

Cervical Health Awareness

Cervical cancer is still one of the most common causes of cancer death of Indian Women. In developed nations the cervical cancer death rate has gone down by more than 50%.

The main reason for this change is the increased use of screening tests. Screening can find changes in the cervix before cancer develops.

Another way to prevent cervical cancer is to get vaccinated against human papilloma virus (HPV), which causes 99.7% of cervical cancer.

According to the Chennai cancer registry the incidence of cervical cancer is 19.2 per lakh population.

All of us are aware that cervical cancer is highly preventable with regular screening tests and appropriate follow-up care. It also can be cured when found early and treated.

- Screening should begin at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years. This is called co-testing and should continue until the age of 65.
- Another reasonable option for women from 30 to 65 is to get tested every 3 years with just the Pap test.
- Women who are at high risk of cervical cancer because of a suppressed immune system (for example from HIV infection, organ transplant, or long term steroid use) need to be screened more often.
- Women over 65 years of age who have had regular screening in the previous 10 years can stop cervical cancer screening.
- Women with a history of CIN2 or CIN3 should continue to have testing for at least 20 years after the abnormality was found and treated.
- Women who have been vaccinated against HPV should still follow these guidelines.

Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer.

We as Gynaecologist Must Pledge To Protect Women From Cervical Cancer, Charity begins at home'

So First Lets Get Screened: January Is Cervical Health Awareness Month this applies even to us.

February 4th WORLD CANCER DAY "We can. " I Can." is the tag line next 3 years 2016 -2018 which aims to save millions of Preventable death each year by raising the awareness and education about cancer.

Dr. Ramani Rajendran