

JANUARY

**CERVICAL
CANCER
AWARENESS
MONTH**





De En Casa Casa

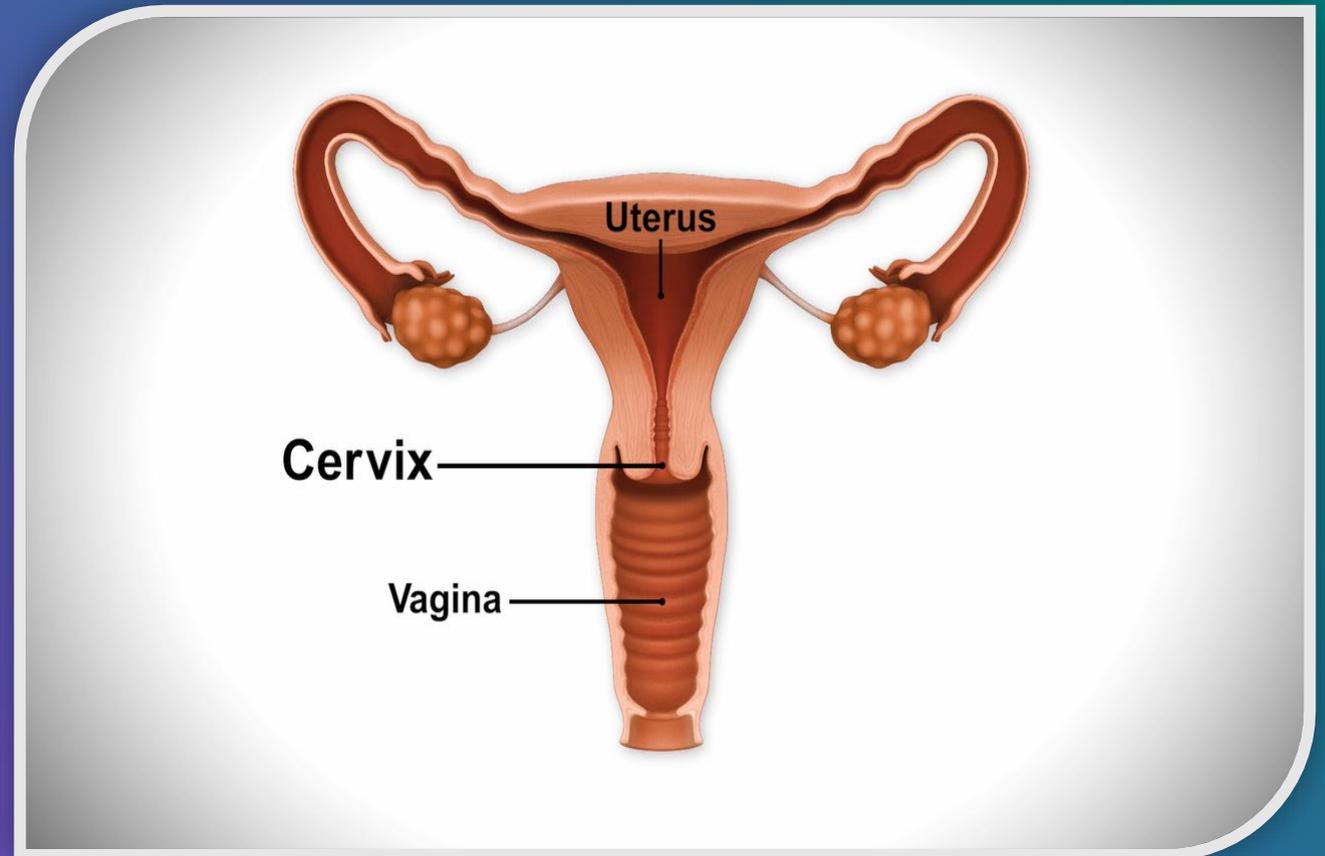
CERVICAL CANCER PREVENTION

Texas Tech University Health Sciences Center El Paso

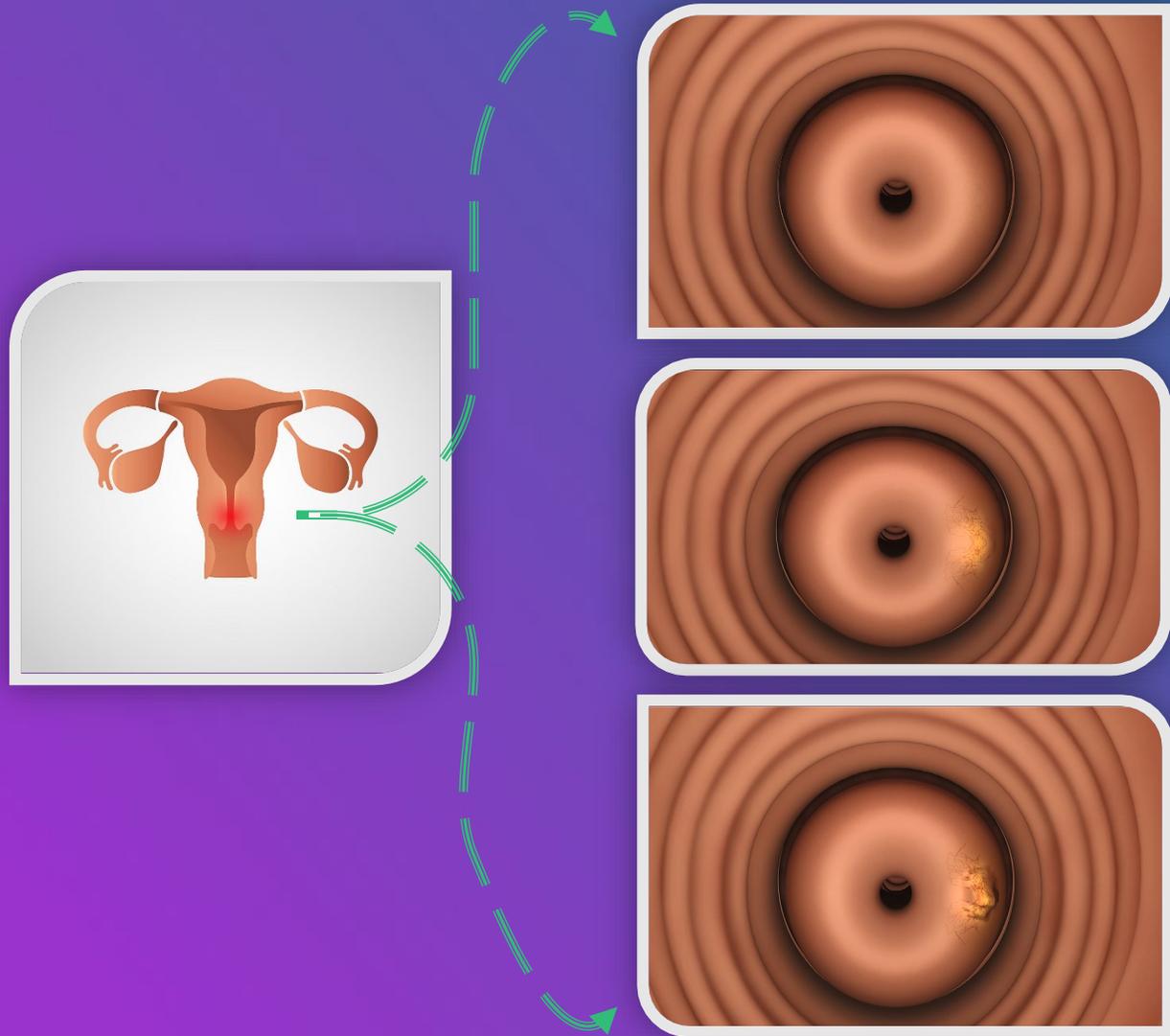
Anatomy - Cervix

Information on the Cervix

- The cervix is the lower part of the uterus connected to the inside of the vagina. Cancer can develop in this area and this is known as cervical cancer or cancer of the cervix.



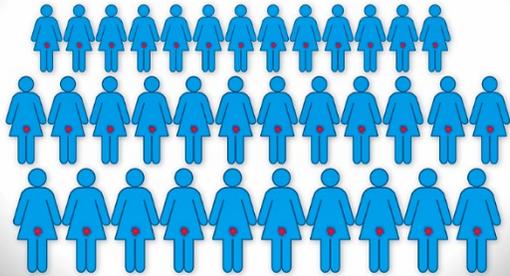
What Is Cervical Cancer?



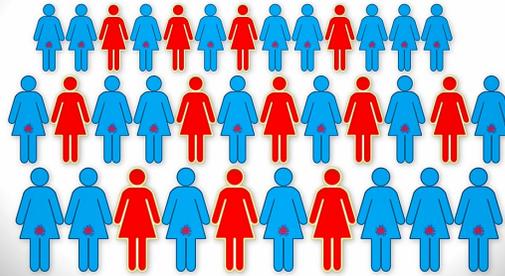
- Cervical cancer can take many years to develop.
- First healthy cells begin to change and become abnormal.
- Over time, these abnormal cells can eventually become cancerous.
- Most women with cervical cancer do not have symptoms.
- For this reason, it is important for all women to have pap tests regularly.

How Common Is Cervical Cancer?

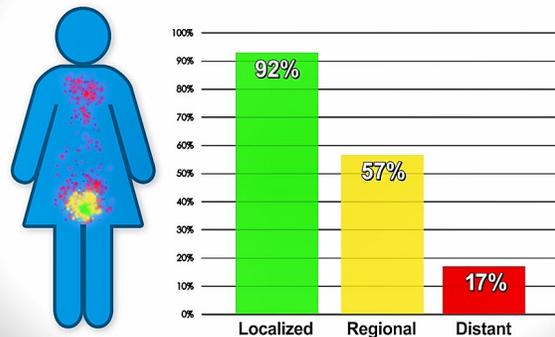
Every day 35 women are diagnosed with cervical cancer.



Every day 35 women are diagnosed with cervical cancer.
Every day 12 women die from cervical cancer.



5-Year Cervical Cancer Survival Rate



- Every day in the U.S. 35 women are diagnosed with cervical cancer. And every day 12 women will die from it.
- A pap test can discover cancer early when it can be easily treated. The number of women surviving 5 years is much higher if found localized at 92% than if it is diagnosed late or in distant stages at 17%.
- It can also identify changes in the cells before they turn into cancer. These cells can then be treated and cancer prevented.

Who Gets Cervical Cancer?

Cervical Cancer Risk Factors



Age

Most women diagnosed with cervical cancer are between the ages of 35 and 54.

Cervical Cancer Risk Factors



HPV

Infection with a high-risk HPV type increases your risk of developing cervical cancer.

Cervical Cancer Risk Factors



Sex

Early-age sexual activity and having multiple sexual partners increases your risk.

Here are some of the factors that can put women at risk for developing cervical cancer.

- Age: In the U.S. most women diagnosed with cervical cancer are between the ages of 35 and 54.
- HPV: Infection with a high-risk HPV type puts you at higher risk of developing cervical cancer.
- Sex: Early age sexual activity, having multiple partners, or being with a partner who had or has multiple partners.

Who Gets Cervical Cancer?

- Smoking: If you are a smoker, your risk of cervical cancer doubles.
- Pregnancy: Women who have had more than three full-term pregnancies and women who become pregnant under age 17 are at higher risk.
- Family History (of Cervical Cancer): Most women who get cervical cancer do not have a family history of cancer. But, if your mother or sister had cervical cancer, the likelihood of you developing it can triple!

Cervical Cancer Risk Factors



Smoking

Smokers are two times more likely to develop cervical cancer.

Cervical Cancer Risk Factors



Pregnancy

Women who have had more than three full-term pregnancies and women who become pregnant under age 17 are at higher risk.

Cervical Cancer Risk Factors



History

Most women who get cervical cancer do not have a family history of cancer.

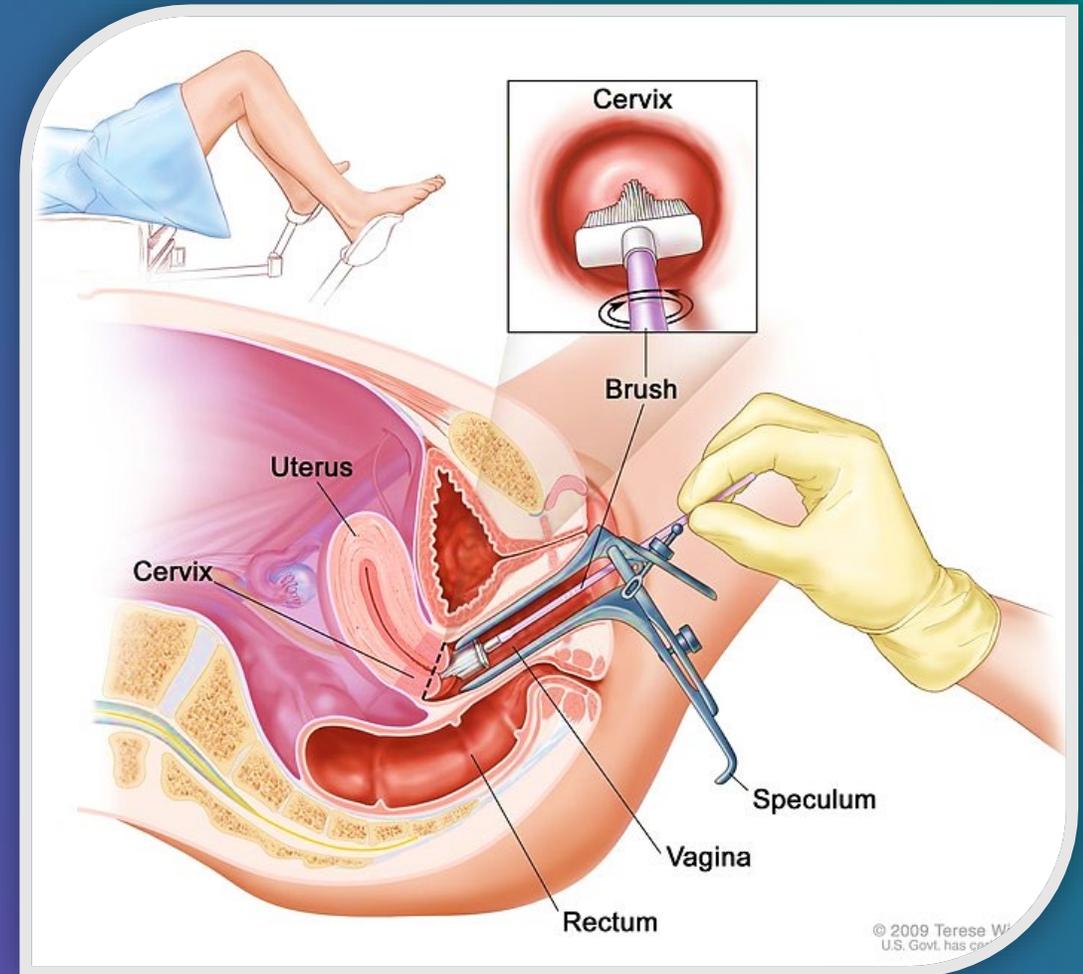
What Is a Pap Test?

The screening process:

- The doctor uses a plastic or metal instrument called a speculum. The speculum keeps the wall of the vagina separated so that the cervix can be seen.
- A small brush is used to get some of the cervical cells. When the doctor uses the brush, we may feel a little pinch. The cells are put on a glass slide or in a small tube. **The same sample can be tested for HPV as well.**
- Then they are sent to the lab to be analyzed. This will show if the cervical cells are normal or abnormal.
- The Pap test only takes a few minutes.

Some things to remember about a Pap Test are:

- We should have the Pap test when we are not on our period.
- We should not have sex for 2 days before the test.
- About 2 days before the test, we should not use vaginal douches, foams, creams, gels, medicine for the vagina [except if it is prescribed by our doctor] as these products may hide abnormal cells.



Screening Guidelines & Prevention

Recent guidelines for pap testing:

- Women aged 21 to 65 should have a Pap test every three years.
- Women 30 to 65 have the option of getting tested every five years if they include HPV testing, which is done at the same time.
- Women who have had a hysterectomy should talk to their doctor about whether they need a pap test.

Cervical Cancer Screening Guidelines



Pap test every 3 years



Pap and HPV testing every 5 years



Ask your doctor

To Prevent Cervical Cancer



Limit number of sexual partners



Practice safe sex



Eliminate smoking

To help prevent cervical cancer you can:

- Limit your number of sexual partners.
- Practice safe sex.
- Eliminate smoking.
- The most important thing you can do is to have pap tests regularly.

Time to get Vaccinated

HPV PH

Tiempo de Vacunarte

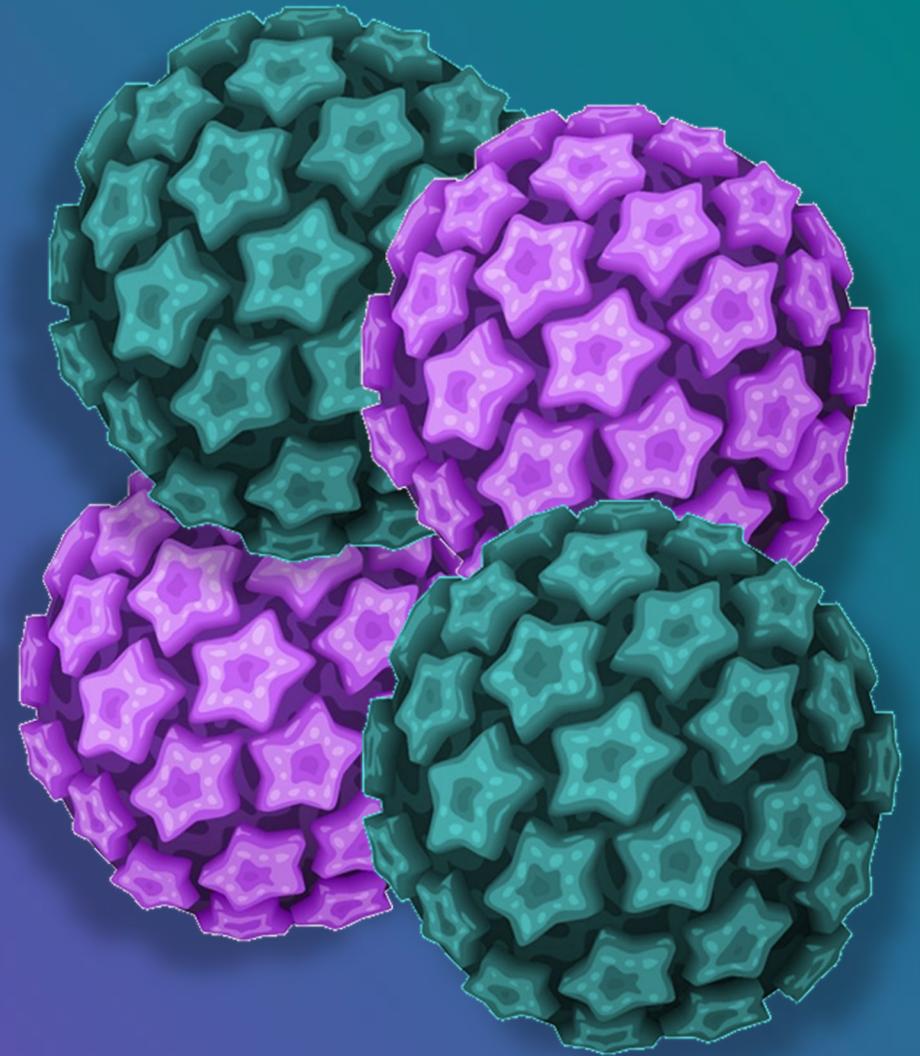
TTUHSC EL PASO

Human Papilloma Virus

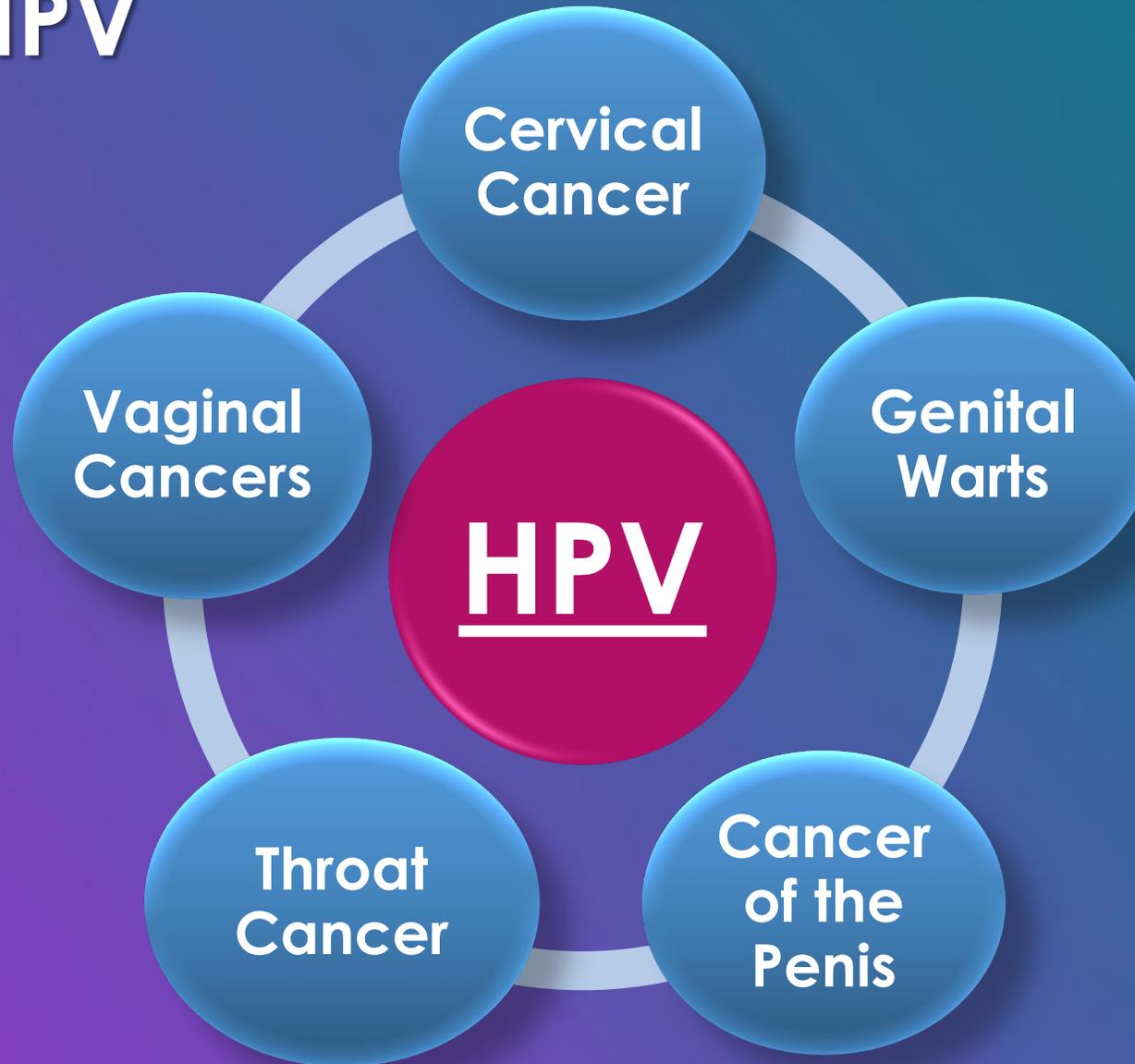
Every Year:

- 14 million people become newly infected.
- 12,000 women are diagnosed with cervical cancer.
- 12,100 men are affected by cancers caused by HPV.

Most people are infected at some point in their life.



Effects of HPV



What Are The Different Types Of HPV?

- Some types of HPV cause warts, which can grow on hands and feet.
- There are also some “genital” types of HPV that are spread during vaginal, anal, and oral sex.
- There are more than **150** HPV types.
- The types of HPV that don’t usually cause cancer are called low-risk HPV types. These can cause warts near or on the anus and genitals.
- The types of cancer that can cause cancer are called high-risk HPV types. The two most common high-risk types are HPV 16 and HPV 18.
- **HPV infection usually clears on its own, but when it doesn’t go away it can cause cancer.**

What Are The Symptoms Of HPV?



- Most people who have been infected with HPV **do not have any symptoms.**
- In fact, for most people, the HPV infection goes away and the person doesn't even realize they had it.
- Some people develop **warts**, on the hands, feet, face, or in and around the genitals.
- There is currently no cure for HPV, only treatment for associated health problems.

How Is HPV Spread?

- **Vaginal, anal or oral sex** with someone who is infected.
- It can even be spread when the person does not have symptoms.
- You can even develop symptoms years after having sex with an infected person, so it is hard to know exactly when you were first infected.



How Is HPV Prevented?

- You can also limit your sexual partners and use condoms. However, these are not a guarantee you will not get HPV.
- This is why the HPV vaccine is so important! It can prevent you from getting several of the high-risk types of HPV that can cause cancer and genital warts.
- It is important to get the HPV vaccine prior to exposure to HPV.
- The HPV vaccine does not prevent against any other STDs.
- The HPV vaccine is for all genders.



HPV Vaccine Schedule

Start Talking Early
Ages 9-10
2 doses



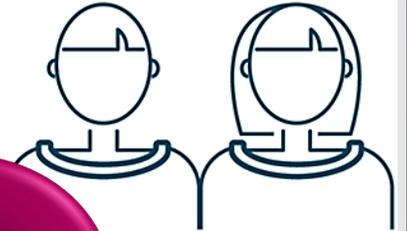
On Time
Ages 11-12
2 doses ✓



Late
Ages 13-14
2 doses



Late
Ages 15-26
3 doses



9-14

2-dose schedule:

2nd dose

6-12 months after first.

15-26

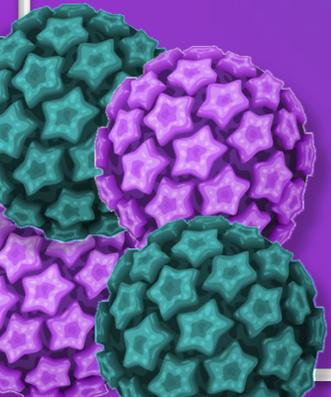
3-dose schedule:

2nd dose

1-2 months after first.

3rd dose

6 months after first.



Vaccine Side Effects



- HPV vaccine is safe and effective.
- Common side effects from the HPV vaccine are mild and go away quickly.

Time To Get Vaccinated - Program

- Girls and Boys 9-17 years old (with parent consent).
- Young Women and Men 18-26 years old who have not been vaccinated.
- Must have a self-reported Texas address.
- No documentation is needed and everything is self-reported.
- 915-694-9225 / TiempoELP@ttuhsc.edu for more information.



@TimeToGetVaccinated



tiempo_de_vacunarte



@TVacunarte

QUESTIONS?



TTUHSC EL PASO

CONTACT INFORMATION



915-694-9225 /
TiempoELP@ttuhsc.edu

915-215-5673

Quick Post-Test

- https://elpasottuhsc.co1.qualtrics.com/jfe/form/SV_0i8VuhDf54P5Zfn





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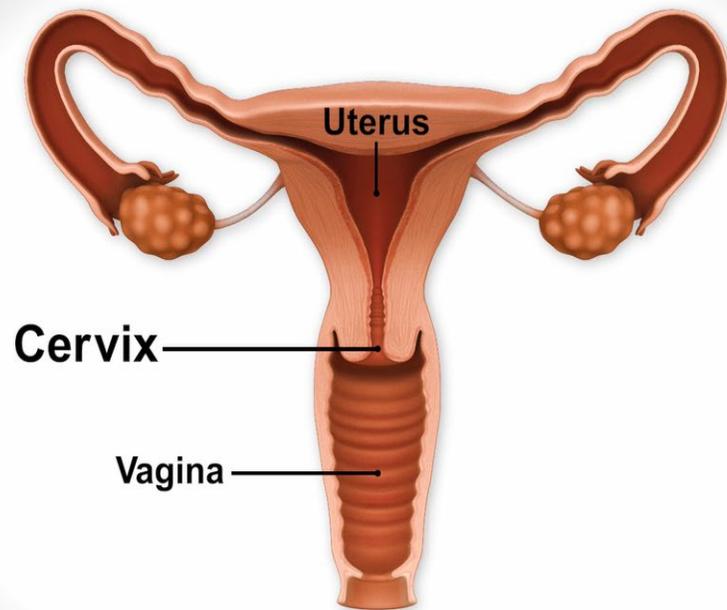
CERVICAL CANCER PREVENTION

Texas Tech University Health Sciences Center El Paso

The main things I'd like to talk to you about today are information about a:

- Pap test, also known as a Papanicolaou or a Pap smear.
- Cervical Cancer and Facts
- HPV Infection & Vaccination
- Risk Factors
- Barriers
- Screening Guidelines
- Cervical Cancer Prevention
- Testimonial

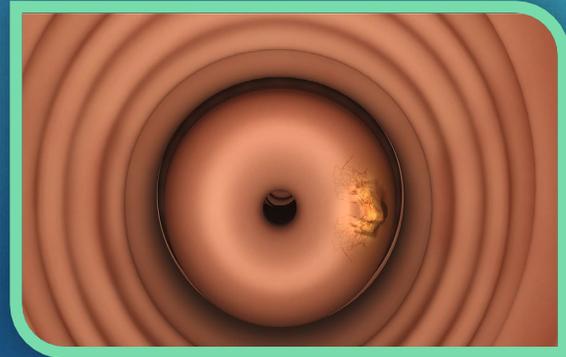
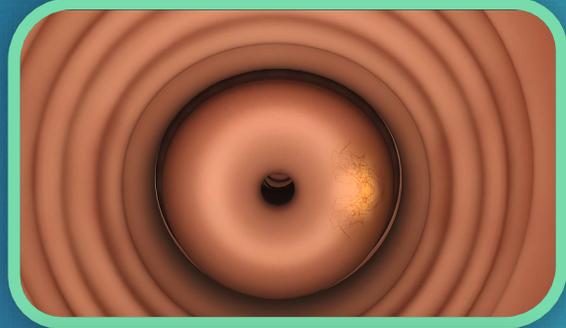
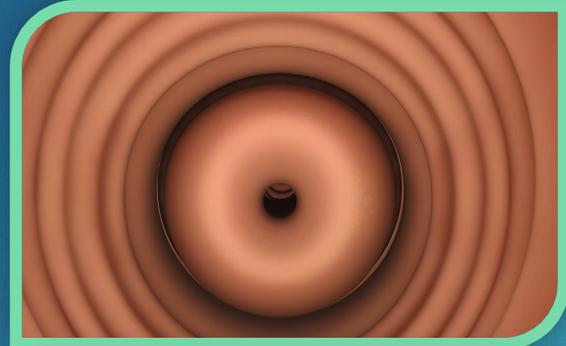
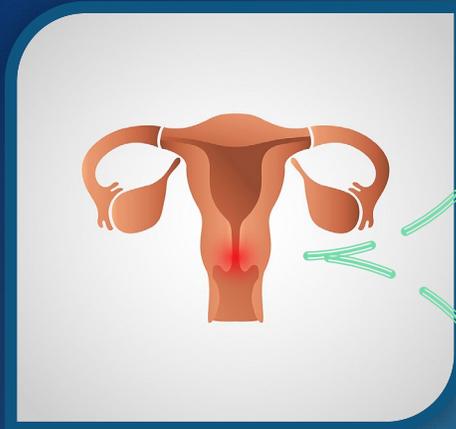
ANATOMY



Let's talk about what is a Pap test.

- A Pap is a test that finds abnormal cells in the cervix.
- A Pap test can find changes in the cervix before they turn into cancer.
- A Pap test can also find cancer early when it can still be treated.
- The cervix is the lower part of the uterus connected to the inside of the vagina. Cancer can develop in this area and this is known as cervical cancer or cancer of the cervix.

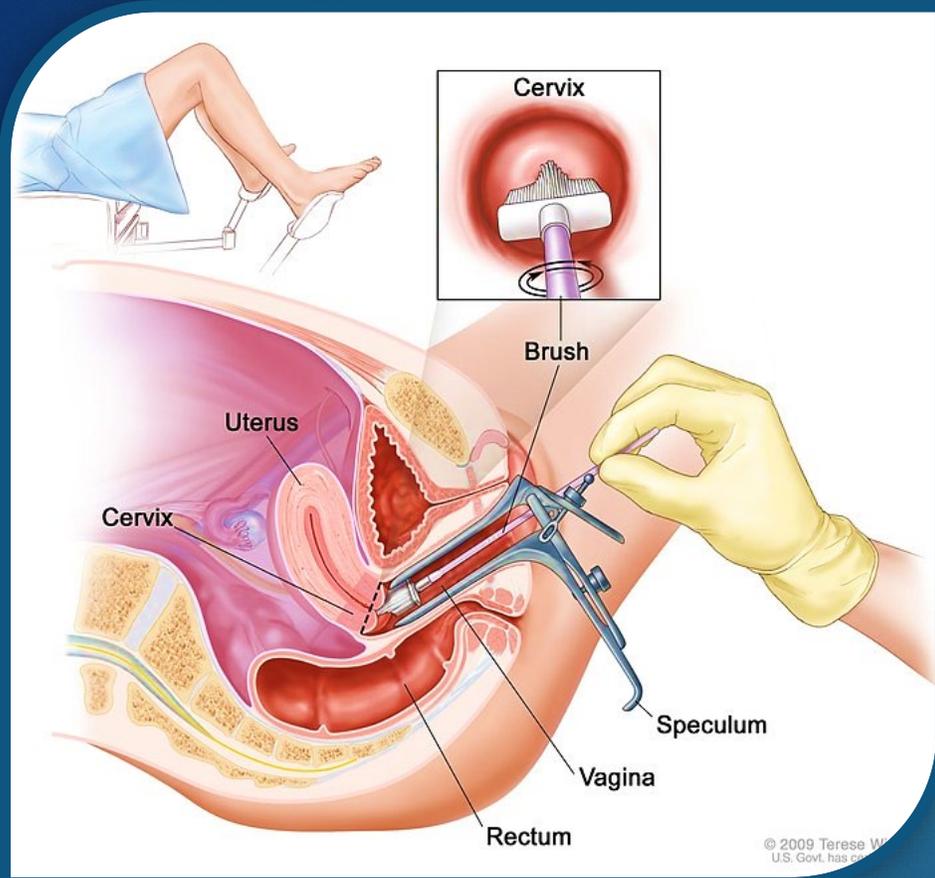
CERVICAL CANCER



Now we can talk about Cervical Cancer

- Cervical cancer can take many years to develop.
- First healthy cells begin to change and become abnormal.
- Over time, these abnormal cells can eventually become cancerous.
- For this reason, it is important for all women to have pap tests regularly.

WHAT HAPPENS WHEN WE GET A PAP TEST?



Now we can talk about screening for cervical cancer that can prevent or catch it early.

So the way the screening is done:

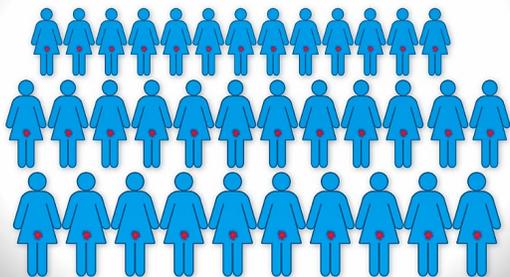
- The doctor uses a plastic or metal instrument called a speculum. The speculum keeps the wall of the vagina separated so that the cervix can be seen.
- A small brush is used to get some of the cervical cells. When the doctor uses the brush, we may feel a little pinch. The cells are put on a glass slide or in a small tube. The same sample can be tested for HPV as well.
- Then they are sent to the lab to be analyzed. This will show if the cervical cells are normal or abnormal.
- The Pap test only takes a few minutes.

Some things to remember about a Pap Test are:

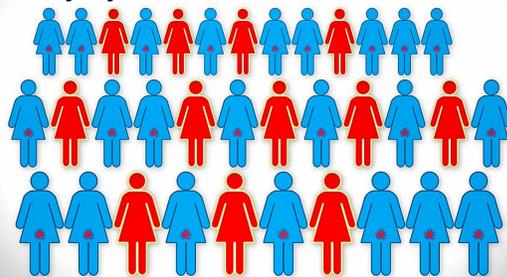
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- We should not have sex for 2 days before the test.
- About 2 days before the test, we should not use vaginal douches, foams, creams, gels, medicine for the vagina, except if it is prescribed by our doctor. If we use any of these products, they may hide abnormal cells.

CERVICAL CANCER FACTS

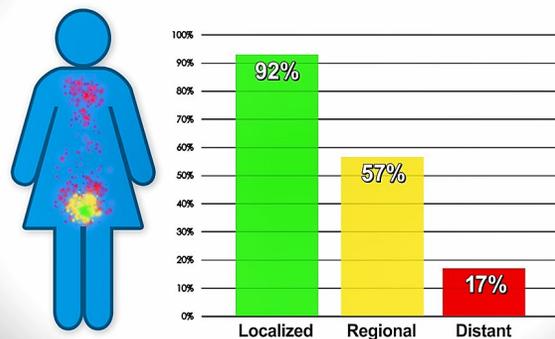
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Every day 12 women die from cervical cancer.



5-Year Cervical Cancer Survival Rate



How common is cervical cancer, well:

- Every day in the U.S. 35 women are diagnosed with cervical cancer. And every day 12 women will die from it.
- Remember, a pap test can discover cancer early when it can be easily treated. The number of women surviving 5 years is much higher if found localized at 92% than if it is diagnosed late or in distant stages at 17%.
- A pap test can also identify changes in the cells before they turn into cancer. These cells can then be treated and cancer prevented.

HPV INFECTION & VACCINATION



HPV Infection

Risk Factors

- Sex at an early age
- Multiple sexual partners
- With someone who has had multiple sex partners

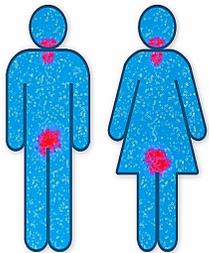


High-Risk HPV

May cause cancer in the following areas:

In Men

Penis
Mouth
Throat
Anus



In Women

Cervix
Vagina
Vulva
Mouth
Throat
Anus

HPV Vaccine

Recommended beginning
vaccination series at
age 9-12



Also recommended for
males 13-21 and females 13-26
who **haven't** started the vaccinations

Now we can talk about a known infection that has been linked to Cervical Cancer.

- HPV infection is very common in both men and women and is spread by sexual or intimate skin-to-skin contact.
- You are at greater risk of HPV infection if you had sex at an early age, have had multiple sexual partners, or are with someone who has had multiple sexual partners.
- Some types of HPV can cause cancer—of the cervix, vagina, and vulva in women, and cancer of the penis in men.
- In both men and women, the virus can cause cancer of the mouth, throat, and anus.
- The good news is that high-risk cancer-causing types of HPV can now be prevented with a vaccine. It is recommended in girls and boys, age 9 to 12.
- For adolescents and young adults who have not yet received the vaccination, it is recommended up to the age of 21 for men and to the age of 26 for women.

WHO GETS CERVICAL CANCER?

Cervical Cancer Risk Factors



Age



HPV



Sex



Smoking



Pregnancy



History

- Here are some of the factors that can put women at risk for developing cervical cancer.

RISK FACTORS

Cervical Cancer Risk Factors



Age

Most women diagnosed with cervical cancer are between the ages of 35 and 54.

Cervical Cancer Risk Factors



HPV

Infection with a high-risk HPV type increases your risk of developing cervical cancer.

Cervical Cancer Risk Factors



Sex

Early-age sexual activity and having multiple sexual partners increases your risk.

- Age: In the U.S. most women diagnosed with cervical cancer are between the ages of 35 and 54.
- HPV: Infection with a high-risk HPV type puts you at higher risk of developing cervical cancer.
- Sex: Early age sexual activity, having multiple partners, or being with a partner who had or has multiple partners.

RISK FACTORS

Cervical Cancer Risk Factors



Smoking

Smokers are two times more likely to develop cervical cancer.

Cervical Cancer Risk Factors



Pregnancy

Women who have had more than three full-term pregnancies and women who become pregnant under age 17 are at higher risk.

Cervical Cancer Risk Factors



History

Most women who get cervical cancer do not have a family history of cancer.

- Smoking: If you are a smoker, your risk of cervical cancer doubles.
- Pregnancy: Women who have had more than three full-term pregnancies and women who become pregnant under age 17 are at higher risk.
- Family History (of Cervical Cancer): Most women who get cervical cancer do not have a family history of cancer. But, if your mother or sister had cervical cancer, the likelihood of you developing it can triple!

REGIONAL FACTORS

Cervical Cancer Risk Factors



Regional Factors



- Screening for cervical cancer is particularly important in this region, because Hispanic women, women living in rural areas, and women living on the border have higher rates of this type of cancer.

BARRIERS TO SCREENING

- **“It is embarrassing. I don’t want anyone to see me naked.”**
 - It is normal to feel embarrassed when getting a Pap test. It’s a very common test that only takes a few minutes. It’s worth it to detect abnormal cells early. The doctors and nurses are professionals. They do these tests on women like us every day. You can request a female physician.
- **“I’m afraid of the Pap test. I’ve heard it hurts.”**
 - The Pap test is a fast and simple test. Some women feel a little pain when they have a Pap test. If a woman feels pain, it is not strong and is very brief. It’s worth it to find abnormal cells early.
- **“My partner doesn’t want me to get a Pap test.”**
 - It is hard to make decisions that your partner doesn’t agree with. Getting a Pap test is an important part of taking care of our health. Each of us has to make the final decision about getting a Pap test.
- **“I’m afraid that they’ll find cancer. I’d rather not know.”**
 - Most women who get a Pap test do not have cancer. If you know early there is a problem, you and your doctor can plan the treatment. Remember, if cervical cancer is found early, it can be treated.



➤ Let’s talk about some reasons why women do not get a Pap Test.

BARRIERS TO SCREENING

- “I don’t have time to make an appointment for a Pap, much less go to the appointment.”
 - Making an appointment and getting a Pap test only takes a few minutes. If we don’t make time to take care of our health, we won’t have time down the road to take care of our families.
- “I don’t have money to pay for the Pap test.”
 - There are many programs that help pay for Pap tests. Our program provides free testing or refers you to a program that can provide free testing. There is also a resource sheet for our area. This can I help you find a clinic where affordable tests are available as well.
- “I don’t have transportation to the clinic.”
 - If you don’t have a car or can’t take a bus, you may want to ask someone to give you a ride to the doctor. How do you usually get to places you need to go? Our program does offer help with transportation. Please let me know if you need help with transportation.
- “I don’t know anyone who can take care of the children.”
 - Some clinics let you take your children with you. Check with your clinic.

CERVICAL CANCER SCREENING GUIDELINES

Cervical Cancer Screening Guidelines



Pap test every 3 years



Pap and HPV testing every 5 years



Ask your doctor

Here are the most recent guidelines for pap testing.

- Women aged 21 to 65 should have a Pap test every three years.
- Women 30 to 65 have the option of getting tested every five years if they include HPV testing, which is done at the same time.
- Women who have had a hysterectomy should talk to their doctor about whether they need a pap test.

CERVICAL CANCER PREVENTION

To Prevent Cervical Cancer



Limit number of sexual partners



Practice safe sex



Eliminate smoking

To help prevent cervical cancer you can:

- Limit your number of sexual partners.
- Practice safe sex.
- Eliminate smoking.
- And the most important thing you can do is to have pap tests regularly.

TESTIMONIAL

- “After my Pap test, I got a letter from the doctor. The letter said that I needed to have more tests because my Pap test was abnormal. When I went back to the clinic, they took a small piece of tissue, called a biopsy. The biopsy was taken from the cervix and then sent to get analyzed. After that, the doctor told me that I had cervical cancer. Thank goodness, it had been found early!
- “I went to the doctor two times for treatment and now I’m cured. The Pap test found the cancer in time. If I had waited longer, it would have been more serious. Now I have to have tests more often. I don’t mind. The Pap test saved my life!”



- This is Marisol’s story. She tells us about when she had cervical cancer.

REMEMBER

- It is important to get a Pap Test to detect and prevent Cervical Cancer.
- HPV is a known infection that has been linked to Cervical Cancer.
- Be aware of what can put you at risk for developing Cervical Cancer.

Now you can move on to the Post-Test of this survey.