

## Cervical Cancer Prevention and Screening **Suruchi Singh \***

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### Abstract

Daily screenings with Pap tests and HPV tests to detect and treat any precancers will also prevent cervical cancer. It can also be stopped by getting vaccinated against HPV. ASCO suggests that girls get vaccinated against HPV to help avoid cervical cancer. Consult your doctor on the best vaccination schedule for you, since it will depend on a number of factors such as your age, gender, and vaccine availability.

**Keywords:** Cervical, Cancer, PAP test, HPV

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## Introduction

People should also take the following steps to help avoid cervical cancer: Delaying first sexual contact until late adolescence or later, keeping the number of sex partners to a minimum, using condoms and dental dams to practice safe sex, having no intimate relations with people who have had a lot of partners, avoiding physical contact with individuals who have genital warts or are exhibiting other signs, avoiding physical contact with individuals who have genital warts or are exhibiting other signs, smoking cessation.

### Cervical cancer screening details

Precancerous changes or early cancers are detected by screening before signs or symptoms of cancer appear. Scientists have developed and are continuing to develop tests that can be used to screen a person for particular types of cancer prior to the appearance of signs or symptoms. Cancer screening's overall objectives are to: Reduce the number of people who suffer from cancer, or prevent cancer-related deaths entirely. Reducing the number of people who develop cancer is a priority. Cervical cancer can be detected using the mentioned tests and procedures. 1) Check for HPV. This test is conducted on a sample of cells drawn from the cervix, which is the same sample used in the Pap test (see below). The strains of HPV most frequently linked to cervical cancer are examined in this study. HPV testing may be performed alone or in conjunction with a Pap test. This test can also be performed on a sample of vaginal cells that women can obtain on their own. 2) Pap smear. The most popular test for early changes in cells that can lead to cervical cancer is

the Pap test. A Pap smear is another name for this exam. A Pap test is a process that involves taking a sample of cells from the cervix. As part of a gynecologic checkup, it's usually performed at the same time as a bimanual pelvic exam. Pap test and HPV test can be mixed. 3) Acetic acid can be used as a visual inspection (VIA). VIA is a basic screening test that only requires a few tools and the naked eye to perform. A dilution of white vinegar is added to the cervix during VIA. The health care professional then examines the cervix for defects, which turn white when exposed to vinegar. This screening test is especially useful in areas where medical care is scarce.

### Cervical cancer screening guidelines

The American Society of Clinical Oncology (ASCO) recommends that all women have at least one HPV test to screen for cervical cancer during their lifetime. The American Cancer Society suggests that women between the ages of 25 and 65 have an HPV test every five years. If HPV test results have been mostly negative for the previous 15 years, women 65 and older, or women who have had a hysterectomy, can stop screening. Women aged 65 and up who have tested positive for HPV may be screened before they reach the age of 70. Cervical cancer screening decisions are being highly individualized. Due to a variety of reasons, screening can vary from the guidelines discussed above. Women over the age of 65 who have tested positive for HPV can be screened before turning 70. Cervical cancer screening decisions are becoming increasingly personal. Screening may differ from the recommendations mentioned above for a variety of reasons.