## **CERVICAL CANCER - THE FACTS**





Working against cancer on the Isle of Man since 1959

- Cervical cancer is the most common cancer in women under 35 in the UK, but can affect women of any age.
- Each year around 3,200 women are diagnosed with cervical cancer.
- Cervical cancer is one of the most preventable cancer types. Screening, vaccination and lifestyle can all play a roll.
- NHS England have pledged to eradicate cervical cancer by 2040.

#### What to look out for

The most common symptoms of cervical cancer are:

- Abnormal bleeding: during or after sexual intercourse, or between periods.
- Post menopausal bleeding, if you are not on HRT or if you have stopped it for six weeks.
- 3. Unusual vaginal discharge
- 4. Discomfort or pain during sex
- 5. Lower back pain.

If you have any concerns talk to your GP.



Have you received a letter asking you to attend a cervical screening test?

Please don't ignore it ...it's too important!

ALL WOMEN AGED 25 TO 64 ARE INVITED TO ATTEND CERVICAL SCREENING IT COULD BE THE MOST IMPORTANT 10 MINUTES YOU MAKE TIME FOR



# STAYWELL CLINIC

Can't get away during the daytime to visit your GP surgery? The Staywell Clinic offers **evening** appointments twice a week with **female-only** staff.

TELEPHONE 642638

A SERVICE FUNDED AND MANAGED BY ISLE OF MAN ANTI-CANCER ASSOCIATION

### Reduce your risk

- The most effective method of preventing cervical cancer is through regular cervical screening, which allows detection of any early changes of the cervix.
- For younger women who are eligible, having the HPV vaccination protects against 70% of all cervical cancers.
- 3. Leading a healthy lifestyle! You are more at risk if you have a weakened immune system.
- 4. Stopping smoking! Smoking increases your risk of getting cervical cancer.

### **Cervical screening (smear test)**

- Cervical screening saves 5,000 women's lives a year in the UK.
- Cervical screening is **NOT** a test for cancer, but a test to detect changes in the cells of the cervix that may lead to development of a cancer. These changes cause no symptoms. However, if left untreated they can, in some cases, develop into cervical cancer.
- 3. The smear test does not test for Ovarian cancer.

For more information about screening visit: www.gov.im/cervicalscreening