

How can I prevent cervical cancer?

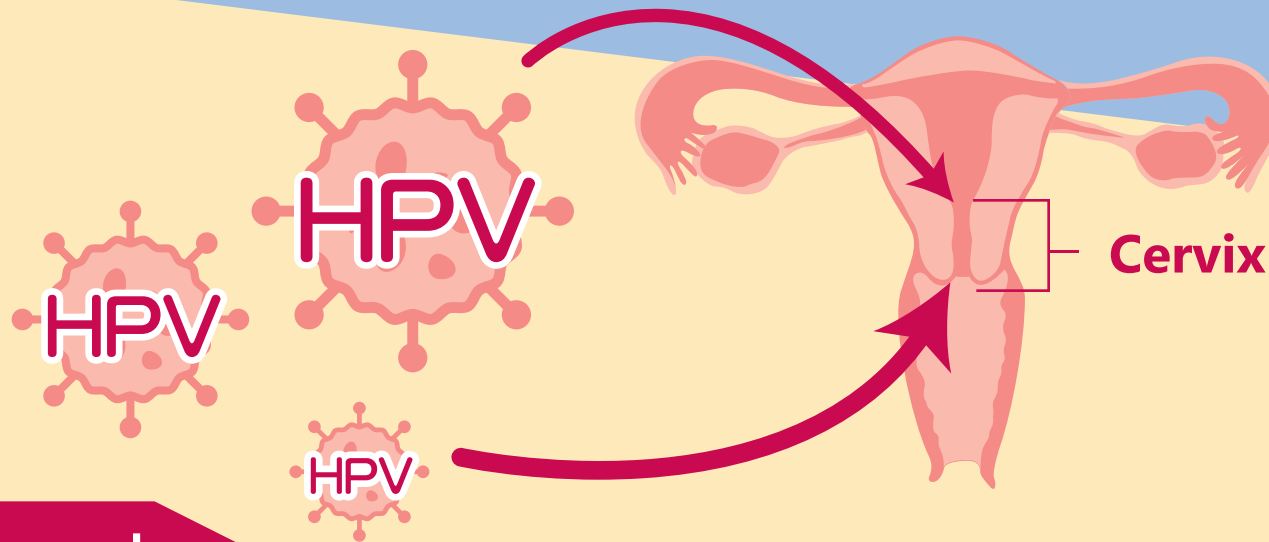


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**Health Promotion Administration,
Ministry of Health and Welfare**

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What is cervical cancer?



According to the research

Cervix connects the uterus and vagina. Most cases of cervical cancer are caused by a virus called human papillomavirus (HPV). HPV infections spread mainly through sexual contact. Most HPV infections are short-term and cleared by our immune system. But in some cases, their HPV infections are persistent, thus leading to more changes in cervical cells and higher risk of developing cervical cancer.

Cervical cancer cannot be ignored

Cervical cancer is the 9th most common female cancer in Taiwan. There are about 1,500 new cases each year. About 640 deaths per year are caused by such disease, most are died of recurrence, 2-3 years after treatment.

Incidence rate

NO.9

Mortality rate

NO.8

How can I prevent cervical cancer?



Safe
sexual
behavior

Get
HPV
vaccine

Have regular
Papanicolaou
(Pap) test

Persistent infection with high-risk HPV is the most important risk factor of cervical cancer.

Three ways to prevent cervical cancer – A. Practicing safe sex B. Getting HPV vaccination C. Having regular Pap test.

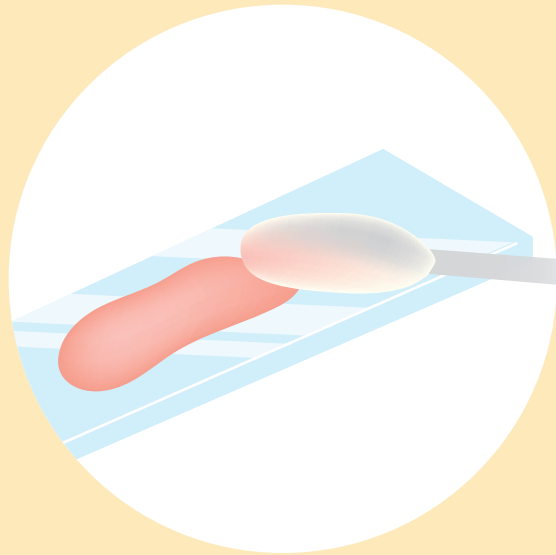
Relevant Information: <https://www.hpa.gov.tw>

What is Pap test?

Pap test is one of the most effective cancer screening tests.



The doctor puts speculum into your vagina.



Then sweep a small brush over the cervix to take cell sample and fix on a slide.



Viewing the cells under the microscope to check if there is any abnormal cell.

Who should get Pap test?

Most of cervical cancers are caused by HPV infection. HPV infection causes mainly through sexual contact. Women aged 30 years and older who had sexual activity are recommended to undergo regular cervical screening.

**Aged over
30 years old
At least once
every 3 years**

Where can I have a Pap test?

Health Promotion Administration reimburses expenses for Pap test once a year for women aged over 30 years old . Please bring your National Health Insurance (NHI) Card and ID Card to any NHI contracted institution, obstetrics and gynecology clinic, GP clinic, or your local government health station for the test.



Pap test results and Follow-up workflows

| Pap test result | Recommendation |
|---|--|
| within normal limit | regular Pap test (at least once every 3 years) |
| atypical squamous cells of undetermined significance (ASCUS) | repeat Pap test in 3-6 months or get an HPV test or a colposcopy |
| low-grade squamous intraepithelial lesion (LSIL) | repeat Pap test in 3-6 months or a colposcopy |
| high-grade squamous intraepithelial lesion (HSIL), dysplasia cannot exclude HSIL, atypical squamous cells favor HSIL (ASC-H) atypical glandular cells (AGC), atypical glandular cells favor neoplasm, endocervical adenocarcinoma in situ | Colposcopy and biopsy |
| Invasive cancer | |

* All tests are not 100% accuracy, please seek medical advice as soon as possible when abnormal signs showing up.

**Get regular Pap test
every 3 years**



More information on the HPA website

<https://www.hpa.gov.tw>

