

Review Article

A Women's Instinct is Incredible "Screen Yourself for a Better Tomorrow"

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Abstract

Cervical screening is the process of detecting and removing abnormal tissue or cells in the cervix before cervical cancer develops. By aiming to detect and treat cervical neoplasia early on, cervical screening aims at secondary prevention of cervical cancer. The incidence of cervical cancer in areas where more than 20% of U.S. residents live under the poverty line is 18% to 39% higher than areas where less than 10% of residents live below the poverty line. Over the last 30 years, routine cervical cytology screening has contributed to a 50% reduction in the incidence of cervical cancer in the United States. Mortality from cervical cancer has also decreased from 5.55 per 100,000 women in 1975 to 2.38 per 100,000 women in 2008. Cervical cancer is very rare among screened women less than 10 per 100,000 annually. In 2010, representatives from 22 organizations formed a committee on Practice Improvement in Cervical Screening and Management (PICSM) that reviewed available evidence on cytologic abnormalities in adolescents and found that unnecessary treatment of precancerous cervical lesions can lead to cervical stenosis, preterm delivery, and preterm premature rupture of membrane.

Key words: Cervical screening, cervical cancer, Precancerous lesions

Introduction

Cervical cancer is the term used to describe tumours that can grow at the lower end of the womb. These tumours usually develop from abnormal cell changes at the entrance to the womb from the vagina (the opening of the cervix). Abnormal cell changes can be detected through screening and then removed. A vaccine against viruses that cause cancer (HPV vaccine) can reduce the risk of cervical cancer. There are more than one hundred differing kinds of HPV, many of which are harmless. However, some varieties of HPV will cause abnormal changes to the cells of the cervix, which can eventually lead to cervical cancer. Two strains of the HPV virus (HPV 16 and HPV 18) are known to be responsible for 70% of all cases of cervical cancer. These types of HPV infection don't have any symptoms; so many women won't realize they have the infection. Since 2008, a HPV vaccine has been habitually offered to women aged twelve and thirteen.

Cervical cancer

Cervical cancer affects the cervix, the narrow portion of the lower part of the uterus, where it joins the top end of the vagina. It has a conic or cylindrical shape, and it protrudes through the end of the vagina.

Causes

Maximum all cervical cancer cases occur in women who have been previously infected with HPV and HPV is a group of viruses.

Signs & symptoms

Any of the following may be signs or symptoms of cancer:

1. Blood spots or light bleeding between or following periods
2. Menstrual bleeding that is longer and heavier than usual
3. Bleeding after intercourse, douching, or a pelvic examination
4. Increased vaginal discharge
5. Pain during sexual intercourse
6. Bleeding after menopause
7. Unexplained, persistent pelvic and/or back pain

HPV: HPV stands for human papilloma virus. It's the most common sexually transmitted infection. HPV is usually harmless and goes away by itself, but some types can lead to cancer or genital warts. OR- Human papilloma virus (HPV) is the name for a group of viruses that have an effect on your skin and also the wet membranes lining your body.

Examples of this include your:

- Cervix
- Anus
- Mouth and throat

There are more than 100 types of HPV. Around forty varieties of HPV infection will have an effect on the venereal space.

Genital HPV infections are common and highly contagious. They're spread throughout gender and skin-to-skin contact of the venereal areas.

What HPV infection does:

Infection with some varieties of venereal HPV will cause:

- Genital Warts – the most common viral sexually transmitted infection (STI) in England
- abnormal tissue growth and other changes to cells within your cervix – this can sometimes lead to cervical cancer
- Girls aged 12 to 13 are offered a vaccination against HPV to help protect them against types of HPV that can cause cervical cancer.
- Women aged 25 to 64 are offered cervical screening to check for abnormal cells in the cervix.

Screening: Cervical screening tests facilitate stop cervical cancer by checking the health of the doorway of the female internal reproductive organ (cervix) and detective work abnormal cells.

Pap smear test

A smear (or Pap test) could be a fast, painless procedure that screens for cervical cancer. It involves examining cells taken from the cervix under a microscope. The test doesn't diagnose cancer, but rather looks for abnormal cervical changes (cervical dysplasia)—precancerous or cancerous cells that could indicate cancer. If any changes are present, further testing is needed, such as a colposcopy or biopsy, will be done in order to diagnose cancer.

The check is called once martyr Papanicolaou, the Greek doctor UN agency unreal the procedure within the early Nineteen Forties.



Who ought to have cervical screening tests?

Women: aged twenty five to forty nine – each three years. Aged fifty to sixty four – each five years
Although these recommendations sit down with all ladies, there square measure some risk factors for cervical cancer that will build it prudent to own additional frequent Pap smears. These include:

- Having a case history of cervical cancer

- A diagnosing of cervical cancer or a smear that showed malignant tumour cells
- Infection by the human immunological disorder virus (HIV)
- Weakened system because of several factors, like surgical process, therapy, or corticosteroids
- Early onset of gender (intercourse)
- Multiple sexual partners
- A sexually transmitted infection, like Cupid's disease or Chlamydia
- Previous cancer of the reproductive organ tract
- Smoking
- Exposure to stilbestrol (DES) before birth: DES may be a drug that was typically wont to stop miscarriage till analysis showed that ladies born to mothers UN agency took DES were at Associate in Nursing accrued risk of cancer

Women UN agency have a cutting out (removal of the uterus) ought to talk over with their doctor or smear taker whether or not they still ought to have cytologic smear tests.

How typically do ladies want cervical screening tests?

- Women square measure suggested owning a cytologic smear take a look at each 3 years.
- Cervical cancer sometimes takes a few years to develop. Any abnormal cells is found and treated to prevent them from turning into cancer.
- If its 1st cytologic smear take a look at, or not had a take a look at for over 5 years, it'll be suggested to own a second take a look at in a very year's time.
- In some circumstances, It is also suggested to own a take a look at additional typically, eg, once Associate in Nursing abnormal result.

Pre take a look at preparation

The temporal arrangement of a smear is vital and best time is five days before and one to 2 weeks once menstruum. Because of amount, the blood and alternative tissue will interfere with the results of the take a look at. Besides menorrhoea and tissue, there variety of alternative things that may interfere with the accuracy of a smear test by masking abnormal cells. These are:

- Sexual intercourse: don't bed throughout the forty eight hours before appointment.
- Spermicides (foams, jellies, or alternative contraception products): No sex even conjointly with spermicides conjointly therefore for forty eight hours before smear.
- Vaginal stuffs: don't use a lubricant for a minimum of forty eight hours before having a smear.

- Tampons: don't insert a tampon for forty eight hours before Papsmear .
- Vaginal douches: ought to stop 3 days before smear.

Procedure

Woman lie on her back on the edge of the examination table, with her legs spread apart in the foot holds. This allows the medical practitioner to access the opening to the vagina, which is needed to conduct the test.

A speculum is then inserted into the vagina, which opens up the walls of the vagina and provides access to the cervix, where the cell sample needs to be taken.

The health care provider usually uses a spatula to scrape a sample of cells from the outer gap of the cervix wall. Then an end cervical brush is used along the central opening of the cervix to collect cells from this area as well.

When the cell sample has been gathered, the speculum can then be removed and the procedure is finished. The same is then sent away to a laboratory to be tested for abnormalities and a follow up appointment is often scheduled to discuss the results



Results

When the cells have been analyzed, the results usually come back as normal, unclear or abnormal.

Normal implies that there have been no changes evident on the cell sample, in which case the woman should simply return for a Pap smear test in two years to test for further changes.

If results are unclear, further tests to determine the HPV status may be required.

An abnormal result indicates that there were some changes evident in the cell sample. These changes are likely to be caused by HPV of varying severity, some

of which may return to normal without treatment or they may progress to cancer.

Conclusion

A Pap smear test is very important to screen for abnormalities of cells in the cervix. Done regularly, it can help to recognize changes earlier and allows many women to seek treatment and avoid the progression to cervical cancer. Although the procedure of the test is quick, many women feel uncomfortable about the process and it is often helpful to explain what is involved in the test before the test begins. To minimize unnecessary surveillance and invasive workups for women with a low risk of cervical cancer, evidence for the use of novel biomarkers better able to detect high-grade dysplasia's should be carefully considered.

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