



Cervical Cancer

Cervical cancer is the second most common cancer world-wide, but if it is detected early and managed effectively, it is one of the most successfully treatable forms of cancer. The good news is that cervical cancer can be easily prevented through vaccination against Human papillomavirus (HPV) infection and regular screening.



What are the symptoms?

Cervical cancer can be hard to detect as it doesn't cause many symptoms in its early stages. Here are some of the signs to look out for:

- Unusual bleeding, like in between periods, after sexual intercourse, or after menopause.
- Vaginal discharge (pus) that looks or smells different than usual.
- Pain in the lower part of your stomach (pelvis).



How can I get tested for cervical cancer?

Doctors and Professional Nurses use a pap smear test or cervical cytology to find out if you have cervical cancer. Regular screenings can detect any cervical changes and can protect you from developing cancer.

When to go for pap smear screening:



21 - 29 Years



- Start from the ages of 21 to 29 years old, to get pap tests, repeat every 3 years (unless otherwise indicated by your doctor)



30 - 65 Years



- 30 to 65 years old, begin co-testing (pap test combined with HPV test) every 5 years, or get a pap test every 3 years (discuss your options with your doctor)



65+ Years

- 65+ years old, stop screening if you have had normal results for several years



When to get the HPV vaccine:

- Girls and Woman 9 years of age and onwards should receive an HPV vaccine.
- Boys and Men 9 years of age and onwards should receive an HPV vaccine
- Vaccine in children between the age of 9 and 14 years (two doses are recommended)
- Vaccine administration in adults (three doses are recommended)

Where can I get tested?

You can get tested for cervical cancer at any of our medical facilities. If you are unsure where to go for screening, contact our Case Management team for guidance on **014 590 1700** or **080 000 6942** or email: plathealth@platinumhealth.co.za.

We've got you covered

We offer a comprehensive Cancer and Oncology Programme to you. If you are diagnosed with cancer and we authorise your cancer treatment, you are covered by the programme. You can contact our Case Management team who will not only assist you with registering on the programme, but they will also guide you through your treatment plan every step of the way.