



The Nethersole School of Nursing  
Faculty of Medicine  
The Chinese University of Hong Kong

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



# Content

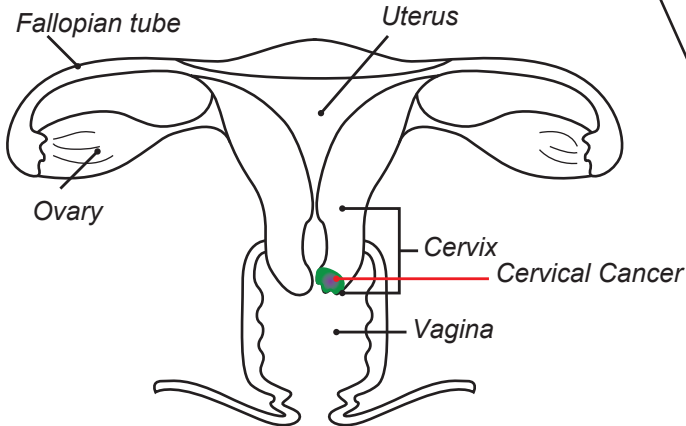
1.	What is cervical cancer?	1
2.	Risk factors for cervical cancer	1
3.	Signs and symptoms of cervical cancer	2
4.	How to detect cervical cancer	3
5.	Local cervical screening service providers	5
6.	Preventive measures for cervical cancer	7
	I. HPV vaccine	
	II. Maintain healthy lifestyle	
7.	Misconceptions and facts about cervical cancer	8

# 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.

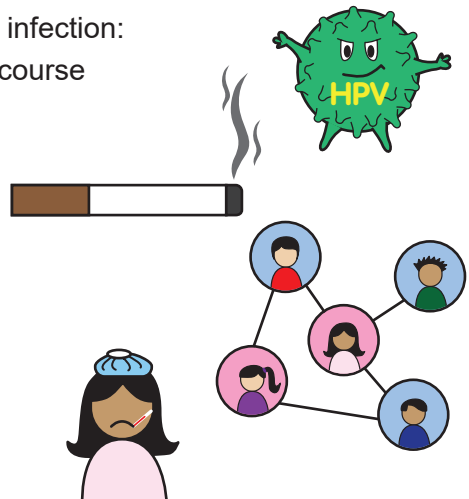
**Cervical cancer is one of the common cancers.**

## 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
- Multiple pregnancies, or being pregnant at a young age
- Weakened immunity

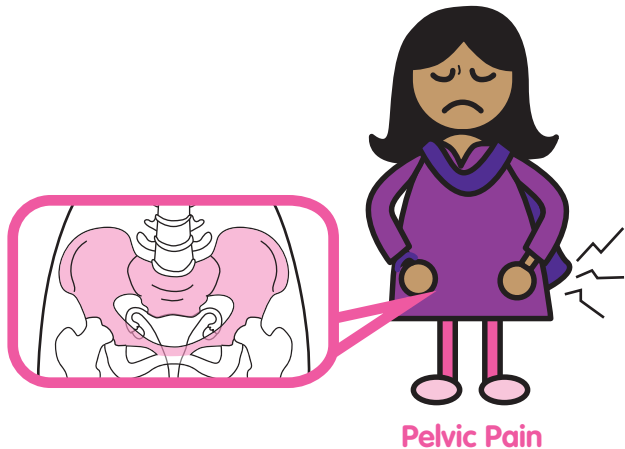


# Signs And Symptoms Of Cervical Cancer

- 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!



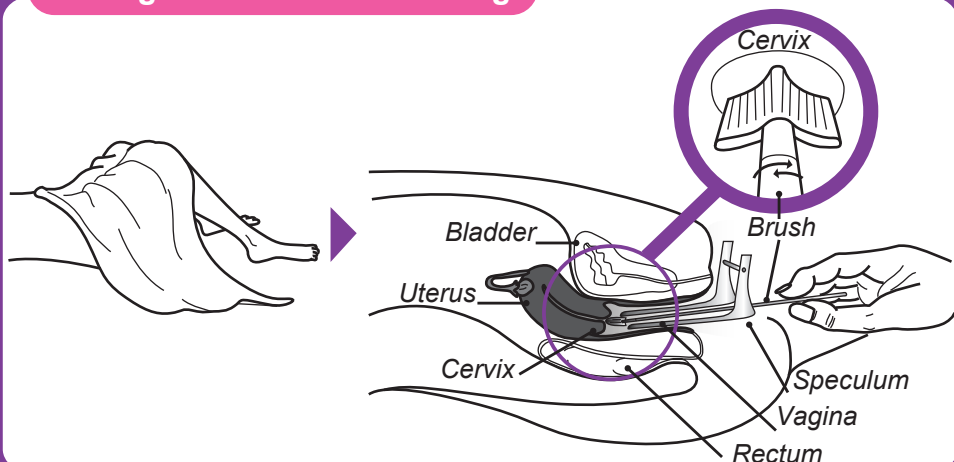
# How To Detect Cervical Cancer?

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 and/or HPV 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.

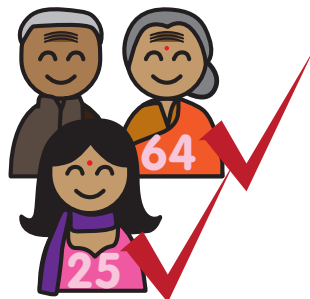
### During the Cervical Screening



### Recommendations on cervical screening

#### Who needs?

- Women who have ever had sexual experience and aged **between 30 and 64 years old** should have regular HPV tests or co-tests (Pap smear with HPV test), NO MATTER whether you are single or married.
- Women who have ever had sexual experience and aged **between 25 and 29 years old** should have regular Pap smears irrespective of marital status.



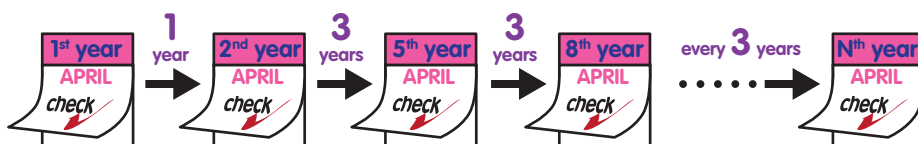
- Women **aged between 21 and 24 years** who ever had sexual experience and increased risk of HPV infection and cervical cancer should seek doctor's advice.
- **If you are aged 65 or above and have never had a Pap smear**, you should undergo a Pap smear, even if you no longer have menstrual periods, haven't had sexual experience for many years or had sterilisation. Those who were screened regularly with normal result in the past 10 years may discontinue screening.



**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

- HPV tests, or co-tests of an HPV test and a Pap smear, should be repeated once every 5 years.
- 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 Pap 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

Examples of centres that provide less expensive cervical cancer screening services are presented below:

## 1. The Family Planning Association of Hong Kong

### Women's Health Service

- **Ma Tau Chung Clinic**  
1/F, 105 Ma Tau Chung Road, Kowloon.  
Tel: 2711 9271 / 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
- **Yuen Long Clinic and FPAHK Anita Mui Health Centre**  
G/F & 1/F, 149-153 On Ning Road, Yuen Long, N.T.  
Tel: 2477 3201 / 2572 2222
- **Wan Chai Clinic and Sexual & Reproductive Health Centre**  
G/F & 9/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong.  
Tel: 2919 7777 / 2572 2222



## 2. Family Health Service

### Maternity and Child Health Centres (MCHC)

- There are about 30 MCHCs located in various Hong Kong districts providing Pap smear services to Hong Kong residents at a cost of HK\$100. The addresses and contact no. of these MCHCs can be accessed via:

[https://www.fhs.gov.hk/english/centre\\_det/maternal/maternal.html](https://www.fhs.gov.hk/english/centre_det/maternal/maternal.html)



## Centres Providing Women Health Services

- **Chai Wan Woman Health Centre**

2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan, Hong Kong  
Tel: 2897 9321

- **Lam Tin Woman Health Centre**

6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin, Kowloon  
Tel: 2952 9829

- **Tuen Mun Woman Health Centre**

Yan Oi Polyclinic, 4 Tuen Lee Street, Tuen Mun, N.T.  
Tel: 2451 5310

### Do you need interpreter service?

1. **Hong Kong Christian Services:**

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

2. **HKSKH Lady MacLehose Centre** Services for Ethnic Minorities

Tel: 2423 5101

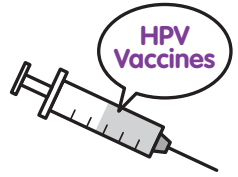




# Preventive Measures for Cervical Cancer

## 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 87% of cervical cancer cases. 9-valent HPV vaccine covers the most prevalent HPV types.



When should you receive it?

**World Health Organisation (WHO) recommended target group for vaccination is 9-14 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 smear 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.



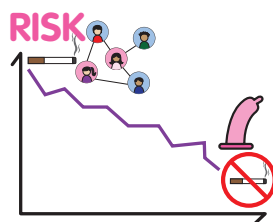
No Pain

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.

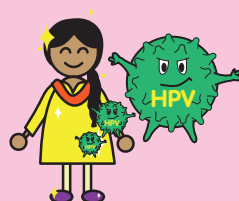


Women who have only 1 partner can also develop cervical cancer.

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  
<https://www.cancer.org/cancer/cervical-cancer.html>



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



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



Family Health Service, Department of Health, HKSAR  
<http://www.fhs.gov.hk/english/>



The Family Planning Association of Hong Kong  
<https://www.famplan.org.hk/en/our-services/clinic-services/women-health/women-health-service/content>



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

Funded by 撥款資助



[www.sie.gov.hk](http://www.sie.gov.hk)



Supported by Knowledge Transfer Fund at CUHK  
香港中文大學知識轉移基金支持項目

This project is funded by the Social Innovation and Entrepreneurship Development Fund and Knowledge Transfer Project Fund, The Chinese University of Hong Kong.



Copyright© 2022 The Nethersole School Of Nursing The Chinese University of Hong Kong. All rights reserved.