

Sarah, 18 years.
Wrongly thought
Cervical Cancer is
hereditary.

Dina, 22 years.
Mistakenly thought she
is not at risk of cervical
cancer in the future.

Think preventing
cervical cancer can wait?

Think again.

Stop and think about cervical cancer for a minute.

Read this leaflet to learn more
about how to help protect yourself.

This initiative has been endorsed by:



MAY JALLAD
FOUNDATION FOR CANCER

فؤاد جلال
للمعركة ضد السرطان



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National Cervical Cancer Prevention Campaign

Think cervical cancer can never happen to you?

Think again.

Act now to reduce your risk.

Take two minutes to read fast Facts
about Screening (Pap smear) and
Vaccination.

Talk to your Doctor to find out more.

visit www.ThinkAgain.gsk-me.com

Maya, 30 years.

Thought cervical cancer wasn't
preventable, so took no action.
Discovered vaccination, in addition
to screening (Pap smear), can
protect her after talking to her
doctor.

- Cervical cancer is the world's 2nd most common cancer in women¹

- Every minute, one woman is diagnosed with the disease somewhere in the world²

- It can be a threat to all women^{3,4}

- Vaccination against cervical cancer and regular screening (Pap smear) can prevent it⁵⁻⁷

Stop and think for a minute.

- Every hour, we lose **one woman** to cervical cancer in the Middle East.²
- Cervical Cancer is the 3rd leading cause of deaths among women after breast and lung cancer. It can be a threat to all women.^{3,4}
- But many do not know enough about the disease. Please take a minute to read this leaflet, and see what you can do to help prevent it.⁸

Q: What is cervical cancer?

A: Cervical cancer is cancer of the cervix (the 'neck' of the womb).⁹ And unlike some other cancers, it is not a condition dependent on family history, because it is caused by a viral infection.¹⁰

Q: What causes the disease?

A: Cervical cancer is **neither genetic nor hereditary**. It is caused by an infection related to a common virus called human papillomavirus (HPV).^{9,11} This virus is caught during intimate genital skin to skin contact.^{9,12}

Q: Who is most at risk?

A: Cervical cancer can affect women of all ages, not just adult women.^{13,14}

Up to **8/10 of women will be infected by HPV** at some point in their life.¹⁵ Not all HPV infections cause cancer, and although most of them clear naturally, some can lead to cancer.¹⁶

Q: Will I notice any symptoms?

A: Most infections with the cancer causing HPV virus show **no signs or symptoms** at the early stages^{17,18}. When the infection does not clear naturally, it can progress to precancerous lesions and in some cases into cervical cancer.

Therefore, there is no way to self detect an infection.^{9,18}

Q: What is the best possible protection against cervical cancer?

A: SCREEN. It is recommended that you should start screening (Pap smear) within 3 years once you are married or sexually active - whatever comes first- regularly every 2-3 years until a woman has 3 or more normal exams. .

VACCINATE. Vaccination can protect against cancer causing HPV types offering the best protection.⁵⁻⁷

Q: What is screening i.e. pap test?

A: The doctor uses the (Pap smear) test during your routine gynecological exam to see if there are changes in the cervix. It can detect early signs of cervical cancer.

A (Pap smear) involves taking cells from the cervix to look for any cell abnormalities. These cell abnormalities may indicate early signs of cervical cancer.^{5,14,19,20}

Q: How is the pap test done?

A: A Pap test is simple and fast. It takes less than a minute to do. With the woman lying on an exam table, a speculum is used to open the vagina. This device gives a clear view of the cervix. A small number of cells are removed from the cervix with a brush or other tool > the cells are put into a liquid and sent to a lab where they are examined to see if abnormal cells are present.²⁴

Q: What happens if a pap test result is abnormal?

A: You most likely will have additional testing after an abnormal Pap test result. This testing can be simply a repeat Pap test in 6 months or 12 months, a test for HPV or more detailed examination called colposcopy. If results of follow up tests indicate precancerous changes, you may need treatment to remove abnormal cells.²⁴

Q: Who will benefit from Pap Smear test?

A: it is recommended that you should start screening (Pap smear) within 3 years once you are married or sexually active - whatever comes first - regularly ever 2-3 years until a woman has 3 or more normal exams.

Q: Who will benefit from vaccination?

A: Cervical cancer vaccination is indicated for girls and women starting **10 years of age** based on your physician's recommendations and local health authority's approval.²¹ Talk to your doctor to see if vaccination is suitable for you.

Q: How is the vaccination given?

A: The vaccination's cost has been recently reduced so all girls and women can be protected from cervical cancer.

It consists of 3 injections given over a six-month period by a doctor. It is important that you complete the full course of vaccination, including all 3 doses, in order for the vaccine to be highly effective. You should also continue with regular screening (ie: Pap smear) even after being vaccinated.^{21,22,23}

Q: What should I do next?

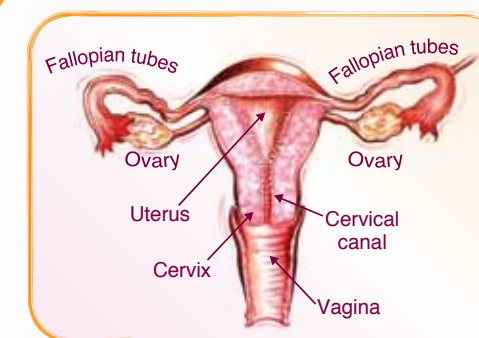
A: Once you have read this leaflet, please visit the website www.ThinkAgain.gskme.com to learn more about the disease and vaccination. The next step should be to make an appointment to talk to your doctor.

visit www.ThinkAgain.gsk-me.com

Make an appointment with your doctor.

Do you know the answers to the questions below? Talk to your doctor to find out more.

- How does the (Pap smear) and/or vaccination help prevent cervical cancer?
- Would (Pap smear) and/or vaccination be right for a woman my age?
- How important is to get my (Pap smear) done?
- How important is it to get vaccinated?
- Why do I need to carry on with regular Pap smear after vaccination?



Scientific illustrations: Florence Gendre