CERVICAL HEALTH AWARENESS PROTECT, DETECT, PREVENT!

UNDERSTANDING CERVICAL HEALTH

• What is the Cervix?

The lower part of the uterus that connects to the vagina.

• Why is Cervical Health Important? Regular screening can prevent cervical cancer, one of the most preventable cancers in women.

CAUSES & RISK FACTORS

• Human Papillomavirus (HPV):

Primary cause of cervical cancer.

- Other Risk Factors:
 - Smoking
 - Multiple pregnancies
 - Early sexual activity
 - Long-term use of oral contraceptives
 - Weakened immune system



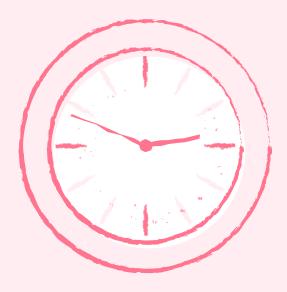


- Vaccination:
- 1. HPV vaccines are highly effective.
- 2. Recommended for girls and boys aged 9–14 years.
- Safe Practices:
- 1. Use of condoms.
- 2. Limiting multiple sexual partners.
- Healthy Lifestyle:
- 1. Avoid smoking and maintain a balanced diet.

PREVENTION

EARLY DETECTION

- Screening Tests:
- 1. Pap Smear Test: Detects abnormal cells in the cervix.
- 2. HPV Test: Identifies high-risk HPV infections.
- Screening Guidelines:
- 1. Begin screening at age 21.
- 2. Pap test every 3 years (21–29 years).
- 3. Pap + HPV co-testing every 5 years (30– 65 years).





SIGNS & SYMPTOMS OF CONCERN

- Unusual vaginal bleeding or discharge.
- Pain during intercourse.
- Pelvic pain or discomfort.
- (Note: Often asymptomatic in early stages.)

Ref: https://www.cancer.org

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