

TESTING

PAP TEST or Papsmear

Recommended the first test to be done at 21 years of age or when you become sexually active

It is a **screening test** in 2 parts.

The **first part**, your doctor performs a visual inspection to assess the appearance. The visual test looks for precancers, cell changes on the cervix, color changes, and abnormal growth of tissue and cells.

The **second part** involves your doctor taking a tissue sample, which will be sent to a lab for cell and tissue testing.

An **abnormal Pap test result does NOT mean you have cervical cancer.** Anything abnormal should be treated appropriately and immediately before it can have a chance to grow into cervical cancer.

PAP screening schedule

<u>Age</u>	<u>Test</u>
21-29	Pap (preferred) every 3 years
30-65	Pap every 3 years, or Pap & HPV test "co-testing" every 5 years HPV testing (only) every 5 years
66+	Can discontinue screening if you have a history of normal test results, and are not at higher risk for cervical cancer

You may need to screen more often with any test if you have a history of abnormal test results.

HPV TEST

Is a screening test that looks to see if you have high-risk "HPV" human papillomavirus infection, about 14 types, including HPV 16 & 18. Cells are taken from the cervix and sent to a lab for testing

COLPOSCOPY TEST

The test uses a bright light and a magnifying lens. Cervical tissue is removed from the cervix, and the cells are studied under a microscope

CERVICAL CANCER QUESTIONS

The Human Papilloma Virus "HPV" is the **most important risk factor** for cervical cancer!

What causes most cervical cancers?

Long-lasting HPV infection with the high-risk types **HPV16 & 18 are vaccine-preventable**



Most cases of cervical cancer occur in women who aren't adequately screened.

Does pregnancy factor in cervical cancer?

Yes, < 20 years of age **with a full-term** pregnancy, or >25 years old for your **first** full-term pregnancy

Were you were exposed to Diethylstilbestrol "DES" ?

Prior to 1972, it was used as a miscarriage prevention medication (synthetic estrogen). If you were exposed while your mother was pregnant with you (before birth), You are at a higher risk for cervical cancer

When do women typically receive a diagnosis of cervical cancer?
Women 35-44 yrs old

Do I need to take the PAP test if...?

I had the HPV vaccine ?

YES. HPV vaccination doesn't protect against all high-risk HPV types that can cause cervical cancer. The vaccine doesn't take the place of a PAP Test

Have you had a hysterectomy?

YES, if your cervix was **not** removed, you will need to have regular PAP testing
NO, if your cervix was removed, you don't need to have PAP testing

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CERVICAL CANCER PREVENTION



A doctor who specializes in the cervix is called a Gynecologist "GYN"

Fight For Your Health



Prompt screening, early identification, and follow-up of abnormal test results play a **crucial role**

Early detection of cervical cancer leads to *effective treatment, a high survival rate, and a 91% cure rate*, supporting long-term quality of life

What is HPV?

“Human Papilloma Virus”
It is a virus



What is a Papilloma?

A type of growth called a wart

How many human papillomavirus types are there?

150 different types

How does the HPV virus spread?

It spreads by skin-to-skin contact or during sexual activity with an infected person vaginal, anal, & even oral sex

What types of cancer is caused by the HPV virus?

cervix, vulva, vagina, penile, anus, mouth, & throat

What are low-risk HPV viruses?

They don't usually cause cancer, and they may cause growth-warts. HPV 1 and HPV 6 are low risk and covered by the HPV vaccine

If I get the HPV Vaccine am I cured of the HPV virus?

No, the vaccine *prevents further growth* of the existing virus, The vaccine can't undo the growth occurring before vaccination

What high-risk HPV viruses are covered with the vaccine?

Type **HPV 16** and **18 HPV** cause 70% of all cervical cancers worldwide. 90% of HPV related cancers are due to 16 & 18

How many total HPV viruses does the vaccine

9 types of HPV viruses
6, 11, 16, 18, 31, 33, 45, 52, 58

PREVENTION

Starts with getting the HPV vaccine!

The HPV vaccine can be given to people aged 9 to 45 years old

Prevent STI infections

USE CONDOMS!

Decrease your risk of Sexually Transmitted Infections “STI” of herpes, chlamydia, gonorrhea, syphilis, and HIV/AIDS. At least 50% of sexually active people will have HPV at some point in their lives.

Chlamydia, either a current infection or a past infection, can cause HPV growth in the cervix.

How does sexual activity put me at risk?

1. Sexual activity by those younger than 18 years old.
2. Having many sexual partners, the more partners in a lifetime increases your risk.
3. Having a sexual partner who is high risk. Someone with an HPV infection or someone who has had a history of many sexual partners.
4. 80-90% of sexually active people test positive for 1 strain of HPV (estimation)

The high-risk HPV types that are 12 HPV viruses NOT covered with the HPV vaccine. These viruses can be reduced or prevented with condom use.

Keep good menstrual hygiene

Good hygiene practices, such as using sanitary napkins, tampons can't be used longer than 8 hours, ideally changing them every 4-6 hours. Practicing personal hygiene and cleanliness can reduce the risk of severe life threatening infections. Poor hygiene may lead to reproductive tract infections that need to be treated right away.

Boost your immune system!

Your immune system destroys some HPV infections, which can slow the growth and spread of cancer cells. Taking multi vitamins, and magnesium, and getting 7-10 hours of sleep daily-can make a difference.

Stop smoking

Women who smoke or breathe secondhand smoke double their risk. Smoking can damage the DNA of cervical cells, and is found in the cervical mucus of women who smoke.

Decrease your risk learn what you can you do to help yourself



Infection of the virus is the most important-largest risk factor for cervical cancer

Lesions:

If the lesion (precancerous) is not found and removed timely, it may eventually develop into cervical cancer. Changes or lesions that persist for 1 or 2 years are more likely to become cancer if they are not treated

Very early stages (No symptoms)

Early stages may have no symptoms, Cancer is when normal cells change their DNA, multiply quickly, and live longer than normal cells. Why early detection is key: Because cervical cancer is often silent in its early stages

Signs & Symptoms:

1. Abnormal Vaginal Bleeding: Bleeding outside of your normal period, after sex, or after menopause, including very heavy periods
2. Unusual vaginal discharge: watery, bloody, or thick discharge that has a strong odor or looks different.
3. Pain during sex: pelvic pain or discomfort during intercourse, or persistent or unexplained pain in the pelvic area
4. Urinating more often

Advanced signs & symptoms:

1. Painful or frequent urination
2. Blood in the urine
3. Swelling in the legs -due to blocked lymph nodes
4. Back pain
5. Unexplained weight loss
6. Fatigue



You must see your Gynecologist