

Wise Womens Health

Preventing cervical cancer



Preventing cervical cancer

- Preventing cervical cancer
- What is the Pap test?
- Detection
- Risk Factors and symptoms
- What does an abnormal Pap test result mean?
- Key messages
 - National cervical screening program
 - National Vaccination Program



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Preventing cervical cancer

Cancer of the cervix is largely preventable due to

- Pap screening
- Introduction of the HPV vaccine in 2007

In 2011, estimated there were

- 801 new cases
- In 2012 226 women died from cervical cancer.
- Only 60.4% of eligible women in Vic had a pap test.. (Cancervic 2015)

Regular two-yearly Pap tests can

- reduce the incidence of cervical cancer by up to 90% in Australia
- save Australian women dying from the disease each year.

www.cancer.gov.au



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Know your states data.



Early detection

- Up to 90% of cervical cancers are preventable if you Pap test every two years.
- Pap tests pick up early warning signs that can be treated.
- On average cervical cancer takes at least a decade to develop.



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Risk factors

- Main cause is an infection with the human papillomavirus (HPV)
- Four out of five people become infected with HPV throughout their lives.
- HPV usually has no symptoms
- Smoking
- Diethylstilbestrol (DES) exposure (this was used to prevent miscarriage in the 1950s – 1970s. Daughters born to mothers (taking DES) have an increased risk.



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On average cervical cancer takes at least a decade to develop. Since 2007 Vaccination has been available for HPV and it is currently on the national immunisation program given to year 7 secondary school girls and Boys or age equivalent

Symptoms

- Vaginal bleeding between periods
- Bleeding after intercourse
- Pain during intercourse
- Unusual vaginal discharge
- Lower back pain
- Excessive tiredness

On average cervical cancer takes at least a decade to develop.



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History of the Pap test

Dr. George Papanicolaou



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What does the Pap test involve?

- A Pap test involves taking cells from the cervix
- It only takes a couple of minutes
- A doctor or nurse Pap test provider can perform a Pap test

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Female reproductive system

endometrium Fallopian tube
ovary uterus
cervix vagina

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Reinforce ovaries are the size of an almond and a healthy uterus the size of a small pear. Use model to outline the position of bladder, uterus and rectum.

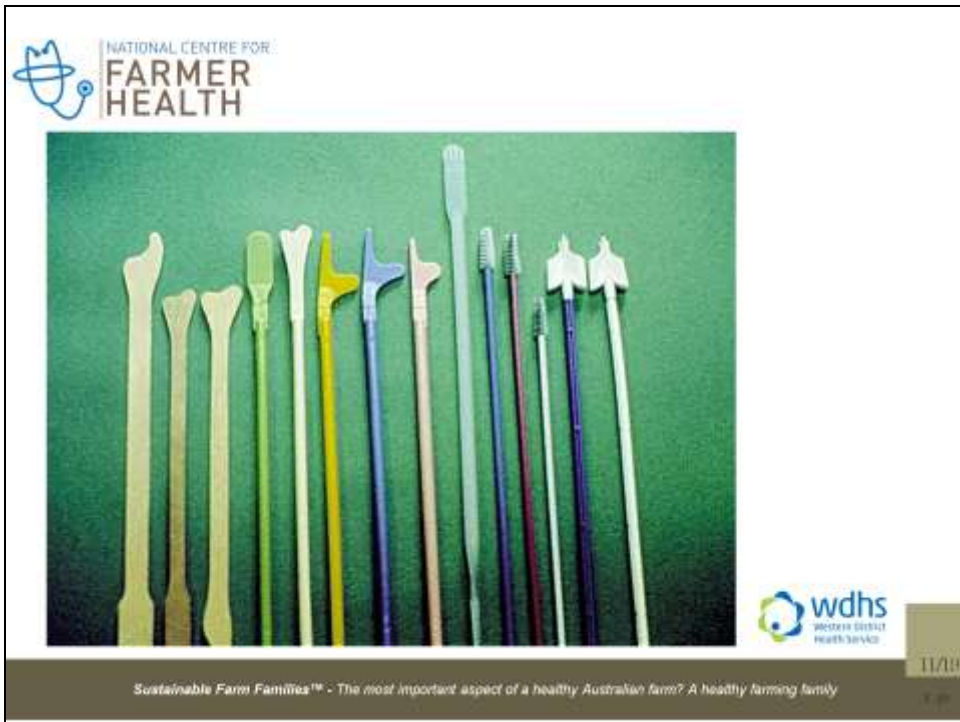
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The Pap test

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Spend time and get a feel for the groups knowledge. Remember you may have women who have not had a pap smear.



Pass around the instruments



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Who should have a Pap test?

Every woman aged 18 - 70 years who has ever had sex.

This includes women who:

- Are lesbians
- Have disabilities
- Are widowed or divorced
- Have not had sex for years
- Have only had one sexual partner
- Women who have had a hysterectomy should consult their doctor
- *If you have a cervix, you need to have a Pap test*



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This is changing from May 2017 and will be for women aged 25- 74 years both vaccinated and unvaccinated and will only be every 5 years. .

What does a Pap test screen for?

- The Pap test screens for cervical cell abnormalities which, if left untreated, may lead to cervical cancer
- It does not test for other types of cancer in the reproductive system or for sexually transmitted diseases



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How accurate is the Pap test?

- The Pap test is 90% accurate
- Most cervical cancers take 10 years to develop
- Most abnormal Pap test results are *not* due to cervical cancer
- Most abnormalities indicate common infections or conditions
- These often clear up naturally or can be easily treated



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Most Pap test results are normal



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Human Papilloma Virus

(HPV; wart virus)

- HPV is very common
- Affects 80% of women at some time
- Spread through genital skin contact
- Causes 7 out of 10 cases of cervical cancer
- National HPV Vaccination Program - *Gardasil*[®]
 - Australian Government providing free vaccine to males and females aged 12-13years



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Since 2007 Vaccination has been available for HPV for girls and It's currently on the Australian national childhood immunisation program given to year 7 secondary school girls and boys or age equivalent. This is around 12- 13 years of age.



Preventing Cervical Cancer

- Most cervical cancer is preventable
- Having a Pap test every 2 years is your best protection against cervical cancer
- Be vaccinated with *Gardasil*[®] and also have Pap tests
- Make an appointment today!
- For further information:
 - Talk to doctor or Pap test provider



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Contacts

- NSW
 - T: 13 15 56
 - E: www.csp.nsw.gov.au
- VIC
 - T: 13 11 20
 - E: www.papscreen.org
- QLD
 - T: 13 15 56
 - E: www.health.qld.gov.au
- WA
 - T: 13 15 56
 - E: www.kemh.health.wa.gov.au/services/cervical_cancer



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