

HOW TO AVOID CERVICAL CANCER

SCREENING

Unlike many cancers, Cervical cancer is 100% treatable if it is caught early. Ironically it is the largest cancer killer of women globally.

Why? How!?

Because it has no early symptoms, but it develops slowly over many years, not giving any clue it is there, until it is very far advanced, most often, too far.

70% of women in Tanzania who are diagnosed with Cervical Cancer, die from it

Why? How!?

Because we don't check until it is too late. You should check for cervical cancer every 2 years, and after 40 yrs check annually.

Regular screening with a Pap smear or with VIA is the only way to avoid Cervical Cancer

HPV VACCINE

Recent research has found that there is a very high correlation between cervical cancer and some of the HPV virus family. This has led to the development of a vaccine to protect both men and women from HPV infections that may lead to Cancer in the future.

It is important to note that these vaccines only protect you from 2-6 of the HPV infections that may lead to cancer. Also that HPV is not the only cause of cervical cancer. So whilst it is recommended that women get the HPV vaccine. It is not a guarantee and regular screening is still recommended.



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