

# Cervical Cancer Prevention Week

## (22<sup>nd</sup>-27<sup>th</sup>january 2024)

**Prof. J. Poornima MaryRodriguez<sup>1</sup>, Prof. Dr. A. Jayasudha<sup>2</sup>,  
Mrs.Rajeswari.P.M<sup>3</sup>, Mrs. Vikashini.P<sup>4</sup>, Mrs. Karthigaideepa.K<sup>5</sup>**

<sup>1</sup>M.Sc(N), Professor, Community Health Nursing Department, PSG College of Nursing, Coimbatore.

<sup>2</sup>Ph.D(N), Principal, Community Health Nursing Department, PSG College of Nursing, Coimbatore.

<sup>3</sup>M.Sc(N), Associate Professor, Community Health Nursing Department, PSG College of Nursing, Coimbatore.

<sup>4</sup>M.Sc(N), Assistant Professor, Community Health Nursing Department, PSG College of Nursing, Coimbatore.

<sup>5</sup>M.Sc(N), Tutor, Community Health Nursing Department, PSG College of Nursing, Coimbatore.

### **Abstract:**

Cervical cancer is the uncontrolled proliferation of abnormal cells in the lining of the cervix. This cancer affects the deeper tissues of the cervix and may metastasis to other parts of body. According to WHO, it is the fourth most common cancer in women globally with an estimated 604 000 new cases and 342 000 deaths in 2020.

### **CERVICAL CANCER An Overview:**

Cervical cancer is the uncontrolled proliferation of abnormal cells in the lining of the cervix. This cancer affects the deeper tissues of the cervix and may metastasis to other parts of body. According to WHO, it is the fourth most common cancer in women globally with an estimated 604 000 new cases and 342 000 deaths in 2020.

### **CAUSES AND RISK FACTORS:**

Cervical cancer is caused by infection with human papilloma virus (HPV), which is preventable with a vaccine.

### **Risk factors:**

- Early sexual intercourse at a young age
- Unprotected sex with multiple sexual partners
- Persistent HPV infection
- Hormonal contraceptive use
- Weakened immune system.
- Smoking.
- Multiple full-term pregnancies

### Symptoms

- Painful sex
- Unusual vaginal bleeding
- Unusual vaginal discharge
- Pelvic pain
- Trouble peeing
- Swollen legs
- Kidney failure
- Bone pain
- Weight loss and loss of appetite
- Fatigue

### Screening Test

Screening tests include:

#### **PapSmear test.**

PapSmear test can detect abnormal cells in the cervix, including cancer cells and cells that show changes that increase the risk of cervical cancer. Presently, Self-collection HPV sample collection kits are also available.

#### **HPV DNA test.**

It is best advisable to perform screening tests after 35 years.

### Treatment

- Surgery
- Chemotherapy
- Radiation
- Combined therapy.
- Palliative care

### Preventive Measures:

**Vaccinations:** HPV vaccines can be given starting at age 9 years till 16 years. Women aged 27-45 years, if not adequately vaccinated

### Safe sex

#### **Early Cervical screening**

Screening for HPV infection in women aged 30-49, examination of the cervix for pre-cancer cells which includes colposcopy or visual inspection of the cervix to locate the lesion followed by:

- Thermal ablation
- Cryotherapy
- LEETZ (large loop excision of the transformation zone)
- Biopsy

**Cervical Cancer Prevention Week 2024:**

This Year Cervical Cancer Prevention Week 2024 theme is “Learn. Prevent. Screen.” with an aim to decrease prevalence of cervical cancer. Let’s join to raise awareness to combat cervical cancer.

**Activities to participate in Cervical Cancer Prevention Week 2024:****3 S DRIVE:**

- **Share Information:** Sharing information and resources regarding cervical cancer in social media. Organizing public awareness programs.
- **Screen:** Early screenings (35 years and above) can detect abnormal cell changes early, which can prevent cervical cancer.
- **Support HPV Vaccination:** Let’s extend hands to support and motivate school children aged between 9 to 16 years to vaccinate against HPV.

**REFERENCE:****BOOK REFERENCE:**

1. K.Park, (2018), *Preventive social medicine*, 25<sup>th</sup> edition, Banarsidathbhanot publishers.
2. Bijayalakshmi Dash, (2017), *community health nursing*, 1<sup>st</sup> edition, Jaypee publications.
3. Piyush Gupta, (), *Text book of preventive and social medicine*, 3<sup>rd</sup> edition, Elsevier publication.
4. Kamalam, (2016), *community health nursing*, 3<sup>rd</sup> edition, Jaypee publications.

**NET REFERENCE**

1. <https://www.cancer.net/cancer-types/cervical-cancer/symptoms-and-signs>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7797226/>
3. <https://www.sciencedirect.com/science/article/pii/S2666679022000040>