



MARINA MEDICAL HMC
HEALTH TIP



MOTHER.....
SISTERS.....
WIFE.....
DAUGHTER.....
EVERY WOMAN IS AT RISK
FOR

C E R V I C A L
C A N C E R



CERVICAL CANCER AWARENESS MONTH

JANUARY 2021



WHAT IS CERVICAL CANCER ?

- This is a cancer that affects the neck of the womb called the cervix.
- The major risk factor for its cause is HUMAN PAPILLOMA VIRUS infection, which is a sexually transmitted virus.
- The key is prevention and early detection.

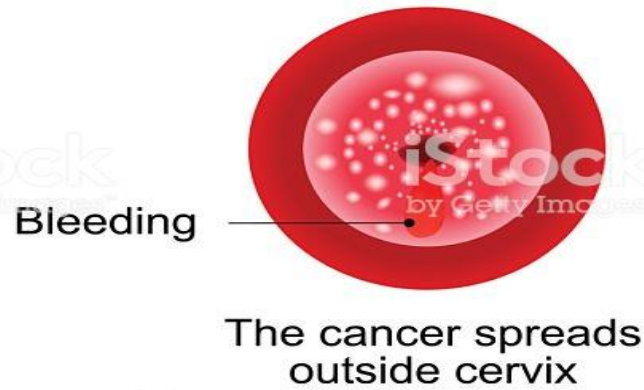
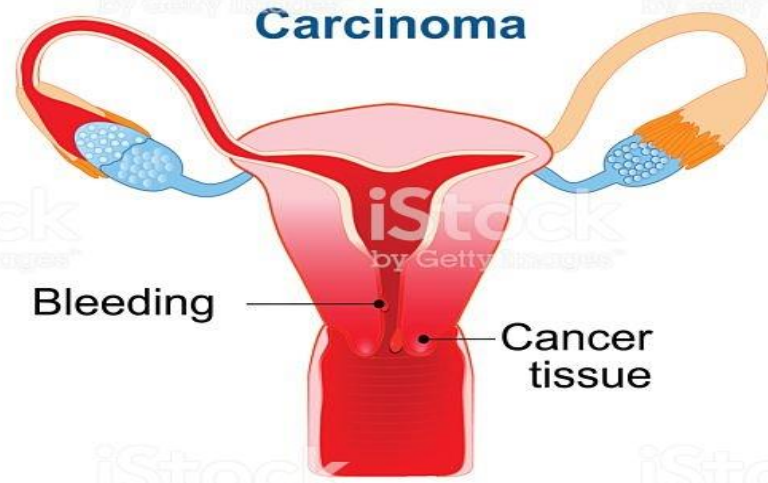
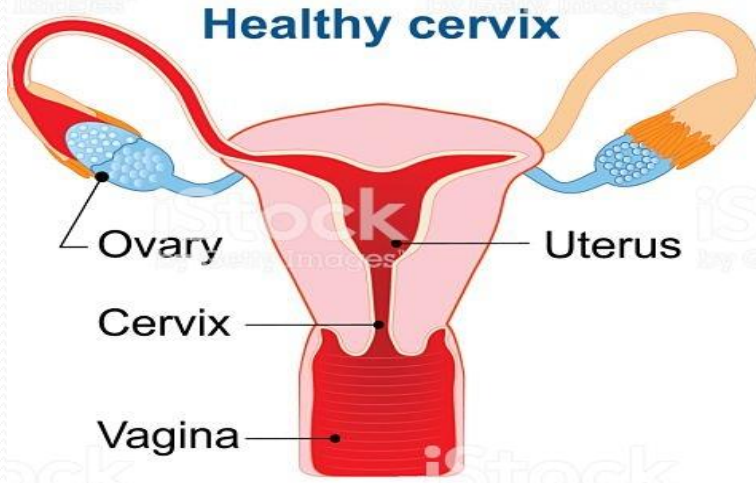
DID YOU KNOW THAT

- Cancer of the cervix is the 3rd most common cancer among women worldwide, with an estimated 569,847 new cases and 311,365 deaths in 2018 (GLOBOCAN)
- About 14,943 new cervical cancer cases are diagnosed annually in Nigeria (estimates for 2018). Cervical cancer ranks as the 2nd leading cause of female cancer in Nigeria. Cervical cancer is the 2nd most common female cancer in women aged 15 to 44 years in Nigeria.

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CERVICAL CANCER



RISK FACTORS FOR CERVICAL CANCER

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Leg swelling



Backache



Pain or bleeding after intercourse



Abnormal vaginal discharge



Menopause but bleeding



Bloody stools



CERVICAL CANCER SYMPTOMS

Menstrual irregularities



Dizziness, Fatigue



Like menstrual blood



Wash away vaginal bleeding



Weight loss



Abdominal pain



PREVENTION

- Cervical cancer is PREVENTABLE and remains one of the most preventable cancers.
- Its slow development offers an opportunity for easy identification and treatment when detected early.

Prevention of Cervical Cancer



Avoid Promiscuous
Sexual Activity



Use Condoms
or other
Contraceptives
During Sex

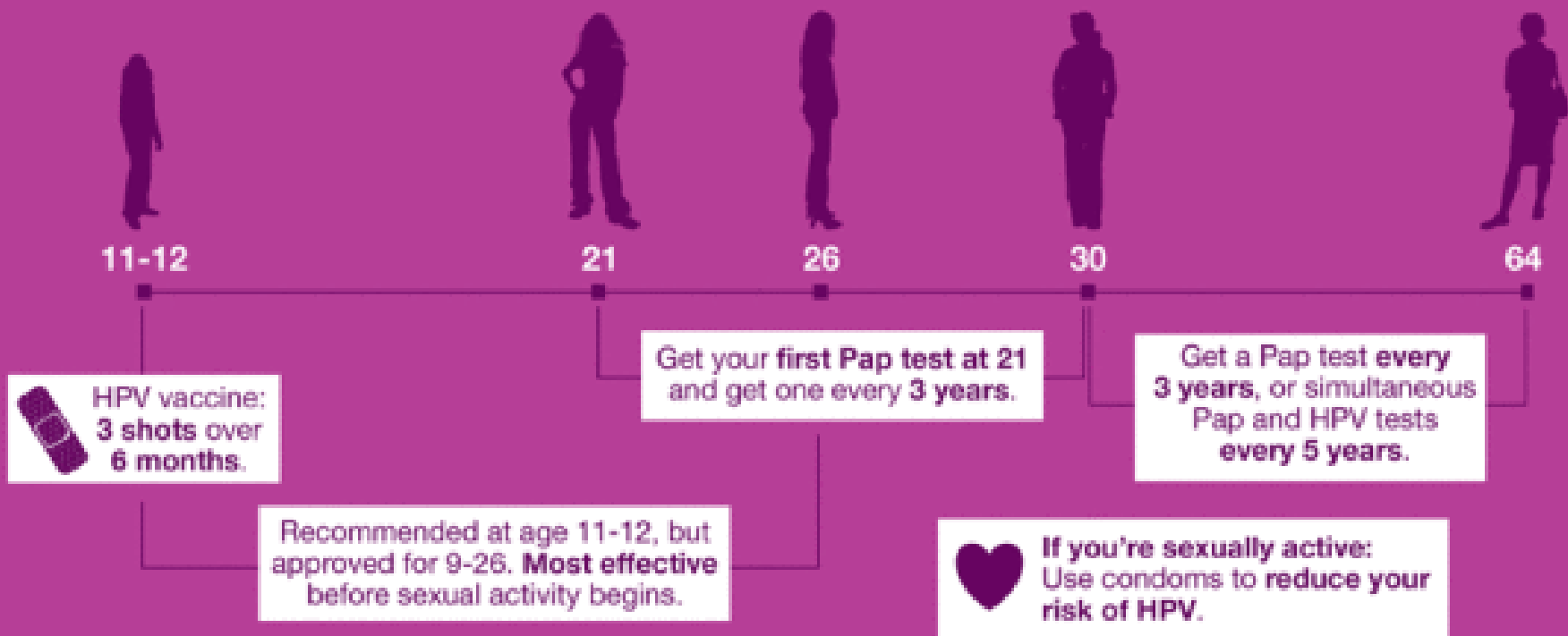


Quit Smoking



Vaccination

HOW TO KEEP YOUR CERVIX CANCER-FREE



Visit plannedparenthood.org for more information about cervical cancer prevention and to find a local health center that provides Pap tests and HPV vaccines.

A smear test
lasts **5** minutes.

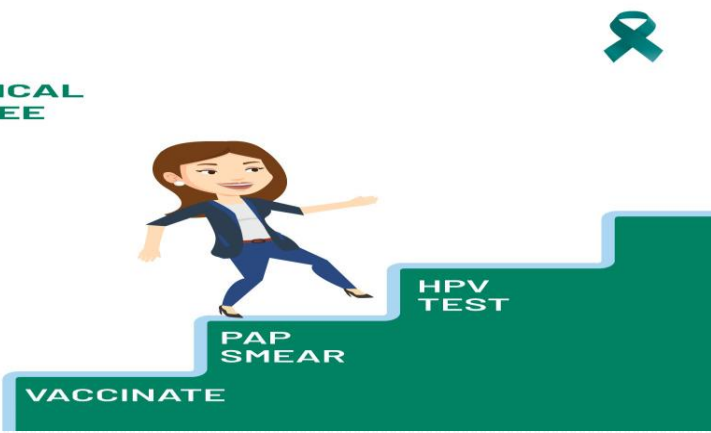
The impact of cervical cancer
lasts a lifetime.



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PREVENT CERVICAL
CANCER IN THREE
SIMPLE STEPS



MMSL CARES.....

