

Don't Fear The Smear

CERVICAL CANCER

3,200
new cases a year.

- 14TH MOST COMMON CANCER IN WOMEN.
- 520 CASES IN THE UK LINKED TO DEPREVATION.
- SINCE THE 90S CASES HAVE FELL BY 25%.
- DIAGNOSES HIGHEST IN FEMALES AGED BETWEEN 30-34.

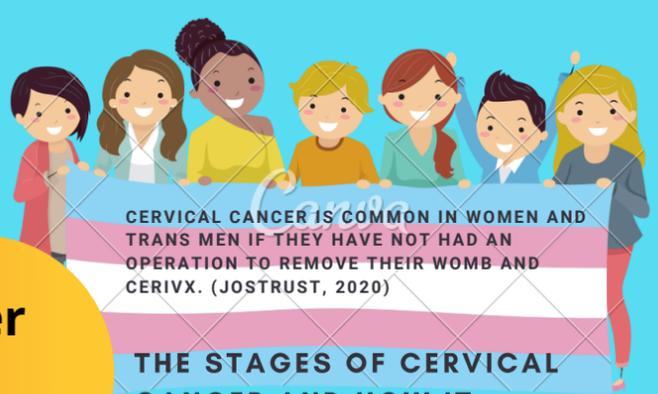
(JOSTRUST, 2017)



5th
most common cancer
in the North West.
(Cancer research, 2020)

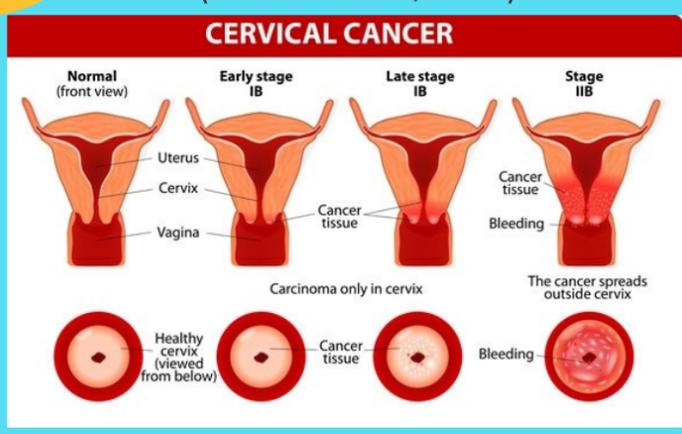
About Cervical Cancer

Cervical Cancer forms in the cervix, -the cervix is what joins the lower part of the womb to the Vagina. the Human Papillomavirus (HPV) is the main cause of cervical cancer. (NHS, 2018) it can takes years to develop and develops in different stages depending on which cells are affected. (NHS, 2018)



CERVICAL CANCER IS COMMON IN WOMEN AND TRANS MEN IF THEY HAVE NOT HAD AN OPERATION TO REMOVE THEIR WOMB AND CERIVX. (JOSTRUST, 2020)

THE STAGES OF CERVICAL CANCER AND HOW IT PRESENTS IN THE CERVIX. (HEALTHJADE, 2019)



1 in 3 women
do not attend their screening due to embarrassment. (NHS, 2018)

- 24% of women do not think they are at risk of cervical cancer because they are healthy
- 61 % of women aged between 25-35 are not aware they are in the high risk age range
- 11% didnt think a smear test was needed if you have been given the HPV vaccine.
- 31% dont attend if they havent waxed or shaved their bikini area
- 20% would not want to know if anything is wrong.
- 35% wont attend if time off work for the appointment is needed.

(jostrust, 2017)

SIGNS AND SYMPTOMS ARE NOT ALWAYS NOTICABLE, SOMETIMES SYMPTOMS DONT SHOW UNTILL A LATER STAGE. (WRDA, 2019)

The different changes in cells and what they mean..

1. No HPV found - no risk - Testing remains the same.
2. HPV found - No cell change - high risk HPV, screened yearly, if the results remain the same three times in a row then a referral fo a colposcopy will be done for further testing.
3. HPV found - cell change - High Risk HPV and cell change, referral for a colposcopy for further testing.
4. Inadequate - Not enough cells to test, retest after three months of first test.

(healthjade, 2020)

Cervical screening is a test that is performed by the national health service for free. (NHS, 2018) woman between the age of 25 and 64 are automatically invited to have a cervical screening as long as your a registered with a GP. (evappeal, 2020)

Screening is every 3 years unless changes in cells are detected. (NHS, 2018))

its important to be screened as it detects abnormal changes in cells earlier and can help prevent them changing into cancerous cells. (eveappeal, 2020)



Prevention

- Cervical Screening (smear test) - 3 yearly aged 25-49. 5 yearly aged 50-64.
- Safer Sex - Using protection such as condoms helps prevent the risk of developing HPV.
- No smoking or smoke less - smoking reduces the chances of your body fighting off infection.
- HPV vaccine - Given to school girls aged 12-13, helps protect against 4 types of HPV that can cause cervical cancer.

(Jostrust, 2020)

Treatment

Cervical Cancer if caught early is usually curable, if not then treatment can be given to slow the cancer down.

Removal of early cancer includes - LLETZ Treatment - Cancerous cells are removed with a fine wire and electrical current. Cone Biopsy - surgery to remove a cone shaped area of cells.

Advanced Cervical Cancer treatment ; there are three different types of surgery

1. Trachelectomy - the removal of the cervix and surrounding tissue.
2. Hysterectomy - womb and cervix removed, depending on har far the cancer has spread it could lead to a total hysterectomy removing the fallopian tubes and ovaries.
3. Pelvic Exenteration - this the the removal or total removal of the cervix, womb, ovaries, fallopian tubes, bladder and rectum.

(Cancer research uk, 2020)

living with and after cervical cancer

living with cancer can be difficult depending on stage and treatment, it can affect many aspects of your life.

Work - You can not be discriminated against because of your illness, take time off work for treatment. You will be entitled to benefits but this can have an impact on your financial situation, which can lead to stress, depression etc. (NHS, 2020)

Sex/intimacy and relationships - 6 out of 10 woman struggle with sex and intimacy after treatment (Cancer reasearch, 2020)) This however is a normal thing to feel, living with cancer, having treatment and after, can affect you emotionally and mentally, access to the right support is widely available, also having a good family network/support group will have a massive impact on what you are goin through so you do not feel alone. (Jostrust, 2020)

Mortality rates of cervical cancer have decreased by 75% since the 1970s due to cervical screening and more awareness. (cancer research,2020)