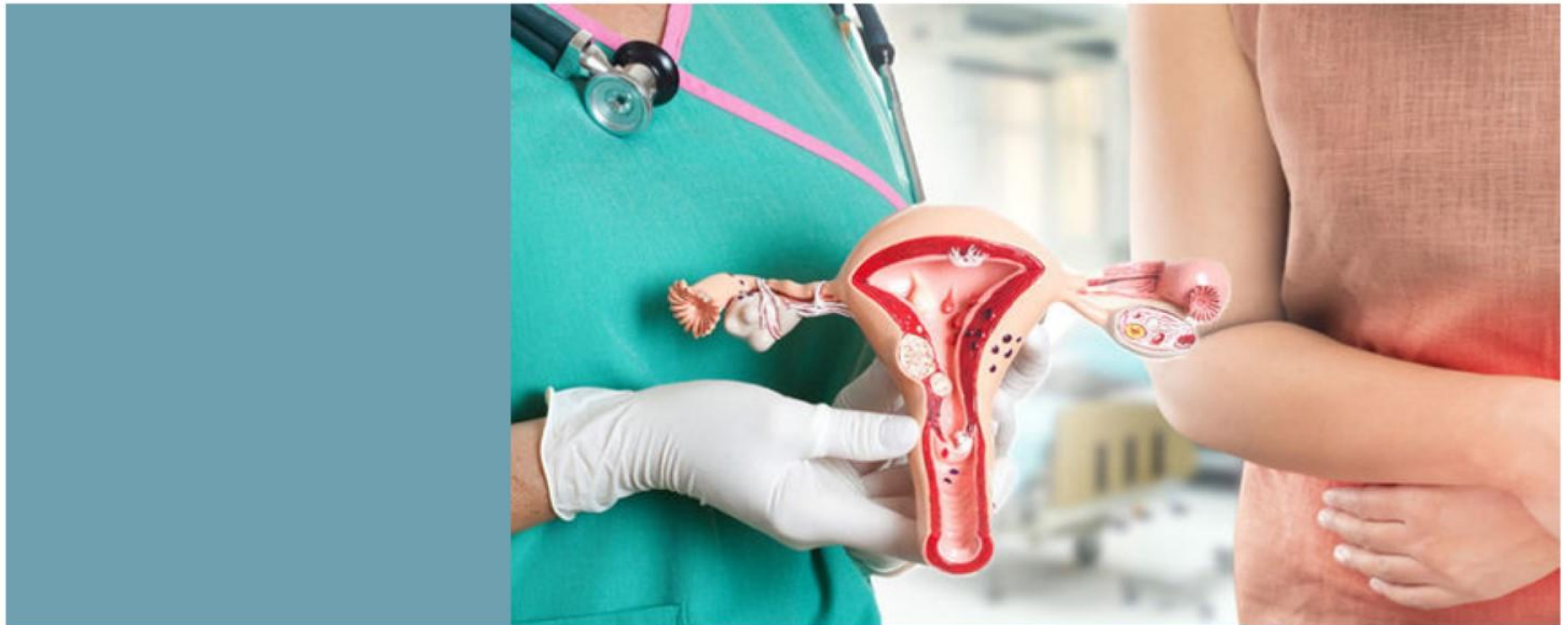




CERVICAL CANCER

TAKING PREVENTATIVE STEPS & STAYING INFORMED

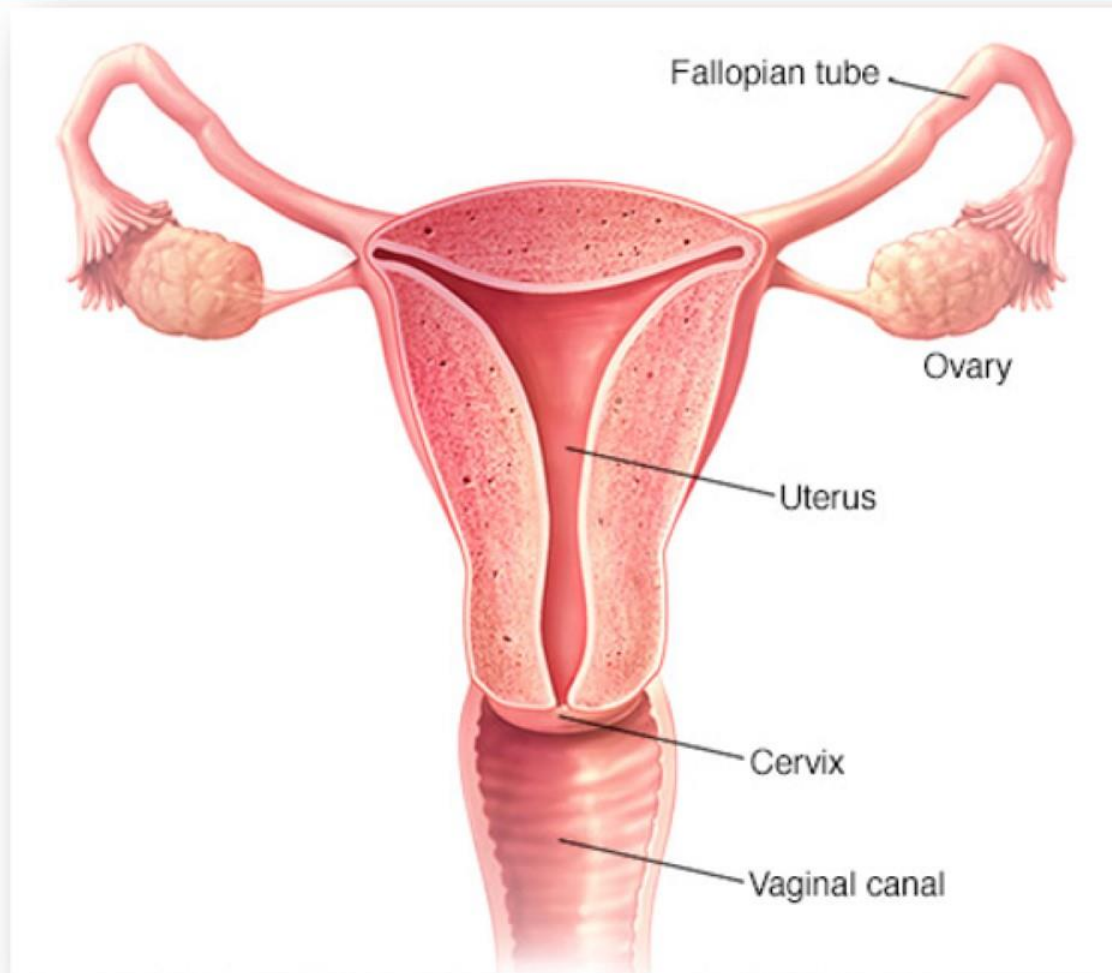


CERVICAL CANCER

- Cervical cancer occurs when normal cells turn into cancer cells
- It normally takes several years to happen but can sometimes happen over a short period of time.

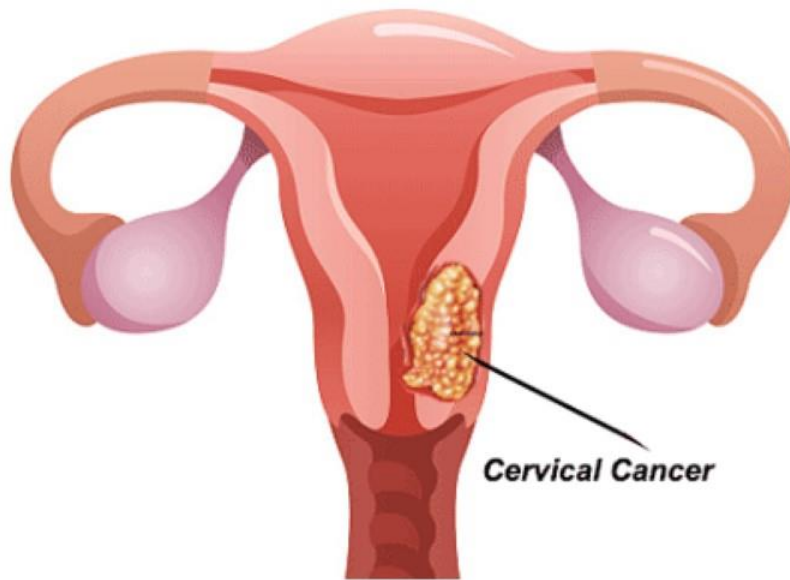


CERVIX ANATOMY



WHAT IS CERVICAL CANCER?

Cervical cancer is a malignant tumor of the cervix, the lowermost part of the uterus.



CERVICAL CANCER

The cervix is the lower, narrow part of the uterus that serves as a passageway between the vagina and uterus. Cervical cancer results when abnormal growths of cells in the tissues of the cervix begin to develop.

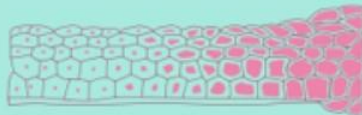
Women are frequently able to successfully treat this disease. Over 90% of women with cancer limited to the cervix will live beyond five years, and effects on the body are fairly contained for several treatments.

DEVELOPMENT

NEARLY ALL INSTANCES OF CERVICAL CANCER DEVELOP AS A RESULT OF THE HUMAN PAPILLOMA VIRUS (HPV).



HPV is a sexually transmitted infection that affects nearly six million American women. If left untreated, it can develop into a precursor to cervical cancer called dysplasia. This happens when normal healthy cells in the tissue of the cervix begin to look and act differently, eventually extending out into other organs in the body.



normal healthy cervical cells abnormal cells undergoing dysplasia invasive cancer

WHAT WAS ONCE THE LEADING CAUSE OF CANCER-RELATED DEATHS AMONG AMERICAN WOMEN IS NOW A COMPLETELY TREATABLE CONDITION.

PREVENTION

Because of recent improvements in testing and vaccinations that prevent the disease in the first place, cervical cancer has become much more manageable. But it can still have dangerous consequences if allowed to progress. The Pap smear test can detect HPV, which is easily treated.

BE PROACTIVE: GETTING SCREENED REGULARLY AND ACTING QUICKLY WHEN SYMPTOMS APPEAR GREATLY REDUCES YOUR CERVICAL CANCER RISKS.



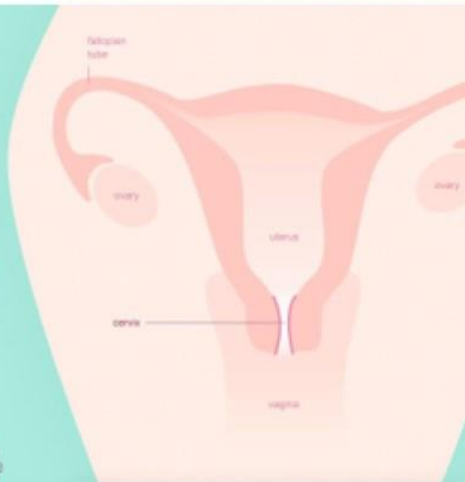
regular check-ups



HPV vaccine



Pap-smear



SYMPTOMS + TREATMENT

The symptoms can be subtle and often go unnoticed until the cancer is more persistent. However, these symptoms are shared with other disorders, so give your doctor a call if any last more than a few weeks.

DURING EARLY STAGES:

- UNUSUAL BLEEDING
- HEAVIER PERIODS
- VAGINAL DISCHARGE
- BLEEDING AFTER SEX



cryotherapy to freeze cancer cells



laser therapy to burn cancer cells



loop electrosurgical excision uses electricity to kill and remove cells

DURING ADVANCED STAGES:

- DECREASED APPETITE
- DISCOMFORT IN LEGS
- PAIN IN BACK
- OVERALL FATIGUE



surgical removal of cancer tissue



chemotherapy to kill cancer cells



radiation therapy to kill cancer cells

STATISTICS

RISK FACTORS

Biological

- Family History, Race, & Over the Age of 40

Lifestyle & Living Condition

- Smoking, Sexual Partners, the greater your number of sexual partners, the greater your chance of acquiring HPV or STD's

Reproductive Health and Hormones

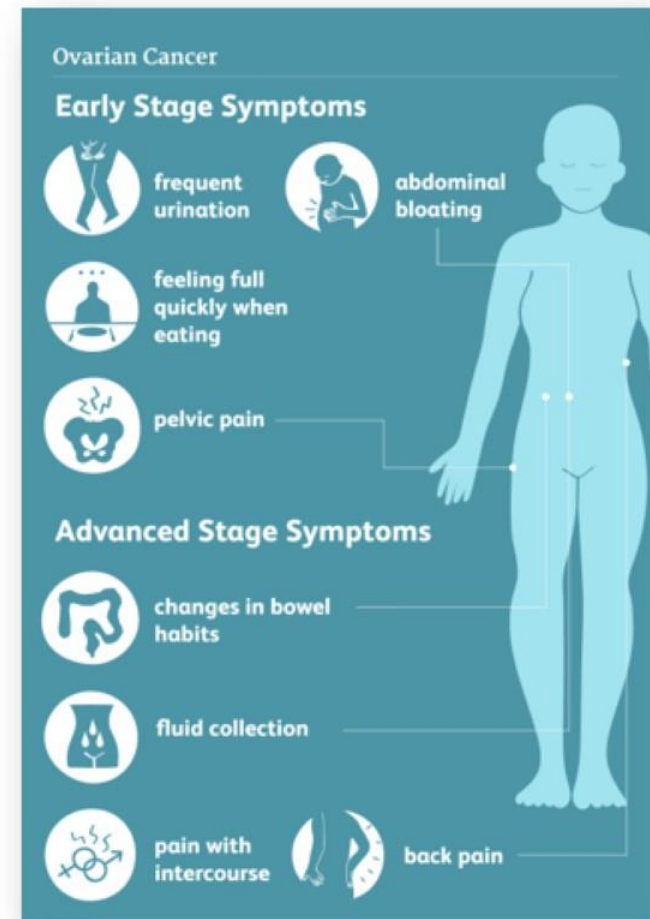
- Early onset sexual activity, young pregnancy, sexual diseases

A Weak Immune System

- You may be more likely to develop cervical cancer if your immune system is weakened by another health condition

SIGNS & SYMPTOMS

- Vaginal bleeding
- Persistent vaginal discharge
- Pelvic pain or pain during intercourse



TYPES OF CERVICAL CANER

SQUAMOUS

9 out of 10 cases

These cancers develop from cells inside the cervix

ADENOCARCINOMA

1 out of 10 cases

These cancers develop from gland cells



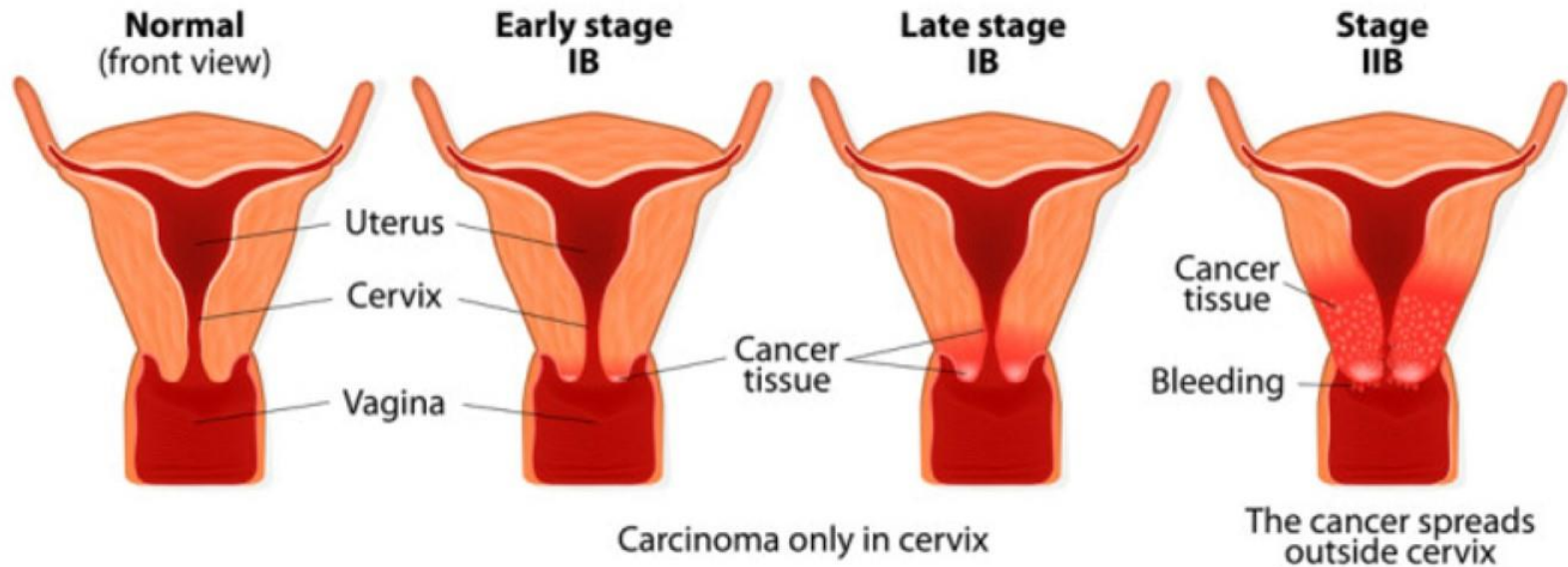
Five-Year Survival Rates

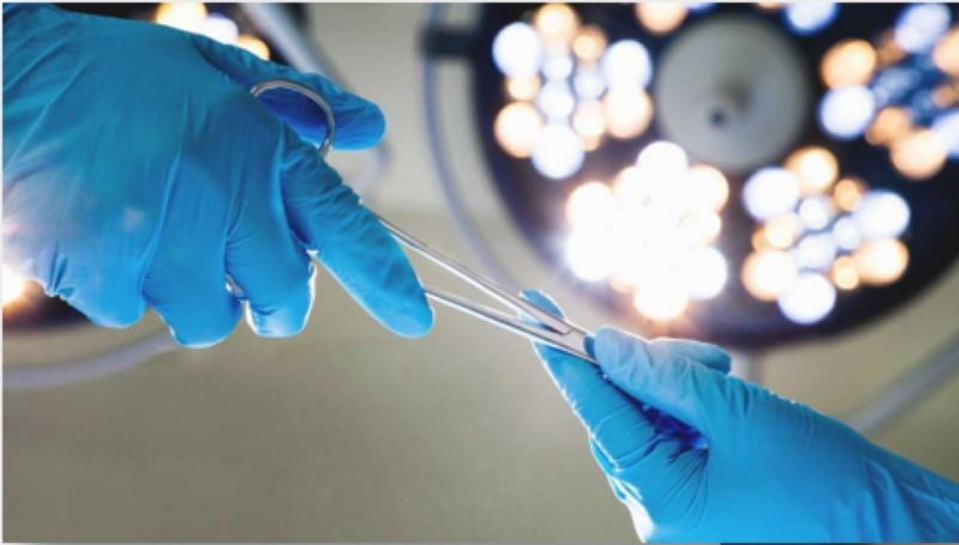
	Squamous Cell Carcinoma	Adenocarcinoma
● Stage 0	100%	100%
● Stage I	60 - 85%	65 - 75%
● Stage II	40 - 60%	30 - 40%
● Stage III	up to 40%	20 - 30%
● Stage IV	< 15%	< 10%

5 YEAR SURVIVAL RATES

STAGES OF CERVICAL CANCER

CERVICAL CANCER





TREATMENT OPTIONS

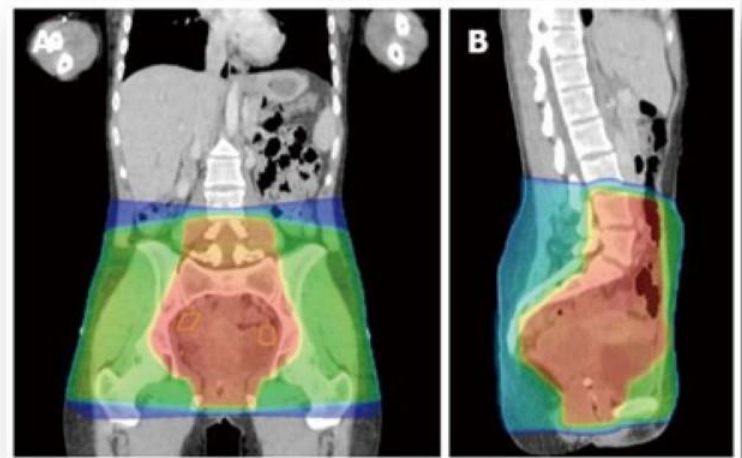
SURGERY

- At Stage 0 (80% of all cervical cancer)
 - Treatment includes cryotherapy, laser therapy, conization, or hysterectomy
- Benefits of surgical treatment:
 - Preservation of ovarian function
 - Maintains the function of the vagina
 - Decreases possibility of recurrence locally
 - Eliminates the possibility of radiation-induced injury to pelvic organs



RADIATION THERAPY

Preferred treatment for higher stage cervical cancers, with or without adjuvant chemotherapy. Radiation therapy kills cancer cells by damaging their DNA



CHEMOTHERAPY

For some stages of cervical cancer, the preferred treatment is radiation and chemo given together (called concurrent chemoradiation). The chemo helps the radiation work better.



MEDICAL PREVENTION

- Pap Test
- HPV Vaccine



LIFESTYLE PREVENTION

- Physical activity
- Manage Stress
- Sleep
- Nutrition



WHY WORKING OUT IS IMPORTANT

Helps with weight control

Maintains healthy bones, muscles & joints

Promotes psychological well-being

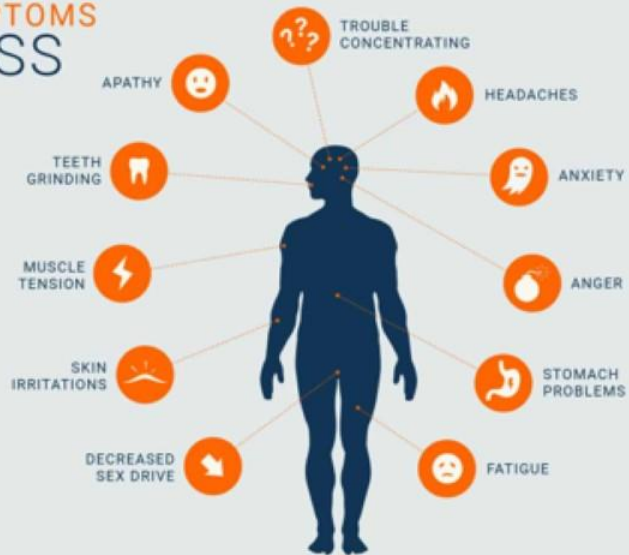
Lowers your risk of developing a chronic disease

Helps lower feelings of anxiety



STRESS MANAGEMENT

Recognizing THE SYMPTOMS of STRESS



SLEEP DEPRIVATION



Your reaction time slows

You can't think clearly

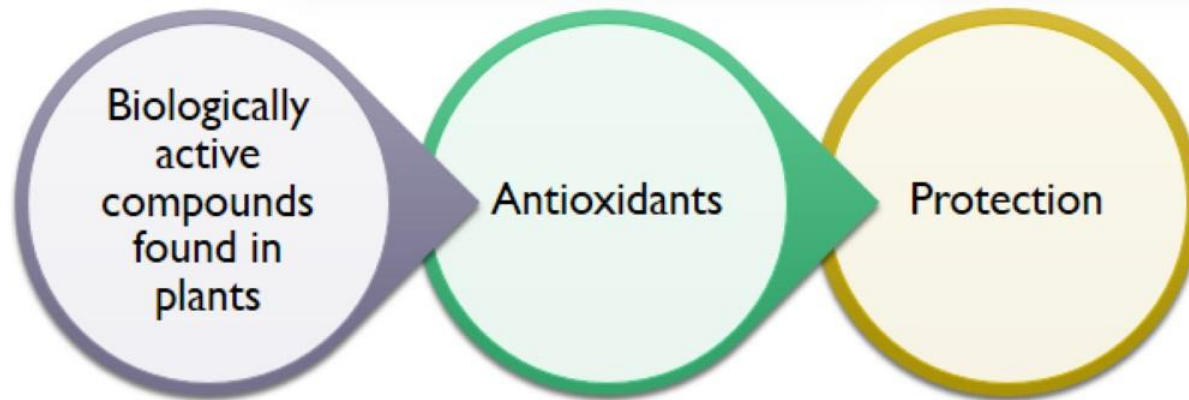
Your memory and ability to learn suffer

Emotions are heightened

Your immune system deteriorates overtime

Lowers Risk of Type II Diabetes

DECREASING YOUR RISK WITH PLANTS





QUESTIONS

