

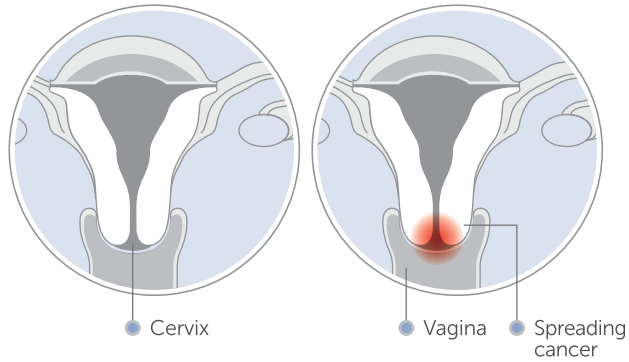


CERVICAL CANCER

EVERY WOMAN'S CHECKLIST

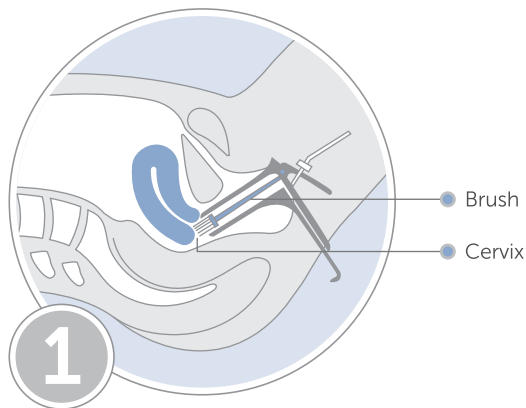


Cervical cancer does affect every woman



The cervix is a strong muscle that connects a woman's womb to her vagina, and opens up to let menstrual blood and sperm through. This muscle also opens up for the baby during childbirth. Cancer of the cervix, or cervical cancer can affect women of any age who are or were sexually active. It is the most common cancer in women under the age of 35.

Smear Test



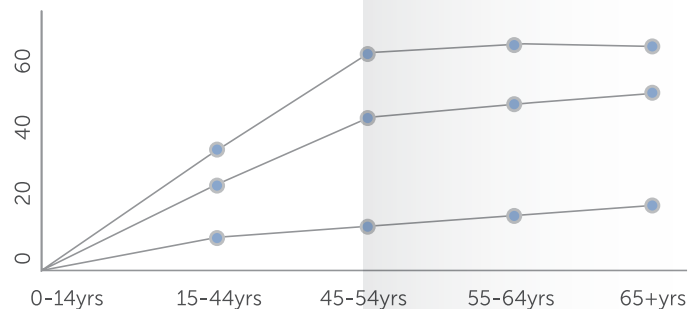
WHAT IS A CERVICAL SCREENING?

Commonly known as smear test, Pap smear, or just Pap test, this simple examination takes just a few minutes. Although not painful, if you feel uncomfortable, you should ask to see a female doctor. In the test, a sample of cells from your cervix is taken using a small brush.

These cells are stored in liquid and sent to a laboratory to be scanned under a microscope. Previously, this was done using a spatula to 'smear' the cells onto a glass slide, hence the name.

A screening helps doctors catch changes in the cervix before it develops into cancer. Treating early changes can prevent cervical cancer from developing. Ideally, women between age 20-60 should get themselves screened every 3 to 5 years.

Age-specific mortality from cervical cancer in India



FACTORS THAT INCREASE THE RISK OF CERVICAL CANCER

HPV: Most cases of cervical cancer are linked to a sexually transmitted infection called Human Papillomavirus (HPV) or genital warts. 4 out of 5 adults are infected with HPV at some stage in their life, and although it usually clears up without complications, some types of HPV could cause warts while others cause changes in the cervix and lead to cervical cancer.

HPV won't show up in a cervical screening test but the test detects early changes in the cervix that are caused by HPV. An HPV vaccine may not protect against all types of HPV, but it can prevent at least 7 out of 10 cervical cancer cases so a screening is still necessary.

Sexual History: Women who have had sex at a young age or several sexual partners, have a higher risk of developing cervical cancer. This is because they are more likely to get a sexually transmitted infection like HPV. Using a condom reduces the chance of getting and spreading the HPV infection.

Smoking: Smoking not only doubles the risk of cervical cancer but also makes it harder to treat abnormal cells.

The Pill: While the pill could protect against womb and ovarian cancers, studies show that it does increase the risk of cervical cancer.

Family History: Women with close relatives who have or had cervical cancer are at a higher risk of developing it.



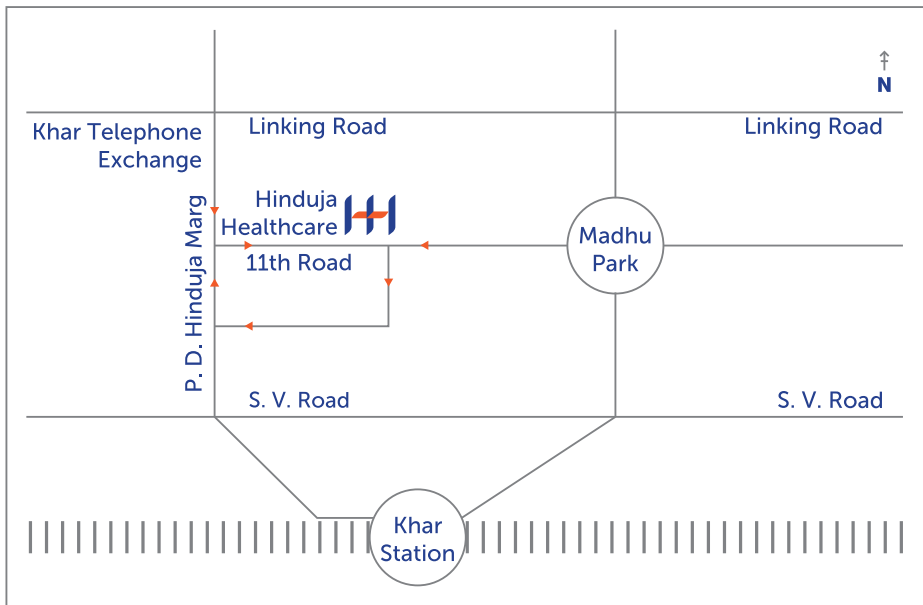
SIGNS TO LOOK OUT FOR

If you notice bleeding between periods, during or after sex, or after menopause, you should see a doctor and get tested. Also look out for any unpleasant vaginal discharge or even pain during sex.

After you get tested

Sometimes a sample is not clear enough and may require you to do further tests. Even if your results are not normal, don't start worrying. It could simply mean that some of your cells have undergone changes and may need to be treated. Your doctor will advise you on what is best. Whichever way your results go, it's always better knowing than not. That's why a cervical screening is so important.

Speak to one of the Hinduja Healthcare Surgical doctors and schedule your test.



Hinduja Healthcare Surgical • 11th Road, Khar (W), Mumbai 52.

For Appointments: +91 22 3091 8989/6154 8989 • **For Enquiries:** +91 22 2646 9999

www.hindujahealthcare.com