



Health Facts with Dr. Max

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A Vaccine to Prevent Cancer?

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We now have a vaccine intended to further reduce the 10 deaths a day that we have in the US from cervical cancer. It does so by boosting immunity to many of the viruses that cause cervical cancer. At present the vaccine is indicated for young women ages 9 - 26 when both exposure to the virus and the immune response to a vaccine would be at their peaks. The vaccine is not a live virus, making it safe even if the patient goes on to a pregnancy after immunizations. It does work best if given before "sexual debut". A pelvic exam is not mandatory before getting the vaccine and is available at most gynecological and pediatric offices.

The Pap test is effective in detecting cervical cancer in its early stages when it is highly curable. At The Counseling and Gynecology Group, we offer a continuum of women's health care including annual exams. Offering a pro-active approach to a healthy lifestyle, our services include holistic and nutritional therapy and stress management. Call us at 413-525-4546 to schedule a routine physical exam. We are located at 281 Maple Street, East Longmeadow.

P.S. The vaccine does not eliminate the need for pap smears which should start by age 21 or 3 years after sexual activity starts, whichever occurs first.