



The Nethersole School of Nursing
The Chinese University of Hong Kong

PAP for You:
to PREVENT And to PROTECT
from Cervical Cancer

Content



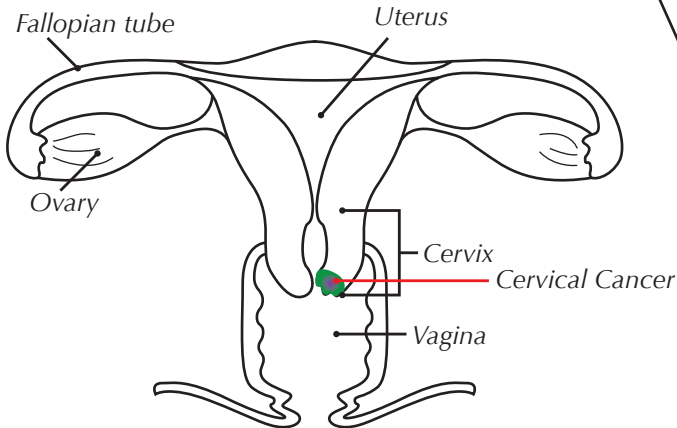
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What Is Cervical Cancer?

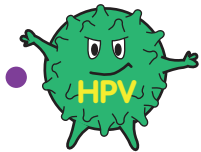
The cervix is at the top of vagina and lies at the lower part of womb. Cervical cancer develops as a result of abnormal cell changes at the cervix.

Cervical cancer is one of the common cancers.

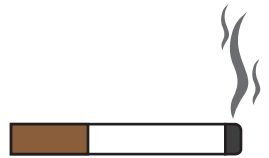
Anatomy of Reproductive Organ (with cervical cancer)



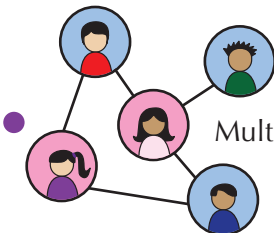
WHAT ARE THE RISK FACTORS FOR CERVICAL CANCER?



History of human papillomavirus (HPV) infection: mainly transmitted through sexual intercourse



Smoking (active and passive)



Multiple sexual partners



Weakened immunity

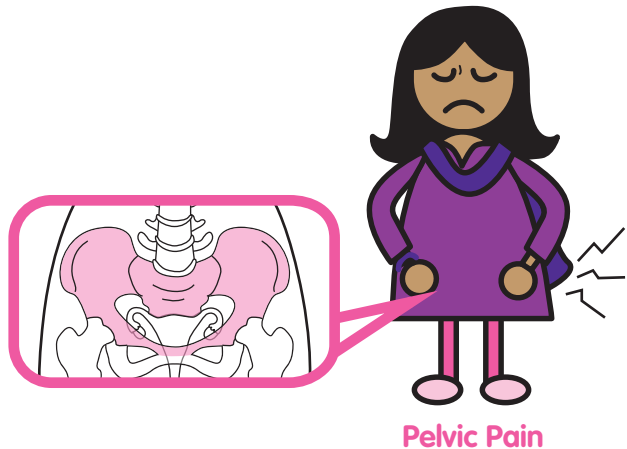


Signs And Symptoms Of Cervical Cancer

- May be NO symptoms at the very early stage
- Bleeding between regular menstrual periods
- Bleeding after sexual intercourse or a pelvic examination
- Menstrual periods that last longer
- Heavier menstruation than before (more blood loss)
- Bleeding after menopause

Women may also notice...

- Vaginal discharge with foul smell
- Pelvic pain
- Pain during sex



Very early-stage cervical cancer may have no symptoms. It is important to attend regular cervical screening, so that any cell changes can be picked up early!



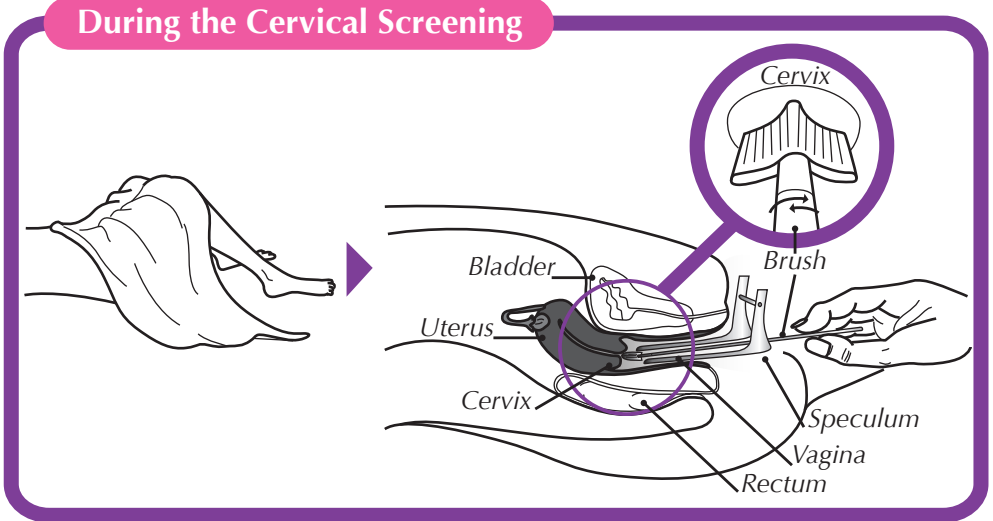
How To Detect Cervical Cancer?

Regular screening is the best way to reduce the risk of cervical cancer. There are also HPV vaccines that can help preventing cervical cancer.

1. CERVICAL SCREENING (Pap smear test)

Since cervical cancer is preceded by the development of abnormal cells in the cervix, cervical screening aims to identify these abnormalities so that early medical treatment can be applied.

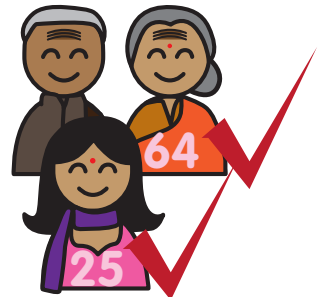
During the Cervical Screening



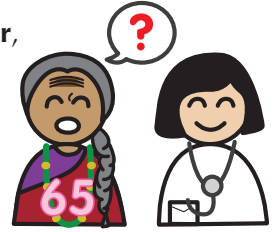
Recommendations on cervical screening

Who needs?

- Women who have ever had sexual experience and aged **between 25 and 64 years old** should have regular pap smears, **NO MATTER** whether you are single or married.



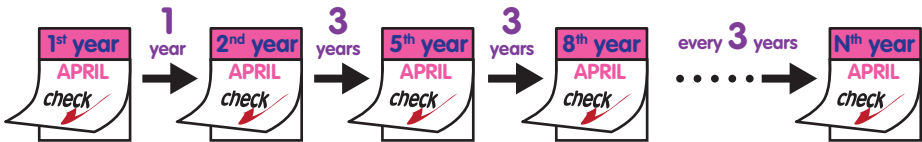
- If you are over 64 and have never had a pap smear, you should seek for doctor's advice, even if you no longer have menstrual periods, haven't had sexual experience for many years or had sterilization.



Women who have had total hysterectomy done (surgical removal of the entire uterus) or who have never had sexual experience do not need cervical screening. If you are not certain, please consult your doctor.

Screening interval

- If you have the first pap smear and the result is normal, you should have a second one 12 months later. If the second test is also normal, you should have repeat smears at least every 3 years.



If there is any problem, such as bleeding or pain, don't wait until the next pap smear. See a doctor straight away.



Local Cervical Screening Service Providers

1. The Family Planning Association of Hong Kong

Women's Health Service

● Yuen Long Clinic

149-153 On Ning Road,
Yuen Long, N.T.
Tel: 2477 3201 / 2572 2222



● Tsuen Wan Clinic

Room 1621-1622, 16/F, Nan Fung Centre, 264-298 Castle Peak Road,
Tsuen Wan, N.T.
Tel: 2742 8183 / 2572 2222

● Wong Tai Sin Clinic

G/F, No. 1-2 Lung On House, Lower Wong Tai Sin Estate II,
Wong Tai Sin, Kowloon.
Tel: 2326 2447 / 2572 2222

● Ma Tau Chung Clinic

105 Ma Tau Chung Road,
Kowloon.
Tel: 2711 9271 / 2572 2222

● Wan Chai Clinic

G/F, Southorn Centre, 130 Hennessy Road,
Wan Chai, Hong Kong.
Tel: 2919 7777 / 2572 2222

Youth Health Care Centre (YHCC)

(Unmarried women below 26 years of age)

● Kwai Fong YHCC

Unit 702-705, Level 7, Tower II, Metroplaza, 223 Hing Fong Road,
Kwai Chung, N.T.
Tel: 2443 2773

● Mongkok YHCC

Room A, 13/F, Full Win Commercial Center, 573 Nathan Road,
Mongkok, Kowloon.
Tel: 2770 4994

● Wan Chai YHCC

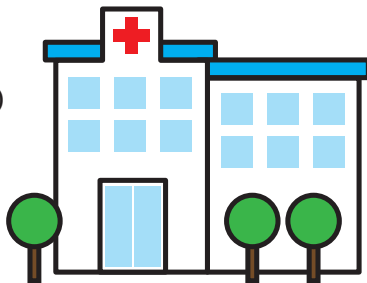
8/F, Southorn Centre, 130 Hennessy Road,
Wan Chai, Hong Kong.
Tel: 2575 4799

(For service details, please visit the Family Planning Association website)



2. Women Clinic

- Well Women Clinic,
TWGHs Well Women Clinic, (North Point)
11/F, China United Centre, 28 Marble Road,
North Point, Hong Kong
Tel: 3703 5680
- Well Women Clinic,
Kwong Wah Hospital Well Women Clinic
4/F, TWGHs Tsui Tsin Tong Outpatient Building,
Kwong Wah Hospital, 25 Waterloo Road, Kowloon
Tel: 2782 1773



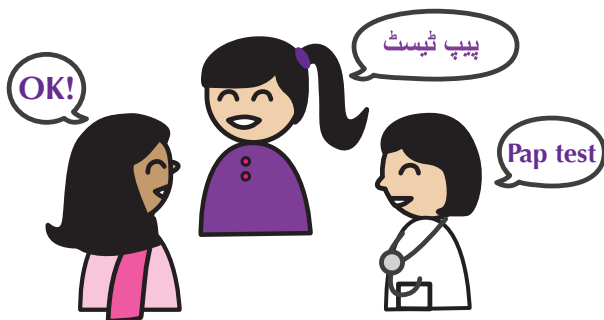
Do you need Interpreter Service?
(Charges are needed for on-site interpreter.)

1. Hong Kong Christian Services:

Centre for Harmony and Enhancement of
Ethnic Minority Residents (CHEER)
Tel: 3106 3104

2. HKSKH Lady MacLehose Center Services for Ethnic Minorities

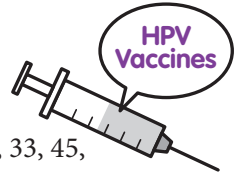
Tel: 2423 5101



Preventive Measures for Cervical Cancer

I. VACCINES

- A prophylactic vaccine
- Prevent cervical cancer by high risk HPV types 16, 18, 31, 33, 45, 52 and 58 as these HPV types account for 90% of cervical cancer cases. 9-valent HPV vaccine covers the most prevalent HPV types.



When should you receive it?

World Health Organization (WHO) recommended target group for vaccination is 9-13 years old i.e. before any sexual contact.

Aged 9 - 14 years : 2 injections are recommended to receive within 1 year
Aged 15 years or above: 3 injections are recommended to receive within 6 months

IMPORTANT REMINDER

- These vaccines CANNOT treat HPV infection or its associated diseases
- **Women still need to have the cervical screening after the vaccination**

II. MAINTAIN HEALTHY LIFESTYLE

- Safe sex: e.g. single sexual partner, use condoms
- Healthy lifestyle may improve your body immunity



- Avoid smoking (active and passive)



- Balanced diet: increase intake of fibres e.g. vegetables, fruits, cereals and beans; eat less meat and fatty food



Misconceptions & Facts About Cervical Cancer

MISCONCEPTIONS

I have already reached menopause and I am old to have cervical cancer.



There is nothing one can do to prevent cervical cancer other than Pap test or HPV vaccination.

I do not have multiple sexual partners, so my risk of having cervical cancer is very low.

I do not have any pain or discomfort, so I do not need any screening test.



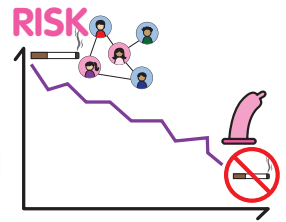
No Pain

I maintain good hygiene, so I do not have any risk of getting cervical cancer.

FACTS

The risk of cervical cancer does not decrease with age. Continued regular screening is very important even if you have the same sexual partner or are no longer sexually active.

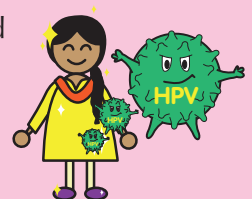
Risk for cervical cancer can also be minimized by avoiding smoking and having multiple sexual partners.



Women who have only 1 partner can also develop cervical cancer. It is because the main cause of cervical cancer is HPV, which is mainly transmitted through sexual intercourse.

Cervical cancer can be presented without any symptoms. Therefore, it is important to undergo screening test as it helps to detect cervical cancer at an early stage when it can be treated successfully.

Cervical cancer is caused by other risk factors but do not get from being unclean.



Sources of information:



American Cancer Society
<http://www.cancer.org/cancer/cervicalcancer>



Department of Health, HKSAR
<http://www.cervicalscreening.gov.hk/>



Center for Health Protection
<http://www.chp.gov.hk/en/content/9/25/56.html>



Well Women Clinic
<http://www.tungwah.org.hk/en/medical/mh-introduction/screening/well-women-clinic/>



The Family Planning Association of Hong Kong
<http://www.famplan.org.hk/fpahk/en/template1.asp?style=template1.asp&content=services/clinic/services.asp&nscref=4>



World Health Organisation
<http://www.who.int/immunization/diseases/hpv/en/>