todo Illinois donde las familias con ingresos menor de $50,000 y personas con ingresos menor de $25,000 pueden conseguir ayuda para la preparación electrónica de impuestos y acceso a los servicios financieros.
- Para información sobre el lugar de impuestos “Center Por Economic Progress”, llame al 312-252-0280.
- Para información sobre “Ladder Up”, llame al 312-409-1555 o para (Español) 312-409-4318 .
- También puede llamar a IRS al 800-829-1040 o 800-829-4059 (TDD).

Tenga en Cuenta: Los pagos del EITC no afectarán ninguno de los beneficios de DHS que actualmente usted recibe.
**EMPLOYMENT OPPORTUNITY**

<table>
<thead>
<tr>
<th><strong>Position Title:</strong></th>
<th>Bilingual Service Coordinator/QIDP</th>
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<tbody>
<tr>
<td><strong>Date Posted:</strong></td>
<td>December 23, 2014</td>
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**Minimum Requirements:** Bachelor’s degree in Social Services or related field, experience working with people with developmental disabilities and their families, Bilingual English/Spanish required; valid driver’s license with good driving record, valid vehicle insurance and ability to use personal vehicle required.

**Job Summary:**
Under the direct supervision of the Director of Respite Services, the Bilingual Service Coordinator/QIDP provides and coordinates community-based services and supports for individuals with developmental disabilities and their families.

**Duties & Responsibilities:**
- Provide assistance in obtaining health, dental, mental health, educational and rehabilitative services as needed. Follow-up with individuals and agencies as appropriate.
- Conduct the required number of home visit to assigned case load or more often as needed.
- Interview, hire, train and supervise the Direct Support Professional (DSP) staff.
- Develop and write the initial and annual Individualize Service Plan (ISP).
- Monitor ISP implementation, including training DSP staff on the service plan and revise ISP as needed.
- Monitor service allocation hours for each individual, ensuring services are being provided.
- Ensure timely and accurate completion of all required documentation.
- Work as a team player with all vested partners to facilitate case coordination and information sharing.
- Maintain paper and electronic case records.
- Adhere to agency policy, procedures and the professional code of ethics.
- Perform other duties as assigned.

**Status:** Full time, exempt

**Hours:** 37.5 hours per week.

**Important Note:**

In accordance with Community Support Services, Inc.’s current policies and procedures, a transfer will not be granted to an employee who is currently in his/her 90-day evaluation period unless pre-approved by the President/CEO.

Current employees interested in applying and/or learning more about these opportunities may complete a “Request for Transfer” form or contact Employee Services, ext. 186, for more information. Generally, a request must be received within 5 business days of this posting. Requests received after 5 days may not be considered for transfer as the hiring decision may have already been made.
Need help with paying your People's Energy gas bill or your ComEd electric bill?

PRCC is now taking applications for energy assistance at the following location:

Vida Sida  
2640 W Division St  
Chicago, IL 60622  
(773) 278 - 6737

Documents Needed to Apply:
- Current utility bill (gas and light)
- Proof of income from the past 30 days
- Social Security Card of everyone in household
- Government Issued ID
- If there is no income in the household, a letter of support from someone who has financially assisted you for the last 30 days must be presented

We help will fill out medical card applications

The Affordable Care Act
The Puerto Rican Cultural Center • 773-227-7794
PUERTO RICAN CULTURAL CENTER
HOMELESS PREVENTION AND RENTAL ASSISTANCE PROGRAM

Are you homeless? About to become homeless?
   Fell behind in rent?
   Need security deposit or first month’s rent?
   (You may qualify)

Eligibility for Assistance
   Behind in rent.

Documents needed:
   Current pay stub for the past 30 days
   Current utility bills
   (People’s Gas or ComEd)
   Social Security Card
   State ID or Driver License
   Current lease or rental Agreement
   Proof of Health Insurance
   Proof of Snap Benefits

Illinois Department of Human Services

2640 West Division St. Chicago, IL 60622 9:00 A.M. – 4:30 P.M.
Call Shirley Ortiz Payton 773-278-6737
EL CONUCO

Indoor Fresh Produce Market Basket

Every Friday 2:00pm - 6:00pm • 2628 W. Division St.

• 9 POUNDS OF YOUR CHOICE OF FRESH PRODUCE FROM OUR COMMUNITY FARM FOR ONLY $10.00

ACCEPTING DOUBLE VALUE COUPONS (LINK BUCKS)

The PRCC is participating in Double Value Coupons at farmers markets across the city. That means if your household is on LINK, you can visit our farmers market - "El Conuco" and your purchasing power will be doubled, up to $10 per LINK cardholder per week, while funding lasts. Keep an eye out for LINK Bucks that look something like this:

El Conuco Fresh Produce Market
A Project of The Puerto Rican Cultural Center

LINK BUCKS

$1
ONE DOLLAR

Valid at El Conuco Fresh Produce Market. See reverse for list. Not redeemable for cash. No change given. For Illinois LINK approved purchases.

Expires: 06/2015

Sponsored by Experimental Station and The City of Chicago

LINK Bucks can be spent the same day, or save them up for a bigger purchase later in the season. Expire at the end of 2014.

Also: • Fresh Sofrito (Homemade) • Bottled Fresh Chilies • Cafe Don Oscar
To Place Orders Call: (773) 394-4935 • Email: violas@prcc-chgo.org
HISTORY OF CHHC

The Chicago Hispanic Health Coalition (CHHC) was established in June 1991 as a multi-disciplinary membership organization to address the need for health promotion and disease prevention among Chicago’s Hispanic community.

It was established as a pilot demonstration project with funding from the U.S. Department of Health and Human Services, Office of Minority Health.

Since 1991 CHHC created and organized an outreach program known as Door to Door “Promotoras de Salud” (health promoters) within the Hispanic community. Its objective was to navigate families through the health care system.

In addition:
- CHHC promotes healthy behavior to prevent chronic disease.
- CHHC advances health education and disease prevention in the Hispanic community.

CHHC members are drawn from local agencies, community based organizations, universities, churches and regional offices of national health organizations. There are currently more than 650 health and service agencies actively participating.

CHHC VISION & ACCOMPLISHMENTS

The CHHC supports programs staffed by representatives of the Hispanic community. The CHHC’s instructional materials use culturally appropriate language and examples to reach people at a variety of educational levels.

Coalition agencies participate through CHHC task forces to promote involvement from the Hispanic community during program planning, implementation, and evaluation to maximize participation by the targeted populations.

Through these collaborative efforts, specific programs have been developed for Hispanic communities through the CHHC and with such organizations as: the National Alliance for Hispanic Health, the American Cancer Society, American Heart Association, American Diabetes Association, Respiratory Health Association of Metropolitan Chicago, the Arthritis Foundation, the National Parkinson Foundation, the National Alzheimer Association, Illinois Department of Human Services, the Illinois Department of Public Health, Chicago Department of Public Health, Chicago Department of Aging, Northwestern University Department of Preventive Medicine, the University of Illinois School of Public Health, Illinois Hospital Association, and the Illinois Public Health Association.

CHHC also formulates culturally specific media campaigns to inform the larger Hispanic community about health issues such as immunization, breast cancer and diabetes. Utilizing Hispanic newspaper circulations and television broadcasting these campaigns have reached more than 400,000 individuals.

CHHC MISSION

The mission of the Chicago Hispanic Health Coalition is to improve the quality of life for all Hispanics by promoting healthy behaviors and environments. By coalition building and direct action, it seeks to empower the Hispanic community by providing a centralized forum for capacity building, communication, coordination, policy, and networking among health and human service providers and consumers.

The CHHC distributes a monthly electronic newsletter of community events in which Coalition members and agencies post their activities and programs to enhance communication. Community agency representatives, students, healthcare workers, policy makers, health advocates, and anyone interested is encouraged to sign up.

JOIN OUR MAILING LIST

Provide the following information via email to:

NAME
EMAIL
ADDRESS
PHONE
Best method of contact

For more information contact:
CHHC at (312) 423-7667
or visit our website:
www.chicagohispanichcaltcoalition.org