



**RECOMMENDATIONS FOR ABNORMAL PAP/HPV**

\*INDOLE-3 CARBINOL 400 MG DAILY FOR 6 MONTHS

\*AHCC 500 MG TWICE DAILY FOR 5 MONTHS

This is available at **Humble & Pacific Pharmacy** (*FM 1960 and 59, next to Italiano's,*) **Thrive Nutrition** (*In Kingwood in the Stein Mart strip center*), the **Vitamin Shoppe** (*In Humble*), online sources, and here in the office.

ANTIOXIDANT VITAMINS, VITAMINS A, C AND E, DAILY

AVOID NEW PARTNERS OR USE SAFE SEX IF YOU SHOULD HAVE A NEW PARTNER

STOP USING TOBACCO IF YOU ARE

DO NOT DOUCHE

MAKE SURE YOU KEEP YOUR FOLLOW-UP PAP APPOINTMENT.