

## REGULAR CERVICAL SCREENING *Save Lives*



**Cervical cancer** is the second most common cancer worldwide in women over 15 years of age. Statistics show that **12 women are diagnosed with cervical cancer, and 9 women die from cervical cancer every day in Vietnam age.**

**Cervical disease and cancer** develop from abnormal cells in the cervix. Age-appropriate screening tests such as a Pap Test or HPV Test can help identify these changes to the cells before they become serious, making cervical cancer preventable.

One of the most important things you can do to protect yourself against cervical disease or cancer is to have your routine Pap Test and/or HPV test to detect abnormal cells in the cervix. There may also be other things you can do to minimise your risk, such as having the HPV vaccine.

### FEMALE EXAMINATION PACKAGES

**CERVICAL CANCER SCREENING - PACKAGE A**  
(Thinprep Pap + HPV Aptima + Abdominal ultrasound)

**CERVICAL CANCER SCREENING - PACKAGE B**  
(Thinprep Pap + HPV Aptima + Abdominal ultrasound + Transvaginal ultrasound)

**BREAST CANCER SCREENING**  
(Physical examination and Breast ultrasound)

For more information or to book an appointment, please contact our Reception.

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### FACTS ABOUT CERVICAL CANCER

Cervical cancer is cancer that arises from the cervix, which is the lower part of the womb (uterus), often called the neck of the womb. Precancerous cell changes of the cervix, which usually do not show symptoms, can be detected by the Pap smear.

HPV (human papillomavirus) is an extremely common virus which, in most cases, causes cervical cancer. As many as four-in-five women who have ever had sex will be infected with HPV at some point in their lives. The key to protecting oneself from cervical disease or cancer is early diagnosis and treatment with screenings. When caught early, cervical disease is treatable. Although HPV is extremely common, most women with an HPV infection do not develop cervical cancer.

There are over 100 different types of HPV, most of which are harmless. Around 14 types have been linked to cervical cancer. The two most dangerous HPV types are the cancer-causing HPV 16 and 18 - together they account for more than 70% of all cervical cancer cases.

The HPV vaccination is available to help protect women against the two main cancer-causing types of HPV (16 and 18). However, it may not fully protect women against the other types that cause the remaining 30% of cervical cancers. It is therefore crucial for women to get full protection by having routine screening tests such as a Pap Smear or an HPV test.