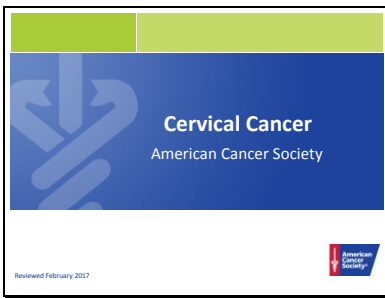
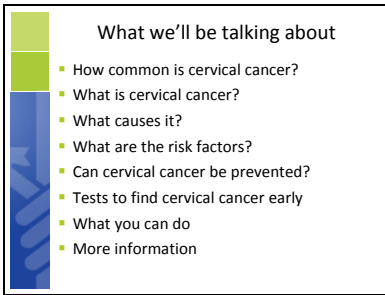


Slide 1

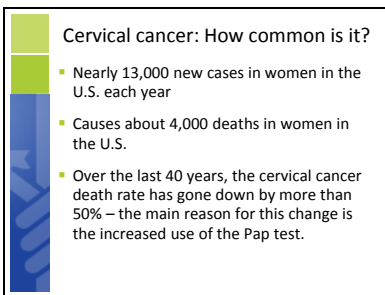


Slide 2

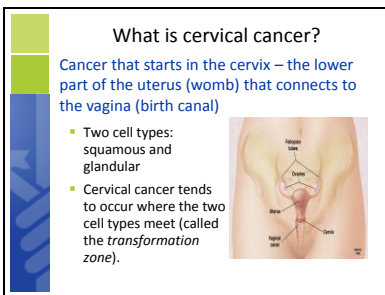


This is a summary of what we'll be talking about today.

Slide 3



Slide 4



The part of the cervix closest to the uterus is called the endocervix. The part next to the vagina is the exocervix (or ectocervix). The 2 main types of cells covering the cervix are squamous cells (on the exocervix) and glandular cells (on the endocervix). These 2 cell types meet at a place called the transformation zone. Most cervical cancers start in the transformation zone.

Slide 5

What is cervical cancer?

- Cancer is the growth of abnormal cells.
- The cells can invade and damage normal tissue.
- Most cervical cancers start in the cells lining the cervix.
  - These cells do not suddenly change into cancer. Instead, the normal cells of the cervix first gradually develop pre-cancerous changes that may turn into cancer.
  - These changes can be detected by the Pap test and treated to prevent cancer from developing.

Doctors use several terms to describe these pre-cancerous changes, including:

- cervical intraepithelial neoplasia (CIN)
- squamous intraepithelial lesion (SIL)
- dysplasia

Slide 6

Causes of cervical cancer

The cause of nearly all cervical cancer is human papilloma virus or HPV.

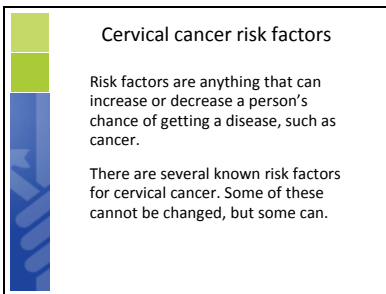
- HPV is transmitted through skin-to-skin contact.
- There are many different types of HPV.
  - "Low-risk" types may cause genital warts.
  - "High-risk" types are linked to cancer.
- Most women who are infected with high-risk HPV will never have any symptoms.

HPV can be passed from one person to another during skin-to-skin contact. One way HPV is spread is through sex, including vaginal, anal, and oral sex.

HPV is a group of more than 150 related viruses, some of which cause a type of growth called papillomas, which are more commonly known as warts.

Doctors believe that a woman must be infected with HPV in order to develop cervical cancer. Although this can mean infection with any of the high-risk types, about two-thirds of all cervical cancers are caused by HPV 16 and 18.

Slide 7



**Cervical cancer risk factors**

Risk factors are anything that can increase or decrease a person's chance of getting a disease, such as cancer.

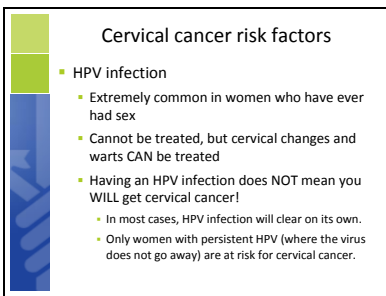
There are several known risk factors for cervical cancer. Some of these cannot be changed, but some can.

Different cancers have different risk factors. For example, exposing skin to strong sunlight is a risk factor for skin cancer; smoking is a risk factor for lung, bladder, and many other kinds of cancer.

But risk factors don't tell us everything. Having a risk factor, or even several risk factors, does not mean that you will get the disease. And some people who get the disease may not have any known risk factors. Even if a person with cervical cancer has a risk factor, it's often very hard to know how much that risk factor may have contributed to the cancer.

Still, researchers have found several risk factors that may increase a woman's chance of developing cervical cancer.

Slide 8

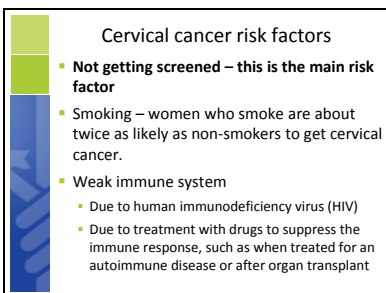


**Cervical cancer risk factors**

- HPV infection
  - Extremely common in women who have ever had sex
  - Cannot be treated, but cervical changes and warts CAN be treated
- Having an HPV infection does NOT mean you WILL get cervical cancer!
  - In most cases, HPV infection will clear on its own.
  - Only women with persistent HPV (where the virus does not go away) are at risk for cervical cancer.

Infection with HPV is common, and in most people the body can clear the infection by itself. Sometimes, however, the infection does not go away and becomes persistent. Persistent infection, especially when it's caused by certain high-risk HPV types, can eventually cause certain cancers.

Slide 9



**Cervical cancer risk factors**

- **Not getting screened – this is the main risk factor**
- Smoking – women who smoke are about twice as likely as non-smokers to get cervical cancer.
- Weak immune system
  - Due to human immunodeficiency virus (HIV)
  - Due to treatment with drugs to suppress the immune response, such as when treated for an autoimmune disease or after organ transplant

Slide  
10

Cervical cancer screening

- Screening is testing to find cancer, or other diseases, early in people who have no symptoms.
- Screening can help find cancers when they are small and have not spread – when they have a better chance of being cured.
- Screening can also find pre-cancerous changes that can be treated to prevent cancer from developing.

Slide  
11

Cervical cancer screening

Cervical cancer screening is done with

- Pap tests
- HPV tests

Slide  
12

Cervical cancer screening


- What is a Pap test?
  - A test which collects cells from the surface of the cervix to check for any abnormal cells
  - Abnormal cells can be removed or treated before cervical cancer develops.
  - When cancer is detected early, it is easier to treat.
  - A pelvic exam is NOT a Pap test; ONLY a Pap test can find early cervical cancer or pre-cancer.

Slide  
13

Cervical cancer screening

- What is a HPV test?
  - A test which collects cells from the surface of the cervix to check for HPV – the cells are collected the same way as for a Pap test
  - Results can help the doctor decide if more testing is needed
  - When both the HPV test and the Pap test are done together for screening, it's called "co-testing."

Slide  
14



ACS Guidelines for Cervical Cancer Screening

Women under age 21 should not be screened.

Women age 21 to 29:


- Pap test every 3 years
- HPV testing should NOT be used unless needed as follow-up after an abnormal Pap test result

Starting at age 30:

- Preferred screening is Pap test WITH an HPV test every 5 years (co-testing) until age 65
- Another option is just a Pap test every 3 years until age 65

Some women believe that they can stop cervical cancer screening once they have stopped having children. This is not correct.

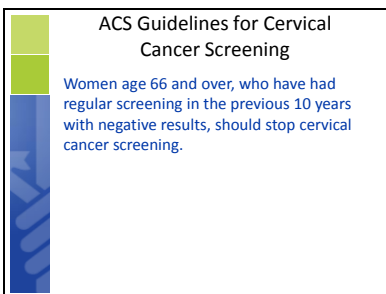
Slide  
15



Why is co-testing preferred?

Several large studies show greater benefits and reduced harms of co-testing (HPV + Pap test) at longer screening intervals.

Slide  
16



ACS Guidelines for Cervical Cancer Screening

Women age 66 and over, who have had regular screening in the previous 10 years with negative results, should stop cervical cancer screening.

Women age 66+ must have 3 or more consecutive negative Pap Tests

or

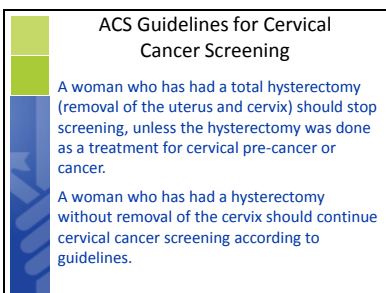
2 or more consecutive negative HPV and Pap tests within the past 10 years (the most recent testing should have occurred in the past 5 years) should stop cervical cancer screening.

Note:

Serious pre-cancers include CIN2 or CIN3 (CIN stands for cervical intraepithelial neoplasia)

Women with a history of CIN2 or CIN3 should continue to have testing for at least 20 years after the abnormality was found.

Slide  
17



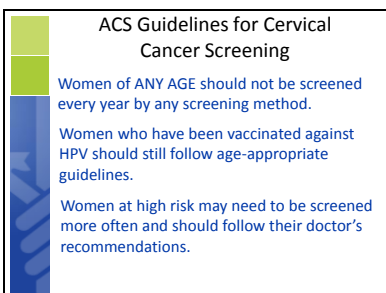
ACS Guidelines for Cervical Cancer Screening

A woman who has had a total hysterectomy (removal of the uterus and cervix) should stop screening, unless the hysterectomy was done as a treatment for cervical pre-cancer or cancer.

A woman who has had a hysterectomy without removal of the cervix should continue cervical cancer screening according to guidelines.

Hysterectomy without removal of the cervix is called a supra-cervical hysterectomy

Slide  
18



ACS Guidelines for Cervical Cancer Screening

Women of ANY AGE should not be screened every year by any screening method.

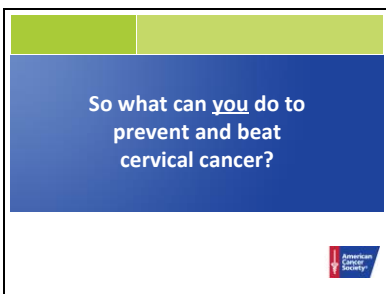
Women who have been vaccinated against HPV should still follow age-appropriate guidelines.

Women at high risk may need to be screened more often and should follow their doctor's recommendations.

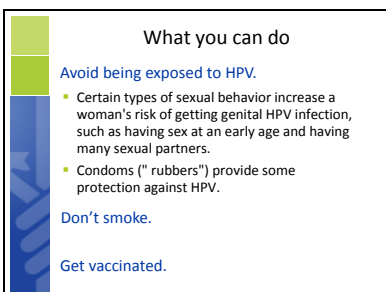
Frequent (yearly or every 2 year) cervical screening leads to more harms than benefits, but women who have abnormal screening results may need to have a follow-up Pap test done in 6 months or a year.

Women who are at high risk of cervical cancer because of a history of cervical cancer, a suppressed immune system (for example from HIV infection, organ transplant, or long-term steroid use), or because they were exposed to DES in utero may need to be screened more often. They should follow the recommendations of their healthcare team.

Slide  
19



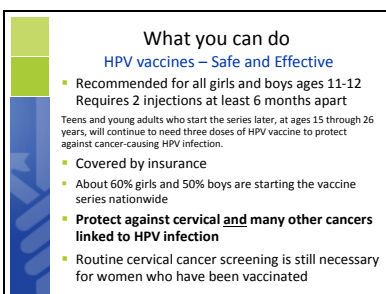
Slide  
20



Waiting to have sex until you are older can help you avoid HPV. It also helps to limit your number of sexual partners and to avoid having sex with someone who has had many other sexual partners. Although the virus most often spreads between a man and a woman, HPV infection and cervical cancer are seen in women who have only had sex with other women.

One reason condoms cannot protect completely is that they don't cover every possible HPV-infected area of the body, such as skin of the genital or anal area.

Slide  
21



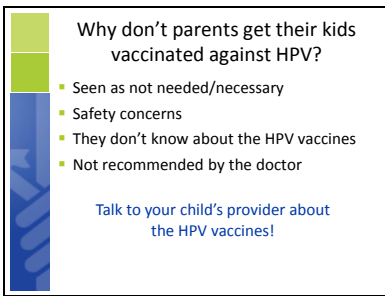
<https://www.cdc.gov/hpv/infographics/vacc-coverage.html>

HPV vaccines can PREVENT cancer!

One of the HPV vaccines has been proven to protect against anal, vulvar, and vaginal cancers (which can also be caused by HPV). Penile and some head and neck cancers are also linked to HPV.

Go to:  
[cancer.org](http://cancer.org) to read *HPV Vaccines* for more details.

Slide  
22



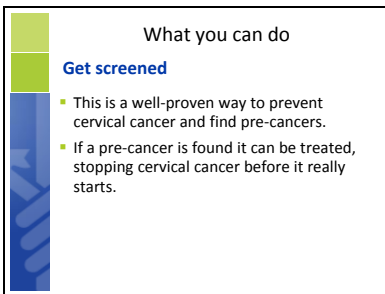
Why don't parents get their kids vaccinated against HPV?

- Seen as not needed/necessary
- Safety concerns
- They don't know about the HPV vaccines
- Not recommended by the doctor

Talk to your child's provider about the HPV vaccines!

The American Cancer Society has information available on the HPV vaccines.

Slide  
23



What you can do

**Get screened**

- This is a well-proven way to prevent cervical cancer and find pre-cancers.
- If a pre-cancer is found it can be treated, stopping cervical cancer before it really starts.

Routine screening offers the best way to find cervical pre-cancers which can be treated to keep cervical cancer from developing. It's also the best way to find cervical cancer early – when it's small and has not spread. Finding cancer early gives you a better chance for successful treatment.

Most invasive cervical cancers are found in women who have not had regular Pap tests.

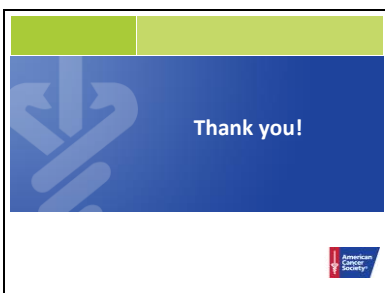
Slide  
24



More information

You can get more information about cervical cancer on our website, [www.cancer.org](http://www.cancer.org), or call 1-800-227-2345 to talk with one of our Cancer Information Specialists.

Slide  
25



Thank you!

