

A **GOAL**
WITHOUT
A **PLAN** IS
JUST A **WISH**

January New Year, New Goals

The month of January is known for inspiring New Year's resolutions. Often, these resolutions are broad and rather vague, making them challenging to achieve. Instead of setting lofty expectations for the new year, consider creating actionable SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. For example, rather than saying, "I'm going to eat healthier," a more effective goal would be, "I'm going to reduce my added sugars by 50% over the next 3 months by making my own coffee instead of getting daily ones at Starbucks." By focusing on SMART goals, you're setting yourself up for success with clear, attainable milestones that keep you motivated throughout the year.

What is a SMART goal?

S

SPECIFIC

What exactly do you want to achieve? What actions will you take?

G

M

MEASURABLE

What data will measure the goal? How will you know when you have achieved the goal?

O

A

ATTAINABLE

Is the goal doable? Do you have the necessary resources and control over this?

A

R

REALISTIC

How does the goal align with broader goals? Why is the result important and applicable to your life?

L

T

TIME-BOUND

What is the timeframe for accomplishing the goal?

S

Cervical Health Awareness

Myth:

Women with HPV will experience warning symptoms.

Myth versus Fact

Fact:

HPV infections usually do not cause any symptoms.

Cervical Cancer Prevention

Cervical cancer is highly preventable through early detection and vaccination. Please see an OB-GYN provider or primary care provider specializing in women's health examinations. Recommendations for prevention include:

- Routine Pap and HPV tests to detect precancerous cells HPV vaccine may reduce your risk of cervical cancer, genital warts, and other HPV-related cancers (vaccine not recommended by American Cancer Society for persons older than 26 years)
- Practice safe sex
- Avoid smoking to reduce overall risk of all cancers

Signs & Symptoms



Unusual vaginal bleeding



Pelvic pain or pain during intercourse



Changes in menstrual cycle



Malodorous and bloody discharge

Resources:

[Innovative's Cervical Cancer Tip Sheet](#)

[General Info on Cervical Cancer](#)

[Myths vs Facts](#)

[Online Support Communities](#)

