



SUPPORT OUR WOMEN - SCREEN FOR LIFE

Cervical Cancer Screening



Talking Points:

1. Learn about cervical cancer
 - a) Risks, symptoms, causes
 - b) Usual age of diagnosis
 - c) Guam data
 - d) Prevention
2. Cancer screening tests
3. Pap test and HPV test
4. Screening guidelines
5. What is HPV
6. HPV vaccine











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WHAT IS CANCER?

- Cancer starts when cells in the body begin to grow out of control.
- Cancer cells can spread to other parts of the body through the blood and lymph systems.
- Cancer is not just one disease, but many diseases.

Normal	Cancer	
		Large, variably shaped nuclei
		Many dividing cells; Disorganized arrangement
		Variation in size and shape
		Loss of normal features

Talking Points:




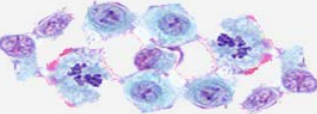

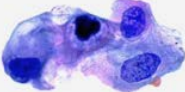
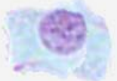

1. Cancer can affect all parts of the body.
2. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

Notes:

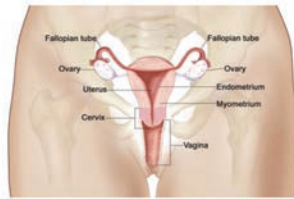
NCI <https://www.cancer.gov/about-cancer/understanding/what-is-cancer>

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WHAT IS CERVICAL CANCER?



- Cancer that starts in the cervix is called cervical cancer.
- Cells change from normal to pre-cancer (dysplasia) then to cancer.
- All women are at risk of getting cervical cancer.

Talking Points:

1. The cervix is the lower, narrow end of the uterus.
2. The cervix connects the vagina (the birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.
3. Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.
4. All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, approximately 12,000 women in the United States get cervical cancer.

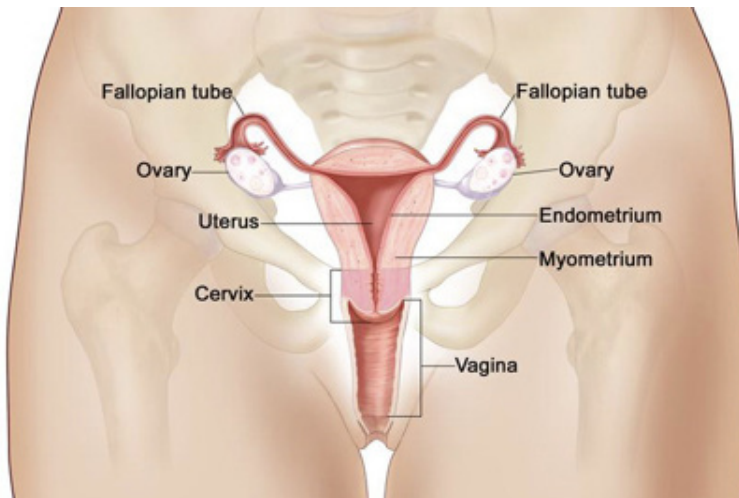
Notes:

NCI
<https://www.cancer.gov/types/cervical>

CDC https://www.cdc.gov/cancer/cervical/basic_info/screening.htm

ACS
<https://www.cancer.org/cancer/cervical-cancer/prevention-and-early-detection/what-is-cervical-cancer.html>

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WHAT INCREASES RISK OF GETTING CERVICAL CANCER?



HIV



- Infection with **human papillomavirus (or HPV)** is main risk for cervical cancer.
- Smoking.
- Having a weakened immune system that makes it hard for your body to fight off health problems.
- Chlamydia infection.
- Using birth control pills for a long time (5+ years).

Talking Points:

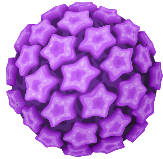
1. A risk factor is anything that changes your chance of getting a disease such as cancer. Focus on those you can change or avoid (like smoking or human papilloma virus infection).
2. The human papillomavirus (HPV) is the main cause of cervical cancer.
3. HPV is a common virus that is passed from one person to another during sex.
4. Most sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.
5. Women who smoke are about twice as likely as non-smokers to get cervical cancer.

Notes:

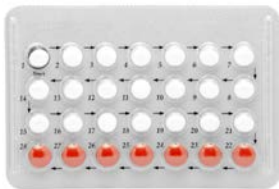
https://www.cdc.gov/cancer/cervical/basic_info/risk_factors.htm

<https://www.cancer.org/cancer/cervical-cancer/prevention-and-early-detection/cervical-cancer-risk-factors.html>

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WHAT INCREASES RISK OF GETTING CERVICAL CANCER?

- Having several sexual partners.
- Family history of cervical cancer.
- A diet low in fruits and vegetables.
- Being overweight.
- Having given birth to three or more children.
- Exposed before birth to DES (diethylstilbestrol) – a hormone drug once prescribed to pregnant women.

Talking Points:


1. You are more likely to get HPV if you started having sex at an early age, or if you or your partner have had sex with several others.
2. You are more likely to get HPV if you started having sex at an early age, or if you or your partner have had sex with several others.
3. Women who were younger than 17 years when they had their first full-term pregnancy are almost 2 times more likely to get cervical cancer later in life.
4. Diethylstilbestrol (DES) is a hormonal drug that was given to some women between 1940 and 1971 to prevent miscarriage.




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Talking Points:



CERVICAL CANCER – COMMON CAUSE AND AGE AT DIAGNOSIS



- Cervical cancer is the most common **HPV-associated cancer** among women.
- Half of cervical cancers occur in women **younger** than 50 years.
- A quarter of cervical cancers occur in women **25-39 years**.

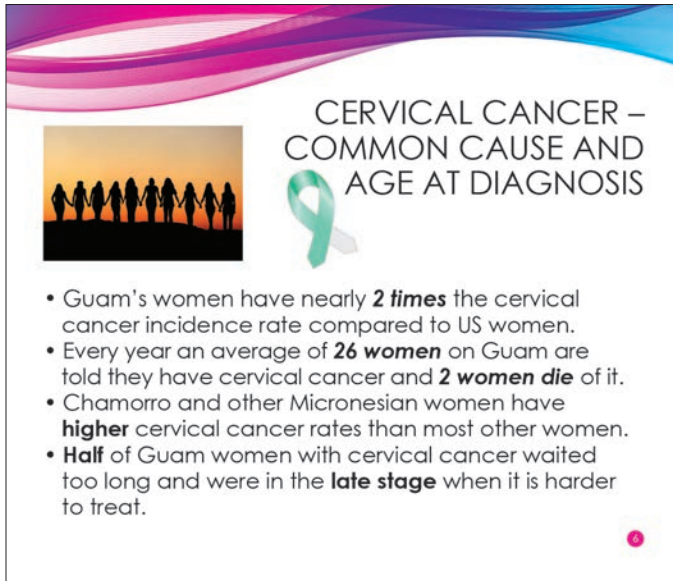




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**CERVICAL CANCER –
COMMON CAUSE AND
AGE AT DIAGNOSIS**

- Guam's women have nearly **2 times** the cervical cancer incidence rate compared to US women.
- Every year an average of **26 women** on Guam are told they have cervical cancer and **2 women die** of it.
- Chamorro and other Micronesian women have **higher** cervical cancer rates than most other women.
- **Half** of Guam women with cervical cancer waited too long and were in the **late stage** when it is harder to treat.

Notes:

Reference the 'Guam Cancer Facts and Figures 2008-2012';
Link: https://www.researchgate.net/publication/279200270_Guam_Cancer_Facts_and_Figures_2008-2012

Talking Points:

1. The Guam Registry reported that 130 women were diagnosed with cervical cancer, and 9 women died of this disease (during the period CY 2008-2012). Refer to Notes for source.
2. This number, 130, represents 13.4% (130/973) of all Guam women who were diagnosed with cancer during the five-year period (2008-2012).
3. Forty-seven percent (47%) of all new cases among female adolescents and young adults (15 - 24 years of age) were cervical cancer "in situ".
[Note: Cervical cancer incidence (new cases) includes CIN3 and "in situ" (early stage) as well as invasive cancer.]
4. More than a third of the women who were diagnosed with cervical cancer during the 2008-2012 period were in the late stage of cancer when it was more difficult to treat.
5. Guam's women overall had nearly two times the cervical cancer (invasive cases only) incidence rate (13.4) compared to the U.S. (7.6).
6. Micronesian women [non-Chamorro] (39.8 per 100,000) was five times higher, and for Chamorro women (14.34 per 100,000) two times higher than the U.S. rate (7.6 per 100,000).




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GOOD NEWS ABOUT PREVENTING CERVICAL CANCER

- We know more about what causes cervical cancer.
 - Cervical cell changes happen slowly.
 - We have great tools to prevent cervical cancer.
 - Better screening tests mean less frequent screening.
 - Abnormal test results don't always mean that you have cancer.
- 

Talking Points:

1. Cervical cancer is highly preventable in most Western countries because of the availability of screening tests (such as the Pap and HPV tests) and the HPV vaccine.
2. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.
3. All women are at risk for cervical cancer. It occurs most often in women over age 30.
4. The HPV is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

Notes:

Refer to the CDC link for more information: https://www.cdc.gov/cancer/cervical/basic_info/



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Talking Points:

1. The most important thing you can do to help prevent cervical cancer is to have regular screening tests starting at age 21; and from 30 - 65 years of age, get both the pap test and HPV test.
2. Get the HPV vaccine to protect against the types of HPV that most often cause cervical, vaginal and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26.
3. It's important that even women who are vaccinated against HPV need to have regular Pap tests to screen for cervical cancer.
4. These also help lower your risk: a) don't smoke, b) use condoms during sex, c) limit your number of sexual partners.

Notes:

NCI

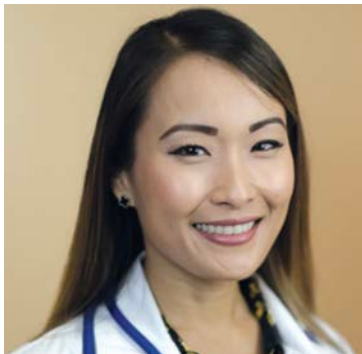
<https://www.cancer.gov/types/cervical/patient/cervical-prevention-pdq>

CDC

https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm

ACS - <https://www.cancer.org/cancer/cervical-cancer/prevention-and-early-detection/can-cervical-cancer-be-prevented.html>

HOW CAN A WOMAN PREVENT CERVICAL CANCER?



See your doctor regularly.

Get regular Pap tests beginning at age 21, and if 30 – 65 years of age, get both HPV and Pap tests.

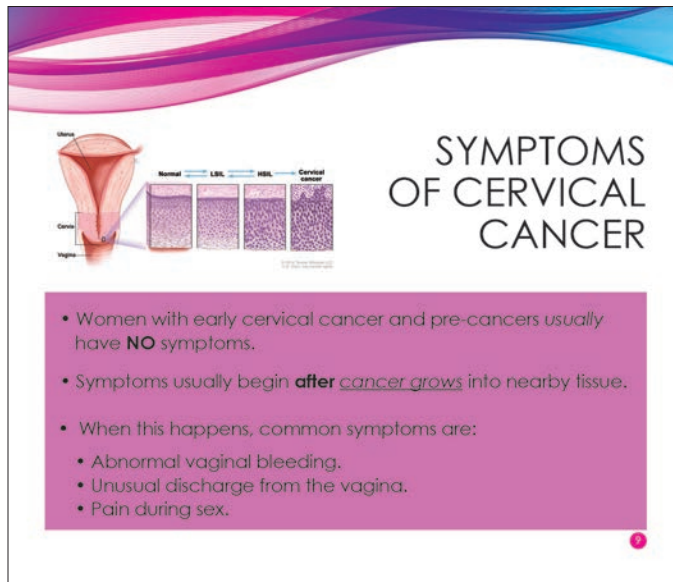
Know your family medical history.

Be faithful to your spouse/partner.

Use condoms during sex.

Don't smoke.

If you are between 11 – 26 years of age, get the HPV vaccine.



Talking Points:

1. Even better, don't wait for symptoms to appear. Have regular screening tests for cervical cancer.
2. If you have any of these symptoms, see a health care professional right away.
3. Ignoring symptoms may allow the cancer to grow to a more advanced stage and lower your chance for effective treatment.

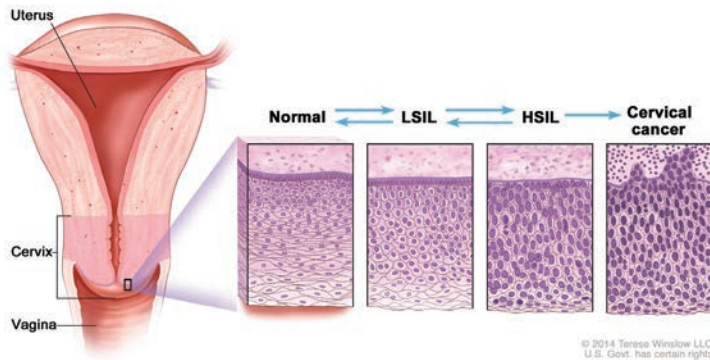
Notes:

LSIL: [Low-Grade Squamous Intraepithelial Lesions] Mild dysplasia (CIN1). Low grade changes usually caused by HPV infection.

HSIL: [High-Grade Squamous Intraepithelial Lesions] Moderate or severe dysplasia (CIN 2, CIN2/3, CIN3). More serious than LSIL. Changes caused by HPV infection and may turn into cervical cancer if untreated.

CDC

https://www.cdc.gov/cancer/cervical/basic_info/symptoms.htm



SYMPTOMS OF CERVICAL CANCER

- Women with early cervical cancer and pre-cancers *usually* have **NO** symptoms.
- Symptoms usually begin **after** cancer grows into nearby tissue.
- When this happens, common symptoms are:
 - Abnormal vaginal bleeding.
 - Unusual discharge from the vagina.
 - Pain during sex.



ARE THERE SCREENING TESTS THAT CAN PREVENT CERVICAL CANCER OR FIND IT EARLY?

- **Screening** – checking for disease before there are symptoms.
- The **Pap test** and **HPV test** are cervical cancer screening tests.
- Screening can help find **changes in cervical cells** that could lead to cancer if not treated.

Talking Points:

1. Start getting the Pap test at age 21.
2. The Pap test (or Pap smear) looks for pre-cancers, cell changes on the cervix that may become cervical cancer if they are not treated properly.
3. The HPV (human papillomavirus) test looks for the virus that can cause these cell changes.

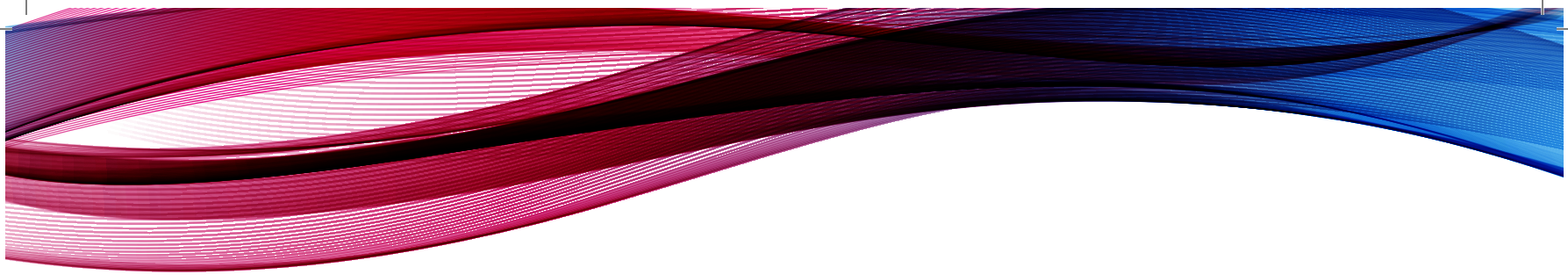
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CERVICAL CANCER SCREENING DATA, GUAM VS. USA



• 3 of 5 (67.7%) Guam women (ages 21 – 65) get regular Pap tests.
(Guam, BRFSS 2014)

Compared to:



4 of 5 (82.6%) US women (ages 21 – 65) in the US get regular Pap tests.
(US States + DC, BRFSS 2014)

Talking Points:

1. We need to increase cervical cancer screening among women on Guam.
2. If you don't have health insurance, contact Dept. of Public Health, Guam Breast and Cervical Cancer Early Detection Program (735-0671~5) for information on free or low cost Pap tests; Or Guam Cancer Care organization at 969-2233 for cancer screening check-up with a partner clinic.

Notes:

Behavioral Risk Factor Surveillance Survey (BRFSS), 2014
<https://www.cdc.gov/brfss/brfssprevalence/>

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PAP TEST

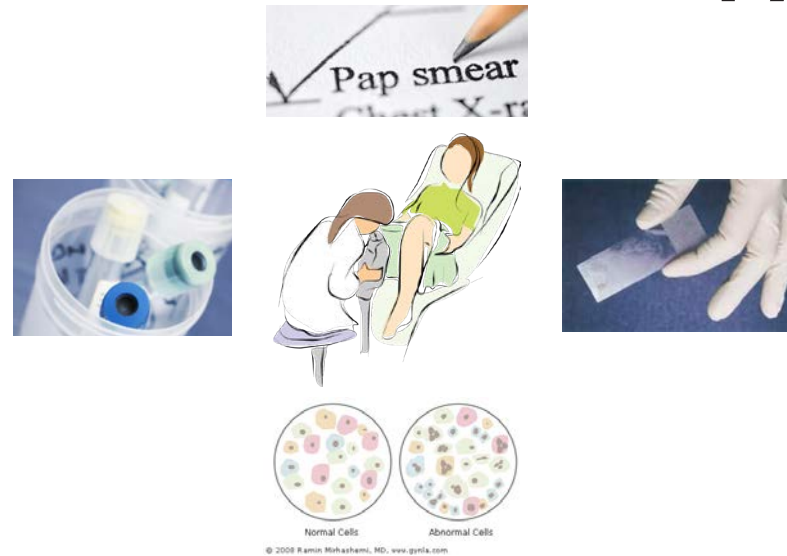


- The **Pap test** (or Pap smear) looks for cervical cell changes that may turn into cancer.
- The Pap test also:
 - can **find cervical cancer early**, when treatment is most effective.
 - sometimes finds **conditions, such as infection or inflammation**, that are not cancer.
- The Pap test is recommended for women age **21-65 years old**.
- The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.

Talking Points:

1. If Pap tests results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may tell you that you will not need another Pap test for as long as three years.
2. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test.
3. If both test results are normal, your doctor may tell you that you can wait five years to have your next Pap test. BUT you should still go to the doctor regularly for a physical checkup.
4. For women aged 21 to 65, it is important to continue getting a Pap test as directed by your doctor - even if you think you are too old to have a child or are not having sex anymore.
5. If you are older than 65, check your doctor if you need to have any more Pap tests.


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WHEN SHOULD YOU GET A PAP TEST?

- Get a Pap test even if you have no symptoms.
 - Like getting check-ups for your children, getting Pap tests can help prevent cancer by finding problems **before** they occur.
 - You should start getting a Pap test beginning at **age 21 and continue every 3 years through age 65.**
 - If your Pap test results are **normal**, your doctor may say that you will not need another Pap test for **three years.**
- 

Talking Points:

1. A Pap test is recommended for all women between the ages of 21 and 65 years old.
2. It is important to continue getting a Pap test as directed by your doctor.
3. The only cancer the Pap test screens is cervical cancer. It does NOT screen for ovarian, uterine, vaginal, or vulvar cancers.
4. So even if you have a Pap test regularly, if you notice any signs or symptoms that are not normal for you, see a doctor to find out why you are having them.

Notes:

CDC Reference: https://www.cdc.gov/cancer/cervical/basic_info/screening.htm

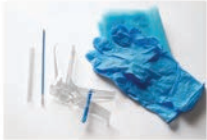
Cervical Cancer Screening Guidelines - <https://www.cdc.gov/cancer/cervical/pdf/guidelines.pdf>



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WHAT TO EXPECT WITH THE PAP TEST?



- The Pap test and HPV test are done during a pelvic exam in a doctor's office.
- **Before the exam** – The doctor will leave the room; you will remove your clothes; put on a gown; put a sheet over your waist and legs for privacy.
- **During the exam** – You will lie on your back on an exam table; bend your knees and put your feet into supports/stirrups. The doctor will insert a small instrument (speculum) that gently opens your vagina to see the cervix. She/he will use a soft brush or spatula to collect a small sample of cells from your cervix.

Talking Points:

1. When you have a Pap test, the doctor may also do a pelvic exam, checking your uterus, ovaries and other organs to make sure there are no problems.
2. Ask your doctor which tests you are having, if you are not sure.

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WHAT TO EXPECT WITH THE PAP TEST?



- **After the exam** – the doctor will send the sample cells to a lab to see if there are any abnormal cells. The same sample can also be checked for HPV, with an HPV test.
- **Test results** – Your doctor will follow up with you by phone or mail with your Pap test and/or HPV test results within two to three weeks.
- If you do not get your test results within three weeks after your test, it is important to **contact** your doctor to get your results.



Talking Points:

1. It can take as long as three weeks to receive your test results. If your test shows that something might not be normal, your doctor will contact you and figure out how best to follow up. There are many reasons why test results might not be normal. It usually does not mean you have cancer.
2. If your test results show cells that are not normal and may become cancer, your doctor will let you know if you need to be treated. In most cases, treatment prevents cervical cancer from developing. It is important to follow up with your doctor right away to learn more about your test results and receive any treatment that may be needed.

Notes:

CDC Link: https://www.cdc.gov/cancer/cervical/basic_info/screening.htm

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WHAT IS AN HPV TEST?

- The **human papillomavirus (HPV) test** can find infection with the types of HPV that can cause cancer.
- Women who are **30 and older** can get both the Pap and HPV tests together.
- **Co-Testing** means that both the Pap test and the HPV test are done at the same time.

Talking Points:

1. If you get the HPV test going with the Pap test, the cells collected during the Pap test will be tested for HPV at the laboratory. Both tests can be done at the same time.
2. Talk with your doctor, nurse, or other health care professional about whether the HPV test is right for you.
3. If your test results are normal, your doctor may then tell you that you can wait as long as five years for your next screening. But you should still go to the doctor regularly for a checkup.

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PAP AND HPV TESTS TIPS TO REMEMBER

- Do not have the test(s) done during your period (menstruation).
- The best time is at least 5 days after your menstrual period stops.
- For 2-3 days before the Pap test:
 - Don't use tampons, birth control foams or jellies, other vaginal creams, moisturizers, or lubricants, or vaginal medicines.
 - Do not douche (rinse the vagina with water or another fluid.)
- Do not have sexual intercourse for 2 days before your Pap test. This may cause unclear test results.



Talking Points:

1. You should not schedule your Pap test for a time when you are having your period.
2. If you are going to have a Pap test in the next two days—
 - a. You should not douche (rinse the vagina with water or another fluid)
 - b. You should not use a tampon.
 - c. You should not have sex.
 - d. You should not use a birth control foam, cream, or jelly.
 - e. You should not use a medicine or cream in your vagina.

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Talking Points:

SCREENING GUIDELINES

- **AGE 21 years:** Get your first Pap test.
- **AGE 21 – 29 years:** Get a Pap test every 3 years if results are normal.
- **AGE 30 – 65 years:** If results were normal, get both a Pap test and HPV test (co-testing) every 5 years, or a Pap test alone every 3 years.
- **OLDER than 65 years:** Talk with your doctor to learn if screening is still needed. If you have been screened regularly and your recent test results have been normal, your doctor will probably advise you that you no longer need screening.

Notes:

US Preventive Service Task Force Cervical Cancer Screening Guidelines

<https://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/section2a.html#Cervical>



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EXCEPTIONS TO GUIDELINES

- Depending on your medical history, your doctor may recommend more or less frequent screening.
- More frequent screening for women who:
 - Are HIV positive
 - Have weakened immune system
 - Were exposed before birth to a medicine called DES (diethylstilbestrol).
 - Had a recent abnormal Pap test or biopsy result
 - Have had cervical cancer
- Screening not needed for women who:
 - Have had a hysterectomy for reasons not related to cancer or cervical cell changes. If your hysterectomy was due to cervical cancer, talk with your doctor about what follow-up care you need.

Talking Points:

1. The USPSTF recommends against screening for cervical cancer with HPV testing, alone or in combination with cytology, in women younger than age 30 years.
2. The USPSTF recommends against screening for cervical cancer in women younger than age 21 years.
3. The USPSTF recommends against screening for cervical cancer in women older than age 65 years who have had adequate prior screening and are not otherwise at high risk for cervical cancer.
4. The USPSTF recommends against screening for cervical cancer in women who have had a hysterectomy with removal of the cervix and who do not have a history of a high-grade precancerous lesion (cervical intraepithelial neoplasia [CIN] grade 2 or 3) or cervical cancer.

Notes:

CDC Link: https://www.cdc.gov/cancer/cervical/basic_info/screening.htm

USPSTF: U.S. Preventive Service Task Force



EXCEPTIONS TO GUIDELINES

- Depending on your medical history, your doctor may recommend more or less frequent screening.
- More frequent screening for women who:
 - Are HIV positive
 - Have weakened immune system
 - Were exposed before birth to a medicine called DES (diethylstilbestrol).
 - Had a recent abnormal Pap test or biopsy result
 - Have had cervical cancer
- Screening not needed for women who:
 - Have had a hysterectomy for reasons not related to cancer or cervical cell changes. If your hysterectomy was due to cervical cancer, talk with your doctor about what follow-up care you need.

Remember – Get a PAP test for
YOU and YOUR FAMILY'S health.



Talking Points:

1. Any questions?

Notes:

1. If at the clinic, proceed to get the Pap test and/or HPV test done. If needed, schedule an appointment and give them flyer or brochure about cervical cancer screening.
2. If not at the clinic, give them phone number or organizations that can provide Pap and/or HPV test.

Remember – Get a PAP test for
YOU and YOUR FAMILY'S health.



Talking Points:

REMEMBER...

YOU can prevent cervical cancer by getting regular Pap tests.



Your family is counting on **YOU** to stay healthy.



REMEMBER...

YOU can prevent cervical cancer by getting regular Pap tests.



Your family is counting on **YOU** to stay healthy.



SI YU'OS MA'ÅSE!
THANK-YOU!

Resources & References

National Cancer Institute: www.cancer.gov

Department of Health and Human Services, Centers for Disease Control and Prevention <https://www.cdc.gov/cancer/cervical/index.htm>

“Cervical Cancer – Fact Sheet”

https://www.cdc.gov/cancer/cervical/pdf/cervical_facts.pdf

CDC - www.cdc.gov/HPV

“Genital HPV Infection – CDC Fact Sheet”

<<https://www.cdc.gov/std/hpv/HPV-FS-July-2017.pdf>>

“Who should get vaccinated”

<<https://www.cdc.gov/hpv/parents/questions-answers.html>>

American Cancer Society: www.cancer.org

US Preventive Service Task Force Cervical Cancer Screening

Guidelines <https://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/section2a.html#Cervical>

CDC – **Advisory Committee on Immunization Practices**

Department of Public Health and Social Services, Guam Cancer Registry,
Sept. 2014, “Guam Cancer Facts and Figures 2008-2012”.

Acknowledgement

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CREDITS

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Adaptation in part of the WINCART project:

Guam Communications Network and other Pacific Islander organizations in partnership with California State University, Fullerton <http://wincart.fullerton.edu/>

- 1) "Supporting our Women (SoW): pacific islander cervical cancer education toolkit",
http://wincart.fullerton.edu/cancer_edu/ToolkitSOW.htm
http://wincart.fullerton.edu/cancer_edu/materials.htm
- 2) "Supporting Our Women" PowerPoint/Video Presentation (English, Samoan, Tongan)
<https://www.youtube.com/watch?v=OggSRHzCkNE&feature=youtu.be>

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