

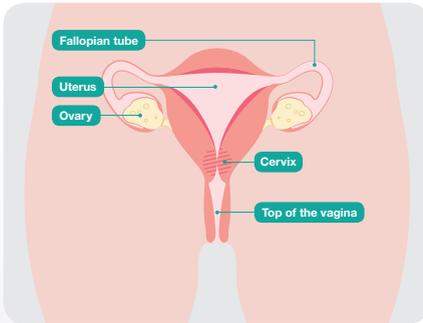


## We can protect ourselves against cervical cancer.

Go for your cervical cancer screening today. Screen for your loved ones, screen for yourself.

### What is cervical cancer?

It is cancer of the neck of the womb, called the cervix. It is caused by a long-lasting Human Papilloma Virus (HPV) infection.



### What is Human Papilloma Virus (HPV)?

HPV is a common virus and everyone will get it at some point in time. There are over 100 strains, but only around 13 strains can lead to cervical cancer. It can be spread through skin-to-skin contact during sexual activity.

As HPV is a common virus, our bodies are able to clear the infection on its own. However, high-risk HPV strains may cause a long-lasting infection, which can lead to cervical cancer.

### How long does it take for cervical cancer to develop?

Cervical cancer is a slow-progressing condition. It usually takes up to 15 years to develop cervical cancer. This is why regular screening is important because it can be cured when it is detected early.

### What are the signs and symptoms of early cervical cancer?

There are usually no signs and symptoms in the early stages of cervical cancer.

### Who is at risk of cervical cancer?

All women who have ever had sexual activity are at risk. The risk increases if you:

- Have a condition that leaves you with a weak immune system (e.g. lupus).
- Are Human Immunodeficiency Virus (HIV) positive.

### When should I get vaccinated and screened?

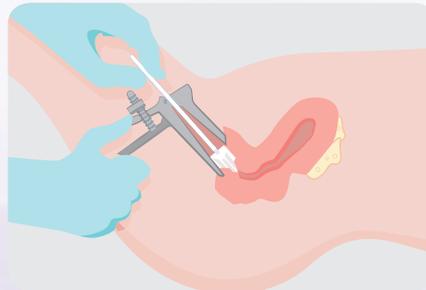
If you are between 9 to 26 years old, go for a HPV vaccination.

Find out more about HPV vaccination at [healthhub.sg/HPV-immunisation](http://healthhub.sg/HPV-immunisation)

Go for cervical cancer screening if you are above 25 years old and have ever had sexual activity.

### What happens during a cervical cancer screening?

- It is a fast and simple procedure, where an instrument will be gently inserted into your vagina.
- A soft brush is then used to collect some cells from your cervix. These cells are sent to a laboratory for testing.



If you are between 25 to 29 years old, your cells will be tested for abnormal changes through a Pap test. At this age, you will be able to clear HPV infections at a faster rate. Thus, you do not need a HPV test.

If you are 30 years and above, your cells will be sent for a HPV test to detect high-risk strains. At this age, a HPV test is more effective in determining your risk of cervical cancer.

Your results will be ready within four weeks after your test. Your doctor will advise if further follow-up is required.

### What does my result mean?

#### 25 to 29 years old



#### If you have:

- 1) a normal Pap test result, your cervical cells are normal. Go for your next cervical cancer screening after three years.
- 2) an abnormal Pap test result, you might have an infection and/or abnormal cervical cells. This does not mean that you have cervical cancer. Your doctor will review the results and advise on your treatment accordingly.

#### 30 years old and above



#### If you:

- 1) do not have high-risk HPV strains, your risk of developing cervical cancer is low. Go for cervical cancer screening every five years.
- 2) have a very high-risk HPV strain(s), you will be referred to a gynaecologist because your risk of developing cervical cancer is higher. Treatment will be offered if necessary.
- 3) have other high-risk HPV strains, you will be asked by your doctor to return for another HPV test in one year's time.

### How do I prepare for my cervical cancer screening?

- Book an appointment two weeks after the start of your period.
- Avoid having sexual activity, and using spermicides, vaginal creams, lubricants, vaginal medications or tampons for at least 48 hours before your test.



### Charges for cervical cancer screening

#### Pap test rates



#### 25 to 29 years old

\$15 for Singaporeans at polyclinics  
\$22.50 for Permanent Residents at polyclinics  
\$2 or \$5 for Singaporeans at CHAS GP clinics

#### HPV test rates



#### 30 years old and above

\$22.50 for Singaporeans at polyclinics  
\$33.75 for Permanent Residents at polyclinics  
\$2 or \$5 for Singaporeans at CHAS GP clinics

### What is the difference between the Pap and HPV test rates?

There is actually no difference in the cost in the long run. A Pap test is done every three years, while a HPV test needs to be done only every five years. Furthermore, the HPV test is more accurate in determining risk of cervical cancer.

Year	One	Four	Seven	Total
Pap test	\$15	\$15	\$15	\$45

Year	One	Nil	Six	Total
HPV test	\$22.50	–	\$22.50	\$45

For more information on the Screen for Life subsidies, call 1800 223 1313 or visit [screenforlife.sg](http://screenforlife.sg)