

# FAQ, on Cervical Cancer

## Q1 What are the symptoms of cervical cancer?

Ans- Foul smelling persistent vaginal discharge, any abnormal bleeding like-postcoital bleeding / intermenstrual bleeding or post menopausal bleeding are the most common symptoms of cervical cancer

## Q2 What are the causes of cancer cervix ?

Ans - HPV ( Human Papilloma virus) infection is responsible for 80-90% of the cervical cancer cases worldwide

## Q3 Who are prone to get cervical cancer?

Ans- patients with multiple sexual partners, patients with early age at first coitus, early child birth, husband with multiple sexual partners, patients with sexually transmitted disease are more prone to get infection with HPV virus and later cervical cancer

## Q4 Can cervical cancer be prevented?

Ans- Yes it can be prevented by regular screening of married women and by vaccinating girls before starting sexual activity

## Q5 How screening is helpful in prevention of cervical cancer?

Ans- Cervical cancer has a long natural history. Firstly, precancer changes occur in cervix which later develop into cervical cancer. Screening can detect the precancer stage of cervical cancer and with the different modes of treatment it can be cured in precancer stage, so we can stop the progression of precancer into the cancer

## Q6 What are the different methods of screening of cervical cancer?

Ans- PAP smear, LBC, (both are cytology tests where superficial scrapings of cervix are taken and sent for testing) HPV DNA testing ( it detects presence of HPV infection) VIA, VILI and colposcopy which detect abnormal changes in cervix and help in biopsy site identification.

## Q7 Do genetics play a role in cervical cancer ?

Ans-No genetics does not play any role in this cancer

## Q8 What are the treatment modalities of cervical cancer?

Ans- Surgery (Radical hysterectomy with B/I pelvic lymphadenectomy) is the treatment of choice for early stage of cancer cervix. In advanced stage, radiotherapy along with chemotherapy is given.

## Q9 What are the chances of recurrence?

Ans - If treated in early stage recurrence is rare but in advanced stage recurrence risk is high.

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# CERVICAL CANCER AWARENESS

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## Every 2 minutes, a woman loses her life to **cervical cancer**

Cervical cancer occurs in the cells of the cervix, the lower part of the uterus that connects the uterus to the vagina. Every year January is observed as Cervical Cancer Awareness month to spread awareness about its prevention and treatment.

**Cervical cancer is most commonly caused by HPV, human papillomavirus, which primarily spreads through sexual activities. Hence, always indulge in safe sex.**



## Debunking **3 common MYTHS** about Cervical Cancer

### MYTHS 1

**If contract HPV (human papillomavirus) I will develop cervical cancer.**

**Reality :** Not always

HPV can infect both men and women. If you are sexually active, you can get HPV. However, not every HPV - Infected person will develop cervical cancer. In 9 out of 10 people, the HPV virus may get cleared by itself in 2 years. In case it doesn't health problems (like cancer) may occur.

### MYTHS 2

**I don't need to get screened because I don't have any symptoms.**

**Reality :** That's not true.

Screening helps in the early detection of cancer. You should not wait for symptoms to get screened. Early-stage cervical cancer may not have any symptoms. But, early detection can increase the chances of survival as the treatment is started early on, and can also prevent disease progression.

### MYTHS 3

**If i start with a Pap test, I need to get tested every year.**

**Reality :** Not necessarily

If your Pap smear test and HPV tests are normal, you don't need to get them every year. As per recommendations, Women aged 25-64 can get an **HPV test every 5 years, a Pap test with HPV every 5 years, or a Pap test alone every 3 years.**

## Tips to prevent **cervical cancer**



### 1. Get vaccinated against HPV

The best way to prevent HPV infection is by getting vaccinated. HPV vaccination is recommended for all sexually active adults. In India, it can be given until age 45. However, the best time to get this shot is between 9-13 years of age, before you've started having any sexual activity. Consult our expert, if you wish to know more. **An expert can help you.**

### 2. Get your cervical health screened :

If you're not eligible for the HPV vaccine, go for your cervical screenings, Pap smear tests, and HPV screenings as and when recommended.

**Confused about what tests to take at what intervals to screen for your cervical health ? An expert can help you.**

### 3. Practice safe sex :

HPV is sneaky and can spread through oral, anal, and vaginal sexual activity. So, always indulge in safe sex. This reduces the risk of HPV infection, the main cause of cervical cancer.

### 4. Quit Smoking

Women who smoke are two times more likely to develop cervical cancer. Tobacco can change your cervix cell's DNA which may lead to cancer. It also weakens your immune system's ability to fight the HPV virus.

With the right awareness and timely preventable measures, together we can **#DefeatCervicalCancer**