

Cervical Cancer Screening Information Pack

Your Complete Guide to Successful Screening

5,240

Kenyan women get cervical cancer each year



3,200

women die of cervical cancer each year in Kenya



What is cervical cancer?

- The cervix is part of the female reproductive system and forms a canal between the vagina and the womb.
- Cervical cancer occurs when cells lining the cervix become abnormal and start growing without control.

How is HPV linked to cervical cancer?

- Over 99% of cervical cancer cases are caused by the Human Papillomavirus(HPV).
- HPV is very common and is transferred via skin-to-skin contact and during sex.
- Highrisk strains(e.g. HPV16 and 18) can lead to cervical cancer
- Other risk factors
 - Smoking,
 - having sex at a young age
 - multiple sexual partners
 - weakened immune system

For More Info,visit: <https://bit.ly/cervical-cancer-screening>

Symptoms of cervical cancer

- Early stages of cervical cancer may not cause any symptoms
- Symptoms may include
 - painful sex,
 - unusual vaginal bleeding or spotting
 - pain in the pelvis or lower back.

Can I prevent cervical cancer?

- Fortunately, cervical cancer is highly preventable by:
 - Attending regular cervical screening appointments (from 25 years of age)
 - Completing a full HPV vaccination course (2 doses)
 - Boys and girls should get the vaccination.



Screening

- A medical procedure to look for a disease before it causes symptoms.
- Allows for a complete cure at the early stages - often impossible if the disease progresses

WHY YOU SHOULD TAKE ACTION TODAY

84%

of Kenyan women
aged 25-64
have not attended
cervical cancer Screening!

87%

of Eligible Girls women
aged 10-15 years
have not been vaccinated
against HPV

If you are in one of the above groups,
you are at greater risk of developing cervical cancer.

Take the first step to protect
yourself today.

Attending regular cervical screening

- Screening every 3 years (25-49-year-olds) or 5 years(50-64-year-olds).
- Cervical screening looks for HPV infection, all in less than 5 minutes.
- Three methods for cervical cancer Screening
 - Pap Smear
 - VIA/VILI
 - HPV Test

Your doctor or nurse will advise you on the best option for you.

HPV vaccination

- This vaccination is safe and effective.
- It protects against high-risk HPV virus strains and is given to boys and girls in two doses
- The Vaccine is approved by the Ministry of Health and WHO.
- Its available in all public (Free) and Most private health facilities in Kenya

Your Comfort Checklist

for a Comfortable Cervical Cancer Screening Experience

This section provides you with information on how cervical screening is done, what to expect, and how to get all the answers to your queries

Step 1: Make an appointment

- Make an appointment with your Doctor, laboratory or Hospital before hand.
- For public hospital, you may be required to book an appointment in person.
- Many private doctors, laboratories or clinics accept walk in clients

Step 2: Know what to Expect

- Wear loose comfortable clothing - you may be asked to remove clothing from the waist down.
- Empty your bladder before you arrive at the clinic or ask to use the "loo" when you arrive.
- Try to stay as relaxed as possible – this will help minimize any discomfort.
- Consider bringing someone along to your appointment for support
- If you have experienced difficulties or trauma with previous smears, please let your healthcare provider know in advance so they can make adjustments.

Step 3: The Procedure

- A sheet to drape across your stomach and thighs to minimize exposure and ensure your modesty.
- You can ask the GP or Practice nurse questions and ask him/her to stop at any time.
- Sterilised/disposable medical instruments are inserted into your vagina to take a sample - by rotating a small plastic brush on the cervix
- The sample is smeared on a glass slide and submitted to the lab for analysis

Step 4: Completion

- Once the sample is taken, the instrument is removed gently.
- You will be provided with sanitary products for your comfort.
- Results for VIA/VILI are available immediately, for Pap Smear and HPV tests take about a week.
- If any abnormalities are detected, your doctor or Practice nurse will advise of further management.

The Cervical Cancer Screening Info Pack Has been Developed and Provided To You For Free By Labtest Zote Network based on MOH and WHO Guidelines. Please share widely to raise cervical cancer awareness <https://bit.ly/cervical-cancer-screening>

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0711 902565