

WellnessWatch



Welcome to WellnessWatch -- The Starr Group's monthly digest featuring articles to keep YOU current with latest #health and #wellness trends and fitness buzz. Be well!



The Good News about Cervical Cancer

It is the beginning of a new year and a new decade! It is the time of year many people hit the "reset" button on their personal health habits which includes "preventative maintenance" practices. It is important to know your age and gender appropriate screenings.

While not everyone is personally at risk for Cervical Cancer, we all know someone -- mom, sister, daughter, wife, aunt, best friend -- who should know the signs/symptoms of this disease. More important is knowing how to prevent the disease, detect it early, and treat it.

And there is GOOD NEWS!



Did you know?



- About **13,170** new cases of invasive cervical cancer will be diagnosed.¹
- Cervical cancer tends to occur in midlife and is most frequently diagnosed in women between the ages of 35 and 44.¹
- When detected at an early stage, the 5-year survival rate for women with invasive cervical cancer is **92%**.²
- About 45% of women with cervical cancer are diagnosed at an early stage.²
- About 4,250 women will die from cervical cancer. The death rate dropped by around **50%** between 1975 and 2016, because of awareness, screening and early detection.²





Early Detection is Important!

Cervical Cancer affects everyone: family and friends. It is important to talk to your loved ones about prevention and the early warning signs to help them get the care they need.

Quick Tips for Prevention ³

- Go for routine Pap tests.
- Follow up on abnormal Pap smears.
- Get vaccinated.
- Practice safe sex.
- Quit smoking.

Symptoms & Signs ²

- Blood spots or light bleeding between or following periods.
- Menstrual bleeding that is longer and heavier than usual.
- Bleeding after intercourse, douching, or a pelvic examination.
- Increased vaginal discharge.
- Pain during sexual intercourse.
- Bleeding after menopause.
- Unexplained, persistent pelvic and/or back pain.

Treatment ⁴

There are different types of treatment for patients with cervical cancer. Five types of standard treatment are used:

- Surgery
- Radiation therapy
- Chemotherapy
- Targeted therapy
- Immunotherapy

Cervical cancer is often curable if it's diagnosed at an early stage. When not curable, it's often possible to slow its progression, prolong lifespan and relieve any associated symptoms. This is known as palliative care. ⁵



Get involved!

Most women don't need a Pap test every year!

Have your 1st Pap test when you're

21

If your test results are normal, you can wait
3 years for your next Pap test.



HPV tests aren't recommended for screening women under 30.



When you turn **30** you have a choice:

If your test results are normal,
get a Pap test every **3** years.

OR

Get both a Pap test and an HPV test every **5** years.

You can stop getting screened if:

🕒 You're older than **65**
and have had normal
Pap test results for
many years.



🕒 Your cervix was removed
during surgery for a
non-cancerous condition
like fibroids.

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1 AMERICAN CANCER SOCIETY <https://www.cancer.org/cancer/cervical-cancer/about/key-statistics.html>

2 CANCER.NET <https://www.cancer.net/cancer-types/cervical-cancer/statistics>

3 RUSH University Medical Center <https://www.rush.edu/health-wellness/discover-health/preventing-cervical-cancer>

4 NATIONAL CANCER INSTITUTE <https://www.cancer.gov/types/cervical/patient/cervical-treatment-pdq>

5 NATIONAL HEALTH SERVICE - UK <https://www.nhs.uk/conditions/cervical-cancer/treatment/>

6 CENTERS FOR DISEASE CONTROL <https://www.cdc.gov/vitalsigns/cervical-cancer/infographic.html>

NATIONAL CERVICAL CANCER COALITION www.NCCC-online.org

MAYO CLINIC <https://www.mayoclinic.org/diseases-conditions/cervical-cancer/symptoms-causes/syc-20352501>

CANCER TREATMENT CENTERS OF AMERICA <https://www.cancercenter.com/cancer-types/cervical-cancer/types>



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