

Cervical Cancers - What should I look out for?

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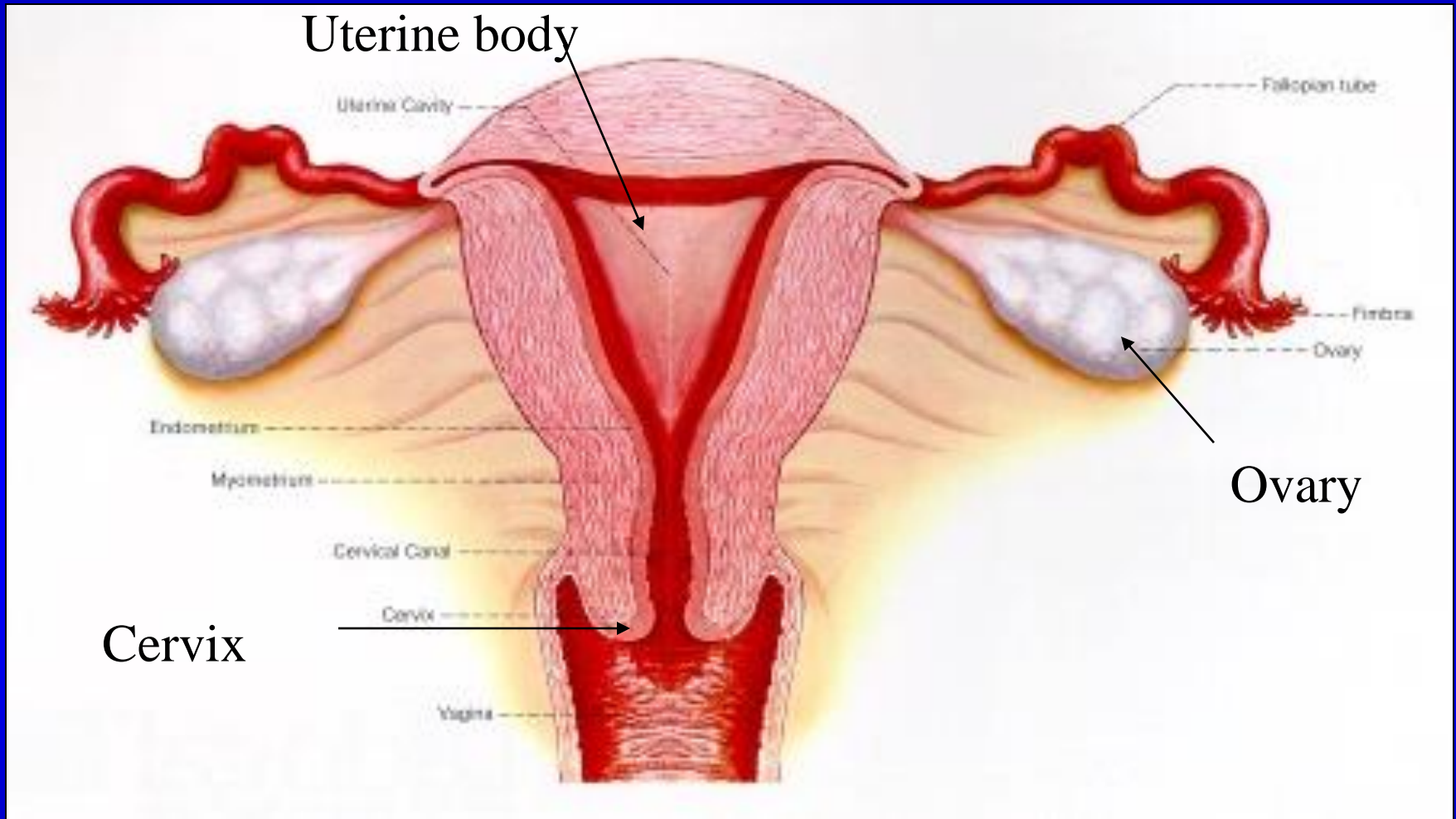
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Mount Alvernia Hospital

Outline

- *Cervical Cancer & HPV*
- *Cervical Cancer Screening*
- *Hope for the future – HPV vaccine*

Female Anatomy



In Singapore

- Cancer is the commonest cause of death in Singapore since 1998
- In 2000 - 27% of deaths
- In 2001 - 28% of deaths

10 Most Frequent Cancers in Women 1998-2002

• Breast	28.0
• Colo-rectum	14.4
• Lung	8.1
• Ovary	5.4
• Cervix	5.3
• Stomach	4.9
• Corpus Uteri	4.6
• Skin	4.2
• Thyroid	3.3
• Lymphomas	2.7

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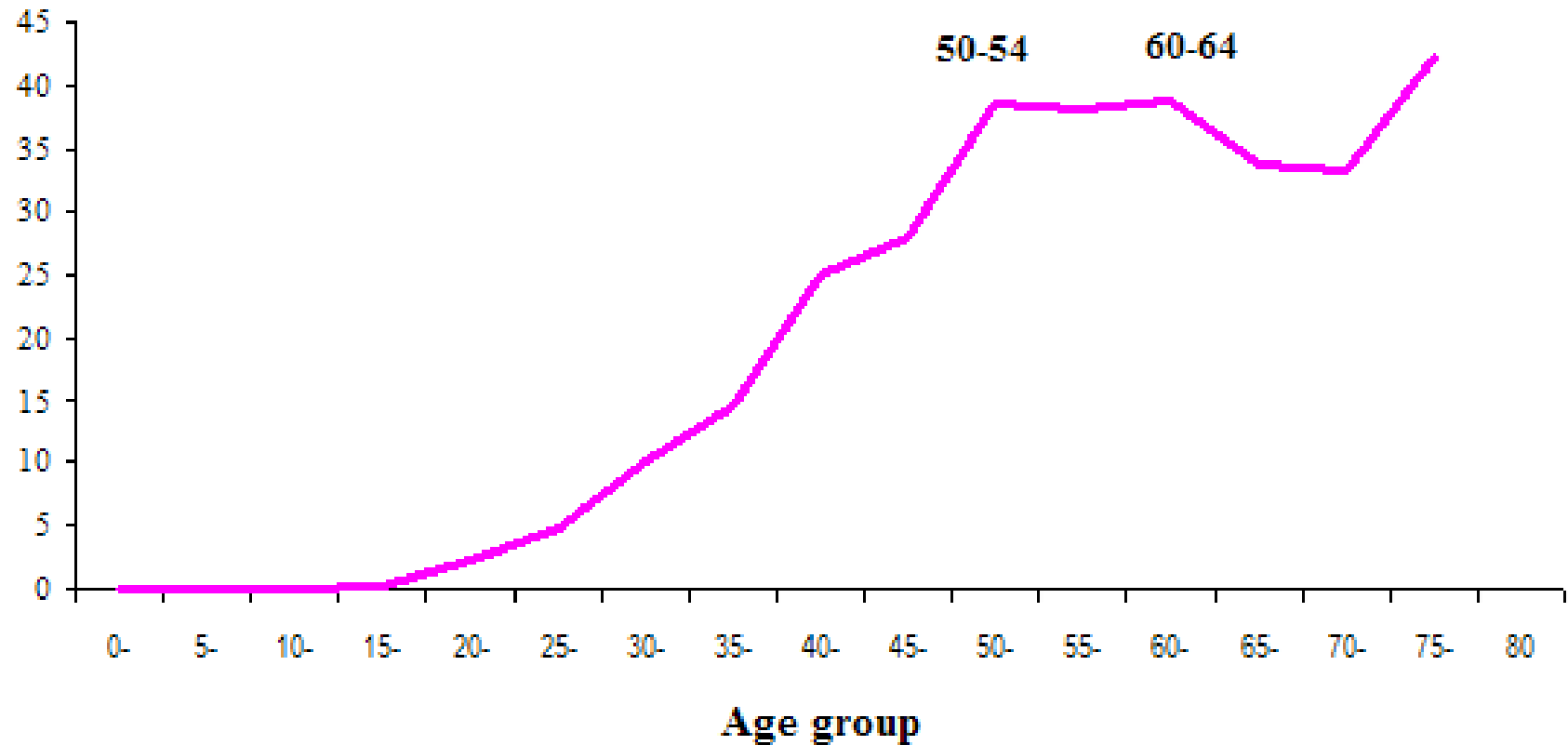
CERVICAL CANCER

CERVICAL CANCER

- Worldwide it is the **2nd** most common female cancer.
- In Singapore, cervical cancer is the **5th** most common female cancer (1998-2002)
- High incidence in developing countries.
- Mean age - 50yrs
- *Peak age of pre-cancer is 35-45 yrs*

Cervical Cancer Incidence by Age Group, 1998-2002

ASR per 100,000 women



Singapore Perspective

- Estimated 200 new cases each year.
- Estimated 100 women die from cervix cancer each year.

Rationale for Cervical Screening

- *Cervical cancer can be prevented*
- Common disease
- Pre-cancer phase ~ 10 years
- Simple screening tool available - Pap test
- Treatment of pre-cancer disease is simple and effective
- Prevention is cost-effective

Precancer of the cervix

Normal

Precancer (CIN)

Cancer



10 years

Does Cervical Cancer Screening Work?

In countries that have introduced **population based screening** with **good coverage**, there is a clear reduction in the incidence of and deaths from cervical cancer.

The Pap Smear

- Who needs a Pap smear?
- How is it done?
- How often should I get it done?
- Where can it be done?

Who needs a Pap smear?

- All women above 25 years old who have EVER been sexually active.
- Virgins are at low risk for cervical cancer and the Pap test may be uncomfortable.
- Women 70 years and above who have a negative smear history can stop.
- After the menses has cleared

Technique

Choice of speculums - Cusco, Graves, Plastic disposable

Graves Speculum



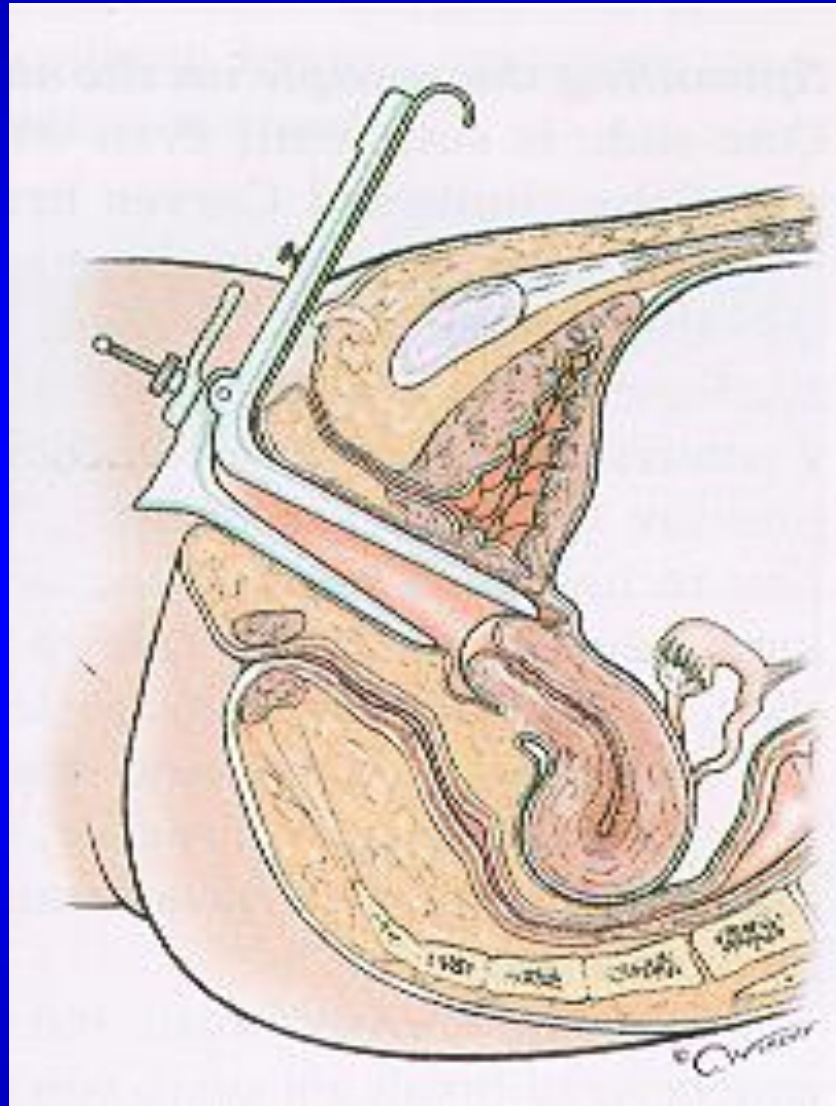
**Plastic disposable
speculum**



**Cusco
Speculum**



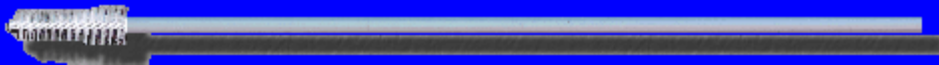
Exposing the cervix



Sampling instruments



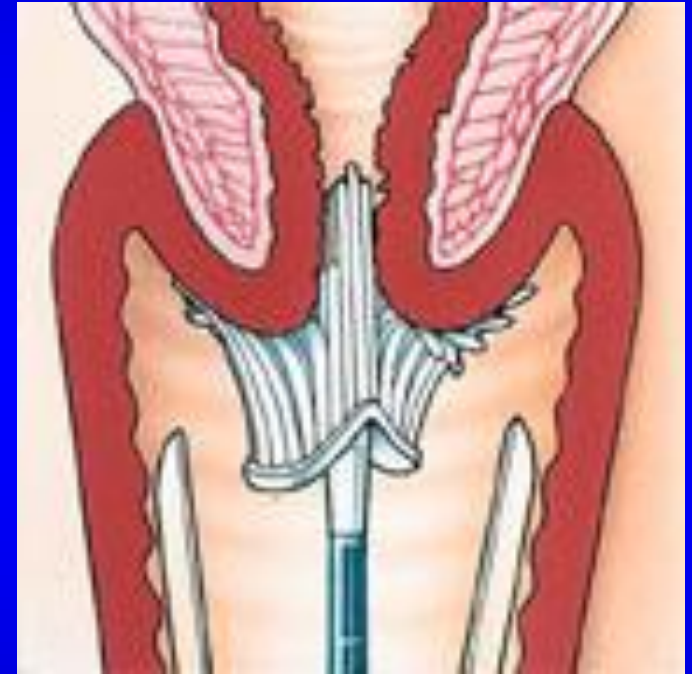
Cervex brush



Endocervical brush



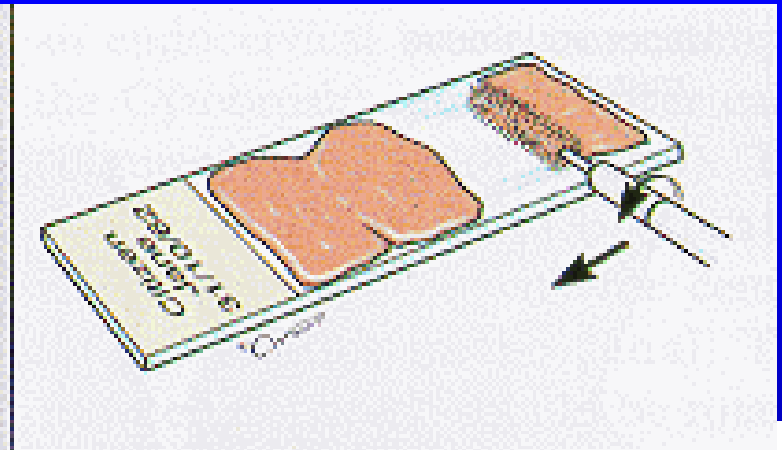
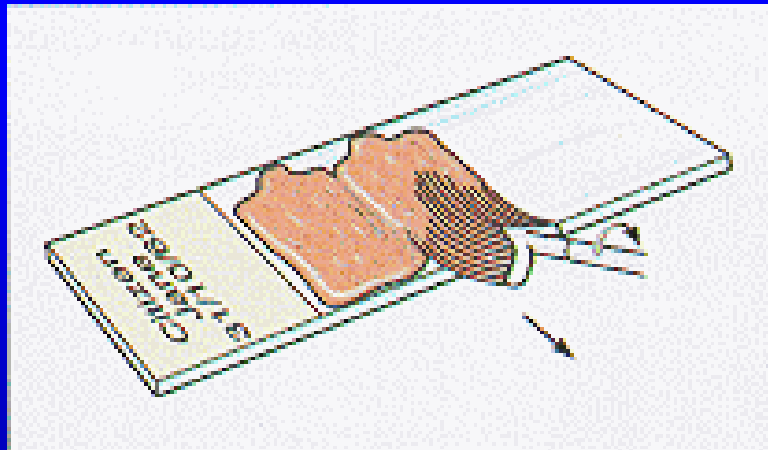
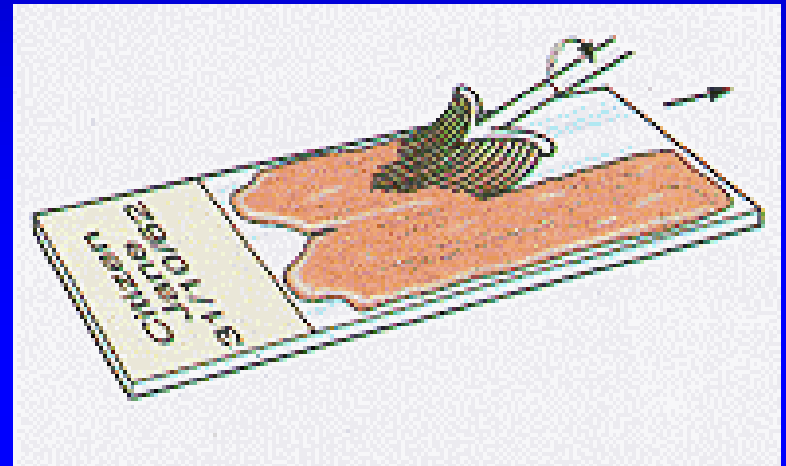
Ayre's spatula



Spreading the sample on the slide

Painting action

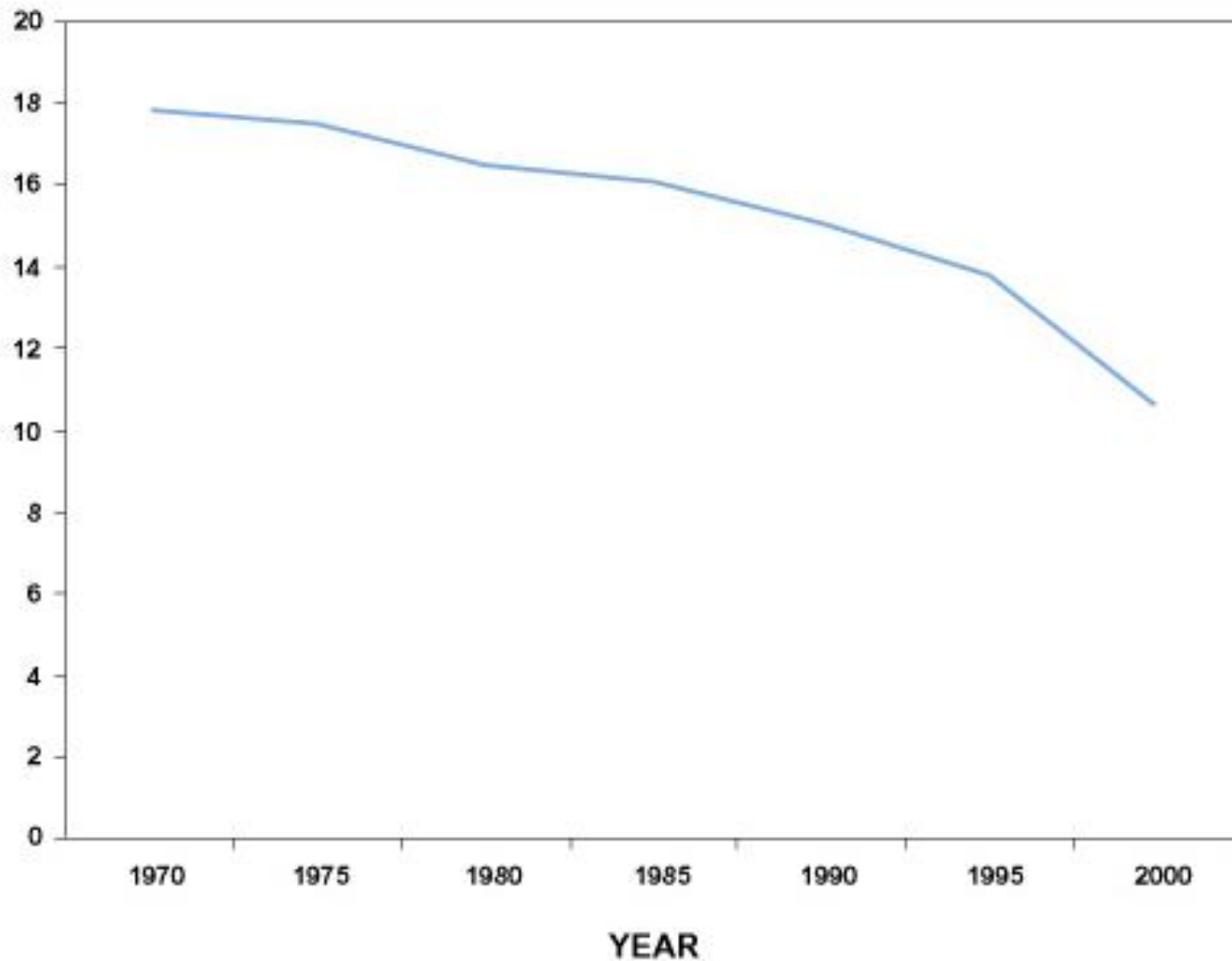
Roll the endocervical brush



Where can I get a Pap smear?

- Polyclinic
- GP
- Gynaecologist
- Cancer Society

AGE-STANDARDIZED RATE (per 100,000 per year)



**CERVIX: AGE-STANDARDIZED INCIDENCE,
1968-2002**

In comparison

SINGAPORE

- Incidence - 5th
- Mortality - 6th
- Less common than ovarian/more common than uterine cancer
- Opportunistic screening

UK

- Incidence - 11th
- Mortality - 12th
- Less common than ovarian & uterine cancer
- Population-based screening

CervicalScreen Singapore

- National Population-based Cervical Screening Programme
- Launched August 2004
- Women between the age of 25 - 65 will be invited to have a Pap test every 3 years.

Terminology for cervical smear reporting

Terminology	Bethesda	BSCC	Pap
Negative	Normal	Normal	Class I
Atypical squamous cells ASC-US ASC-H	ASC-US ASC-H	Borderline	Class II
LSIL-HPV	LSIL	Borderline	Class II
LSIL- CIN1	LSIL	Mild dysk/CIN1	Class III
HSIL- CIN2	HSIL	Mod dysk/CIN2	Class III
HSIL- CIN3	HSIL	Sev dysk/CIN3	Class IV
SCC	Invasive	Invasive	Class V

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When do I refer to Colposcopy?

- CIN 1-3, carcinoma
- ASC-H
- 2 ASC-US or HPV smears
- Any glandular abnormality
- Clinically suspicious cervix
- Suspicious symptoms eg persistent postcoital bleeding
- Endometrial cells in a woman \geq 40years

Always include the Pap smear
report together with the
referral letter

What if I have an abnormal Pap smear?

Precancer of the cervix

- Not visible without special instruments and medication
- NO symptoms
- Picked up by the Pap test
- Easily treatable
- 95% complete cure rate, 5% may need a second simple treatment.

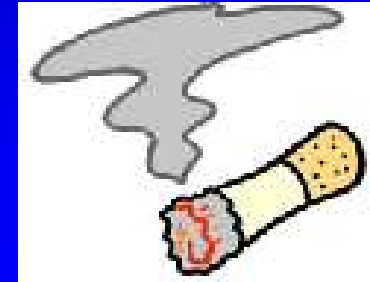
Colposcopy

- Use of a magnifying lens to look at the cervix
- Special solutions are applied to the cervix to see the precancer areas
- tiny tissue sample (biopsy) may be taken to confirm the diagnosis before treatment.

Risk factors for Cervical Cancer

CERVICAL CANCER

- *No previous pap*
- Women who smoke
- H/O of Human Papillomavirus (HPV) infection
- Women who have immunosuppressive disorders, such as HIV/AIDS



CERVICAL CANCER

- Women with many sexual partners, or whose partners have had many partners
- Women who had first intercourse at an early age (16 years or younger)



No Excuses!

- “It’s painful”
- “Wait till there are signs”
- “If it happens, its fate!”
- “I rather not know.”



Anita Mui

- Released over 40 albums
 - Made over 35 domestic films
 - 1993 - Established the Hong Kong Performing Artistes Guild
 - 1990 - Announced retirement from the stage and a farewell concert with 33 consecutive shows
 - 1988 - Best Actress for Rouge
 - 1987 - Held a record-breaking 28 consecutive concert shows
 - 1986 - Fourth Album "Bad Girl" achieved 8 time platinum selling record.
 - 1985 - Holds first concert with 15 shows
 - 1984 - Best Supporting Actress for Rumble In The Bronx
 - 1982 - Won New Talent Singing Contest with the song "Season Of Wind"
- Died in her early 40s from cervical cancer

What is HPV?

- Human Papillomavirus
- It is a very common infection of the cervix.
- Most women get the virus at some time in their life.
- In most cases it does not need treatment and your body will clear it on its own.

HPV

- There are over 80 subtypes of HPV.
- Most do not cause any harm to humans.
- Some subtypes, namely 16,18, 31 and 33, are agents which cause cervical cancer.
- ‘High Risk’ HPV is found in almost 100% of cervical cancers.

HPV

- However, in some women the ‘High Risk’ HPV virus stays for a number of years and any cervical abnormality may develop into cancer if left untreated.

HPV

How do I get HPV?

- Most cases are sexually transmitted, occasionally it may be passed from mother to child.
- It is not possible to know how long ago you've had it.

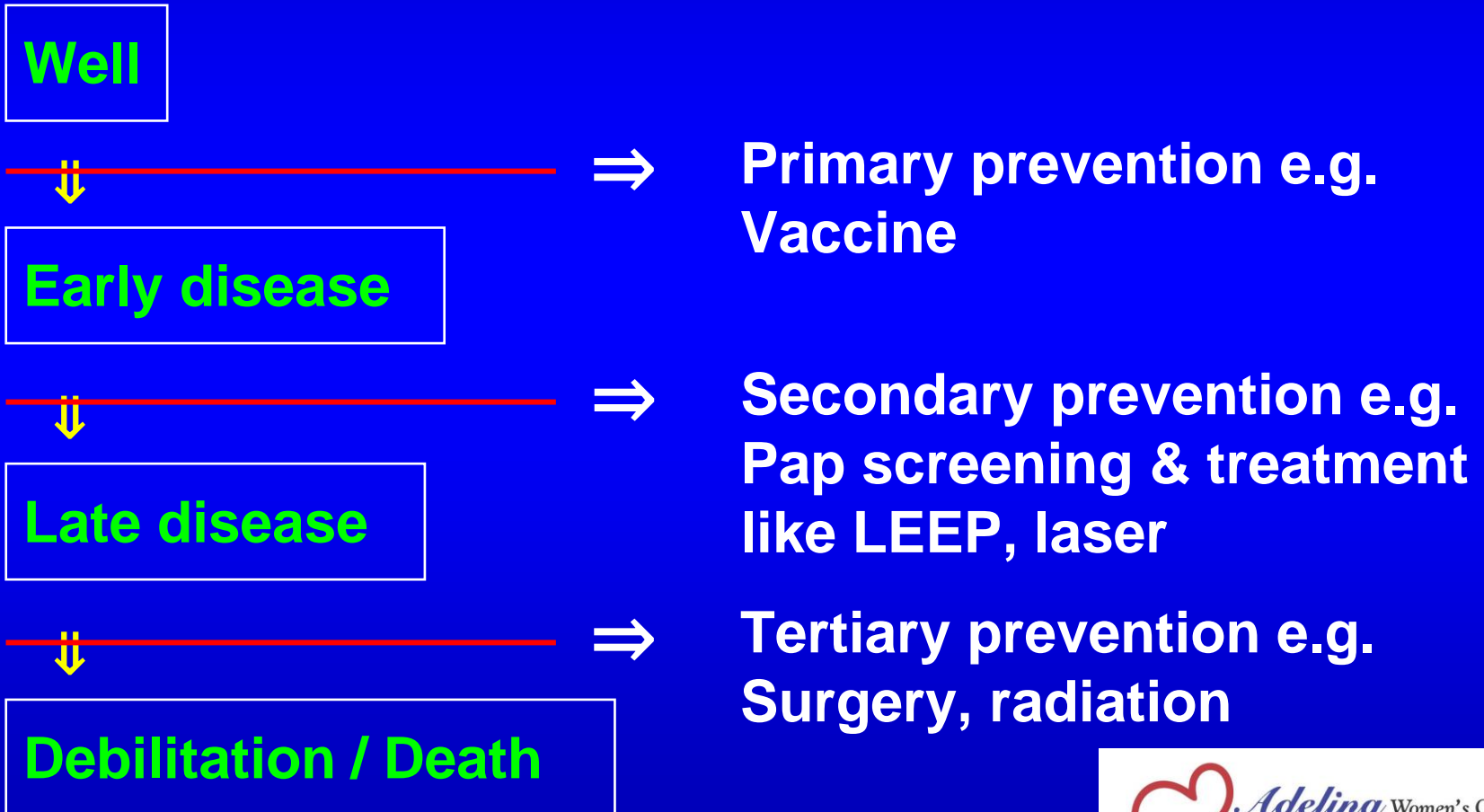
HPV

Is there a treatment for HPV?

- Currently, there is no treatment for HPV.
- We do however treat any precancer lesions if present and this effectively prevents progression to cancer.
- In the very near future, we may have a HPV vaccine.

Why Develop a Vaccine?

It is a form of preventive medicine



HPV Vaccines

- With HPV vaccines soon to become a reality, do we need to do cervical screening?

HPV Vaccines

- If vaccination becomes a reality, will new high risk oncogenic subtypes appear?

HPV Vaccines

- And if we stop screening, will cervical cancer due to these new subtypes increase?

Common Gynae Complaints



Irregular menses

- Anovulatory bleeding - miss a menses
- common around the menopause

Ovulatory bleeding

- Mid-cycle bleeding 14 days before the next menses
- May be associated with some lower abdominal pain

Prolonged menses

- Uterine fibroids
- endometrial polyps
- vaginal infection
- cervical or uterine cancer

Postcoital bleeding

- Vaginal infection
- thin lining on the cervix
- cervical cancer

Post menopausal bleeding

- Bleeding recurring more than 1 year after the menses have stopped.
- Important symptom as it may signal a uterine cancer or cervical cancer.
- It needs to be investigated.



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