

WHAT IS CERVICAL CANCER?

Cervical cancer is a disease in which cancerous cells form in the cervical tissue. The cervix connects the vagina (birth canal) to the uterus (womb). The **endocervix** is the opening that leads into the uterus and is made up of glandular cells. The **exocervix** is the outer part of the cervix and is made of squamous cells. This is the part of the cervix that a doctor observes during a wellness exam. Most cervical cancers begin in the part of the cervix where these two cell types meet.

Cervical cancer was the leading cause of cancer death for women in the past. Over the past 40 years, early detection and regular screening have greatly lowered incidents and death rates.

What are the Symptoms of Cervical Cancer?

Many individuals with early stages of cervical cancer or pre-cancers have no symptoms. Symptoms are more common when the cancer is in a later stage, and therefore larger and more advanced.

These symptoms may include:

- Abnormal vaginal bleeding or spotting
- Unusual vaginal discharge
- Pain during intercourse
- Pelvic pain
- Swelling of the legs
- Problems urinating or having a bowel movement
- Blood in the urine

Symptoms are usually not evident until later, less treatable stages so regular screening is important!

**Missouri Comprehensive Cancer
Control Program**
Health.Mo.Gov/cancer

RESOURCES FOR CERVICAL CANCER SURVIVORS

All survivors should have care plans to help navigate survivorship. Survivorship care plans help cancer patients that have completed treatment understand how to manage problems that can happen after treatment. Guidelines provide help on how to talk to dentists, doctors and other healthcare providers about follow-up care and how to manage treatment effects. Please talk to your physician about your plan and obtain resources.

Guidelines also have information on **American Cancer Society's Living as a Cervical Cancer Survivor**
Cancer.org/cancer/cervical-cancer.html

Cancer.Net
Cancer.net

OncoLink
OncoLink.org

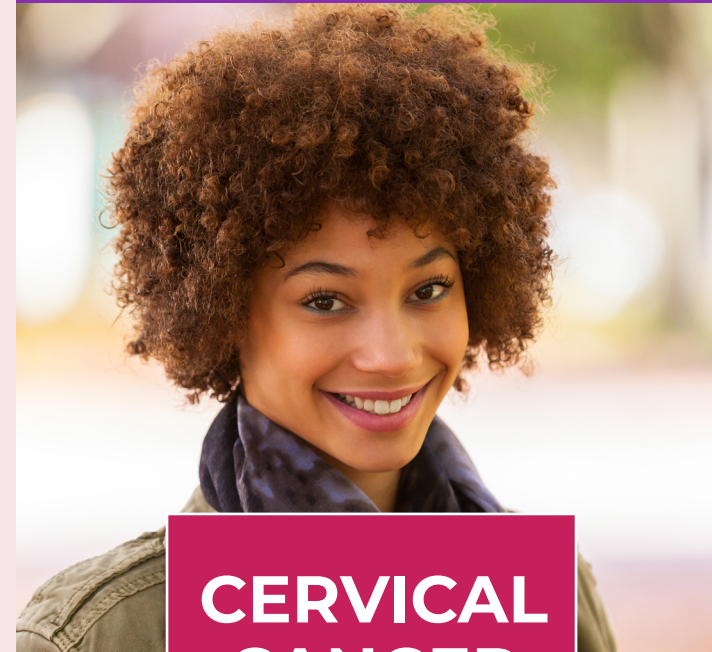
Cancer Survivors
CDC.gov/cancer/survivors/life-after-cancer/survivorship-care-plans.htm

Missouri Comprehensive Cancer Control Program
Health.Mo.Gov/cancer

**Missouri Comprehensive Cancer Control Program's
Tips for Healthy Survivorship**
<https://health.mo.gov/living/healthcondiseases/chronic/cancer/index.php#collapseSurvivorship>



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Fax: **573-522-2898** Email: **info@health.mo.gov**



CERVICAL CANCER

HERE'S WHAT YOU
NEED TO KNOW



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

RISK FACTORS FOR CERVICAL CANCER

Human papillomavirus is the main risk factor for cervical cancer. Nearly all cervical cancers are caused by HPV, but not everyone who has HPV will develop cancer. Some types of HPV are more likely to cause cervical cancer. Testing to see if you have one of these high-risk types of HPV will help you understand your risk of developing cervical cancer.

Other risk factors include:

- HIV infection
- Chlamydia infection
- Smoking
- Taking birth control pills
- Having multiple children
- Having multiple sexual partners
- Mother took Diethylstilbestrol (DES) while pregnant
- Family history of cervical cancer



RISK FACTOR REDUCTION



Girls and boys ages 9 to 12

Get 2 doses of the vaccine known as Gardasil®9.

Girls and boys ages 12 to 26

Seek vaccination through your doctor or health care provider.

Girls and boys ages 27 to 45

Get HPV vaccine if considered to be at high risk for HPV infections.



Be screened regularly for cervical cancer and HPV. Early detection means better treatment outcomes.



Women are more likely to get cervical cancer as they get older.



Eating more fruit and vegetables may decrease risk of developing many types of cancer.



Limit tobacco to reduce the risk of cancer.



Use a new condom each time you have sex and keep it on until you are finished.



Limit the number of sex partners. Avoid sex with people who have had many other partners.

Recommendation of US Preventative Services Taskforce
USPreventiveServicesTaskForce.org/uspst

SCREENING RESOURCES

Medicare Part B and **Show Me Healthy Women** program offer free breast and cervical cancer screenings for women who qualify.

Medicare Part B

Medicare is the federal health insurance program for people who are 65 or older; for certain younger people with disabilities; and for people with End-Stage Renal Disease, which is permanent kidney failure requiring dialysis or transplant.

Medicare Part B will cover 100% of the cost of a Pap test, a pelvic exam and a breast exam for eligible participants once every 24 months.

Participants may be eligible for these screenings every 12 months if found to be at high risk for cervical cancer or are of childbearing age and have had an abnormal Pap test in the past 36 months.

Show Me Healthy Women

The **Show Me Healthy Women** program offers free breast and cervical cancer screenings for Missouri women who meet certain eligibility requirements. Women who have an income at the federal poverty level for household income, are aged 35 to 64 or older, do not receive Medicare Part B, and do not have insurance to cover program services qualify for **Show Me Healthy Women** program benefits.

For more information and resources, or to locate a participating health care provider, visit

Show Me Healthy Women

Health.Mo.Gov/living/healthcondiseases/chronic/showmehealthywomen

or call **866-726-9926**

HOW CAN I DETECT CERVICAL CANCER EARLY? *Early detection is your best defense*

HPV Test



Because most cervical cancers are caused by specific types of HPV, testing for infection with these types of HPV is now the preferred test for cervical cancer screening.

- **Primary HPV testing:** 25-65 years of age every 5 years. If the HPV test is negative, current recommendations state that the cytology (Pap test) is not necessary.
- **Secondary HPV testing:** If primary HPV testing is not available, HPV testing combined with cytology once every 3 years is recommended.

Pap Test



The Pap test, or Papanicolaou smear, is a procedure that collects cells from the cervix and looks at them under a microscope. This test is sometimes called "cytology."

- Age 21-29 PAP smear test every 3 yrs
- Age 30-65 PAP smear only every 3 yrs or PAP with HPV test every 5 yrs