

# Taylor Regional Hospital named Business of the Year



Photo submitted

Taylor Regional Hospital has been named the 2026 Chamber Business of the Year by the Campbellsville Taylor County Chamber of Commerce. The hospital issued the following statement: "Being named Business of the Year reflects our shared mission to go beyond expectations — to serve with purpose, lead with integrity, and continually invest in the health and well-being of Central Kentucky. Thank you to the chamber for this incredible honor. Thank you to our community for believing in us. Thank you to every Taylor Regional Hospital team member who shows up each day ready to serve."

## Cervical Health Awareness Month

Cervical cancer is highly preventable with regular screening tests and appropriate follow-up care. It can also be cured when found early and treated. Cervical cancer is almost always caused by the human papillomavirus infection (HPV). Vaccines are available to protect against the types of HPV that most often cause cervical cancer.

HPV is very common in the United States and is passed from one person to another during sex. It is so common that nearly all sexually active men and women get it at some point in their lives, but few women will get cervical cancer. Talk to your health care provider about whether the HPV test is right for you.

### Screening Tests

Two tests can help prevent cervical cancer or find it early—

- The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus that can cause these cell changes.

The Pap test is recommended for women between ages 21 and 65, and can be done in a doctor's office or clinic. Women should start getting Pap tests regularly at age 21. If your Pap test results are normal, your doctor may say you can wait three years until your next Pap test. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. Both tests can be performed by your doctor at the same time. If your test results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say you can wait as long as five years for your next screening.

If you have a low income or do not have health insurance, you may be able to get a free or low-cost Pap test through CDC's National Breast and Cervical Cancer Early Detection Program.

### HPV Vaccine

Get the HPV vaccine if you are in the age group for which

it's recommended. The HPV vaccine protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26.

Make an appointment today for you or

your child's vaccination. If you don't have insurance, or your insurance does not cover vaccines, CDC's vaccine for children's program may be able to help.

It is important to point out that Kentucky is one of the unhealthiest states in our nation, but a few healthy lifestyle choices could change this. First, eat

smaller proportioned helpings of nutritious foods. Second, exercising for about 30 minutes per day. Third, avoid the use of tobacco products. Finally, make sure you get your needed preventive screenings. Visit our website at [www.LCD-HD.org](http://www.LCD-HD.org) to learn more.

Source: Centers for Disease Control (CDC)



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**Wishing everyone a Healthy, Happy New Year!**

## Let's start the year on a healthier note

As we step into the New Year, it's natural to reflect on our lives and think about the changes we'd like to make. For many, this is the perfect time to focus on health and well-being.

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# Taylor Regional Hospital

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270-465-3561 [www.trhosp.org](http://www.trhosp.org)