

# Protect Yourself from Cervical Cancer



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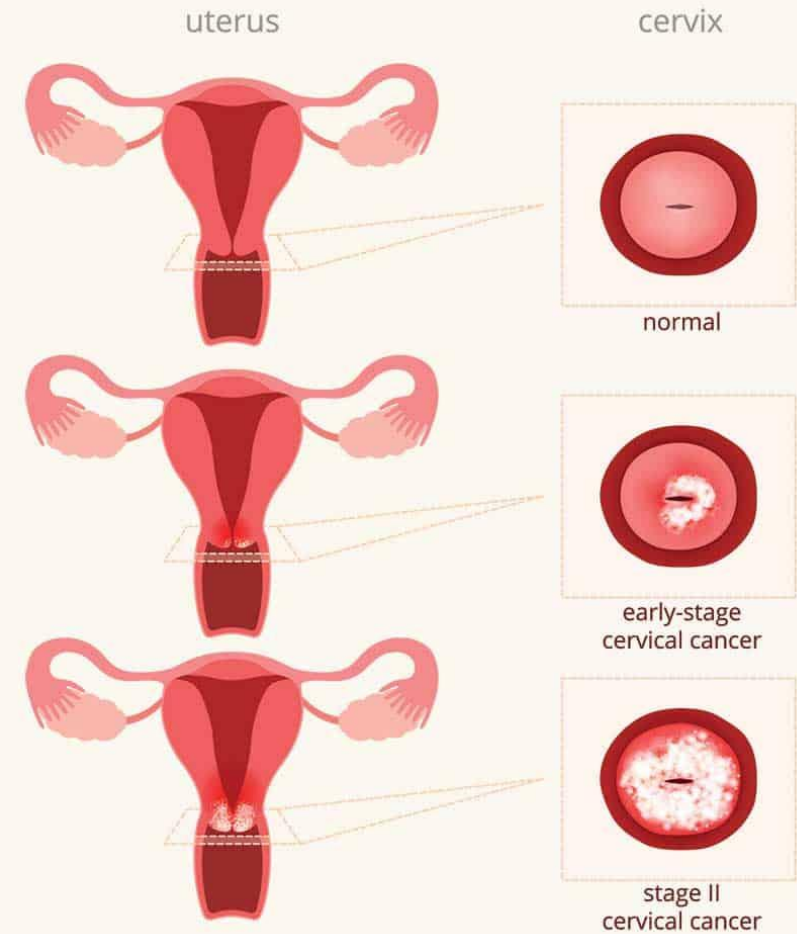


# CERVICAL CANCER

When cancer develops in the cervix of a female, it is termed as **Cervical Cancer**. It usually develops slowly over time with initial appearance of abnormal cells in the cervical tissue. Later, cancer cells start to grow and spread more deeply into the cervix and to surrounding areas.

Cervical Cancer is one of the most common cancers affecting women, especially in developing countries.

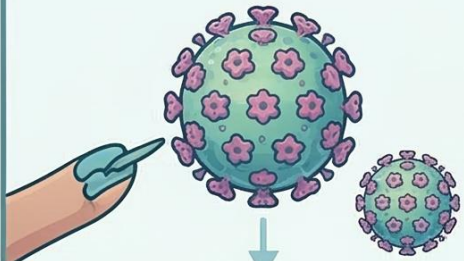
The good news is that it is **one of the most preventable and treatable cancers**—if detected early..



# WHAT CAUSES CERVICAL CANCER?

The **MAIN CAUSE** is long-term infection with certain types of **Human Papillomavirus (HPV)**.

## START: HPV INFECTION (Human Papillomavirus)



A **VERY COMMON VIRUS** that spreads through **SEXUAL CONTACT**.



## MOST COMMON: NATURAL CLEARANCE

IN MOST WOMEN, THE BODY CLEARS THE VIRUS NATURALLY.

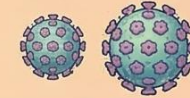


NO HEALTH ISSUES. NORMAL CERVICAL CELLS REMAIN.



## IN SOME CASES: PERSISTENT INFECTION

HIGH-RISK TYPES OF HPV PERSIST.



**HIGH-RISK**

OVER MANY YEARS

DEVELOPMENT OF ABNORMAL CELLS.



PRE-CANCEROUS STAGE

THE PATH TO CANCER:  
Takes years, but possible if infection persists.



MAY LEAD TO CERVICAL CANCER.

**CERVICAL CANCER**



## KEY TAKEAWAY & PREVENTION

HPV is very common. Most infections clear. Only persisting high-risk infections can cause cancer.

HPV is supportive small infective, high-vagueness and cause cancer.



**EARLY DETECTION CAN PREVENT IT:** Regular screening (like a Pap test or HPV test) is essential.

# CERVICAL CANCER RISK FACTORS

## EARLY SEXUAL ACTIVITY



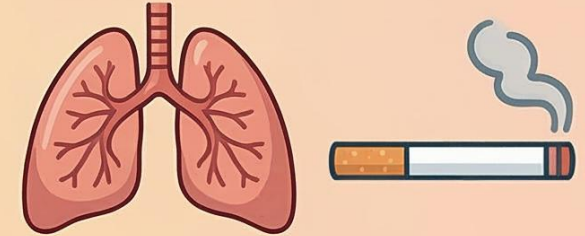
Starting sexual activity at a young age.

## MULTIPLE SEXUAL PARTNERS



Having several sexual partners.

## SMOKING



Tobacco use.

## WEAK IMMUNE SYSTEM



Reduced ability to clear persistent HPV infection naturally.

## LONG-TERM USE OF BIRTH CONTROL PILLS

(Slightly increased risk)



Long-term hormonal pill use.

## NOT GETTING REGULAR PAP SMEAR TESTS



Missed opportunities for early detection.



## IMPORTANT REMINDER & KEY POINTS

It's important to remember that having HPV does not mean you will definitely get cancer—but regular screening is essential.



HPV IS COMMON:  
CANCER IS RARE WITH  
PROPER SCREENING



# EARLY SIGNS & SYMPTOMS OF CERVICAL CANCER



AS THE CONDITION PROGRESSES, YOU MAY NOTICE:

## BLEEDING BETWEEN PERIODS



Any bleeding or spotting not related to a period.

## BLEEDING AFTER INTERCOURSE



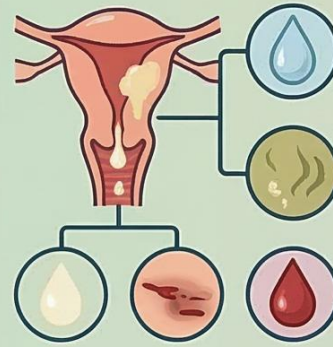
Bleeding or spotting after sexual activity.

## BLEEDING AFTER MENOPAUSE



Any vaginal bleeding following the end of menstruation.

## UNUSUAL VAGINAL DISCHARGE



Distinct color, wateriness, odor, or or blood content.

## PELVIC PAIN



Persistent pain in the lower pelvis or or back.

## PAIN DURING INTERCOURSE



Discomfort or pain during sexual activity.

**DO NOT IGNORE ABNORMAL BLEEDING**

**DO NOT IGNORE  
ABNORMAL BLEEDING**



**CONSULT A DOCTOR  
IMMEDIATELY**


If you experience any of these symptoms, please seek professional medical advice without delay.




# WHY REGULAR SCREENING IS SO IMPORTANT

The most effective way to prevent cervical cancer is through regular screening.


## REGULAR SCREENING EMPOWER OPTIONS

**1 THE PAP SMEAR TEST**



-  **TAKES ONLY A FEW MINUTES**
-  **IS USUALLY NOT PAINFUL**
-  **CAN DETECT PRECANCEROUS CHANGES EARLY**

**2 HPV TESTING**

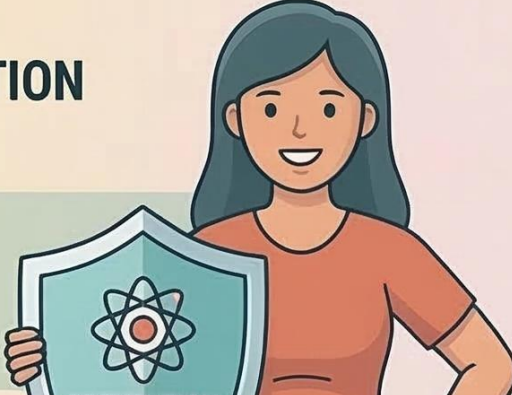



In some cases, doctors also test for high-risk HPV types. This helps identify women who need closer **monitoring**.



Most women should begin screening at **age 21** and continue as advised.

**REGULAR SCREENING EMPOWERS EARLY DETECTION & PREVENTION.**



 This helps identify women who need closer monitoring.


**EARLY DETECTION THROUGH THESE TESTS**  
can prevent cervical cancer completely.

# CERVICAL CANCER: TREATMENT & PREVENTION

If cervical cancer is detected, treatment depends on the stage.

## CANCER DETECTED: TREATMENT OPTIONS


**1 EARLY-STAGE CANCER**



**SURGERY MAY BE ENOUGH**

**CURE RATES ARE VERY HIGH**

**2 ADVANCED STAGES**



**RADIATION THERAPY**

**CHEMOTHERAPY**

**COMBINATION TREATMENTS**

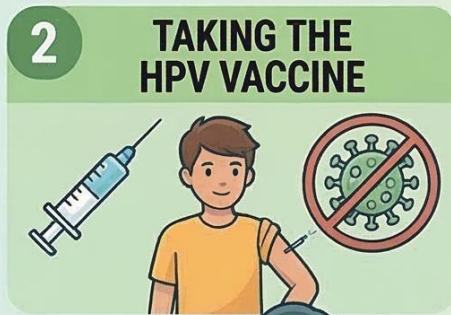
WITH ADVANCES IN MEDICINE, many women respond very well to treatment—especially when diagnosed early.

## HOW TO REDUCE YOUR RISK

**1 GETTING REGULAR PAP SMEAR TESTS**



**2 TAKING THE HPV VACCINE**



**3 PRACTICING SAFE SEX**



**4 AVOIDING SMOKING**



**5 MAINTAINING GOOD OVERALL HEALTH**



**SMALL PREVENTIVE STEPS TODAY** can save your life tomorrow.



# HPV VACCINE: A POWERFUL PREVENTION TOOL

The HPV vaccine protects against the types of HPV that most commonly cause cervical cancer.

## THE VACCINE IS SAFE & EFFECTIVE MYTHS

### 1 WHO SHOULD GET VACCINATED?



**AGES 9-14**  
(IDEAL AGE RANGE)



IDEALLY GIVEN  
BETWEEN  
AGES 9-14



**UP TO AGE 26**  
(and beyond\*)



CAN BE GIVEN UP  
TO AGE 26  
(and sometimes beyond\*,  
depending on individual cases)



\*Depending on individual medical history & consultation

### 2 THE VACCINE IS SAFE & EFFECTIVE (DEBUNKING MYTHS)

IT DOES NOT ENCOURAGE  
EARLY SEXUAL ACTIVITY—  
A COMMON MYTH.



myth-based



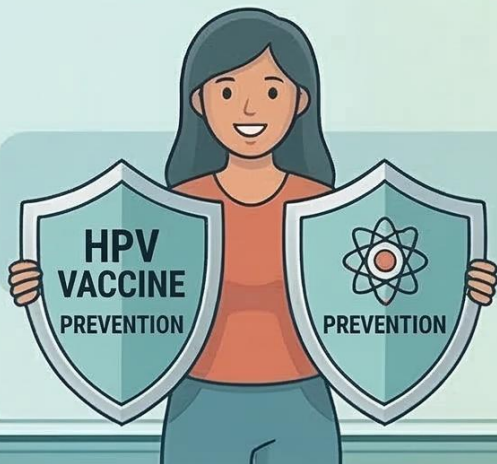
ADDRESSES  
COMMON MYTHS

INSTEAD, IT PROTECTS  
FUTURE HEALTH.



ENSURES A  
HEALTHIER  
TOMORROW

VACCINATION IS A CRITICAL STEP  
FOR FUTURE HEALTH & PREVENTION.



VACCINATION  
+ RESPONSIBILITY

EVEN VACCINATED WOMEN SHOULD  
CONTINUE REGULAR SCREENING.



SCREENING



### KEY TAKEAWAY

COMBINED APPROACH: VACCINATION + SCREENING  
provides maximum protection.

# LIFESTYLE CHANGES TO PREVENT CERVICAL CANCER

REDUCE YOUR RISK WITH VACCINATION & PROACTIVE HEALTH HABITS

## #1 HPV VACCINATION



- GET VACCINATED, IDEALLY BY AGE 11 OR 12
- PROTECTS AGAINST CANCER-CAUSING HPV TYPES
- SAFE, EFFECTIVE, AND FREE (IN MANY PLACES)

## #2 REGULAR SCREENING



- SCHEDULE REGULAR PAP TESTS & HPV TESTS
- EARLY DETECTION OF PRECANCEROUS CHANGES
- FOLLOW UP ON ABNORMAL RESULTS

## #3 SAFE SEXUAL PRACTICES



- USE CONDOMS CONSISTENTLY TO REDUCE HPV HPV TRANSMISSION
- LIMIT SEXUAL PARTNERS
- DISCUSS SEXUAL HEALTH WITH YOUR PARTNER

## #4 STOP SMOKING



- QUIT ALL TOBACCO PRODUCTS
- SMOKING CAN MAKE HPV INFECTION PERSIST
- USE RESOURCES TO QUIT

## #5 BOOST IMMUNE HEALTH



- EAT A COLORFUL, NUTRIENT-RICH DIET
- MODERATE EXERCISE TO SUPPORT IMMUNE FUNCTION
- MANAGE STRESS AND GET ENOUGH SLEEP

## #6 STAY INFORMED & AWARE



- LEARN ABOUT THE LINK BETWEEN HPV AND CANCER
- SHARE KNOWLEDGE WITH LOVED ONES
- KEEP UP-TO-DATE ON NEW SCREENING GUIDELINES

SMALL CHANGES, BIG RESULTS | CONSULT YOUR DOCTOR & HEALTHCARE PROVIDER

# WOMEN & CANCER IN INDIA: REDUCING YOUR RISK

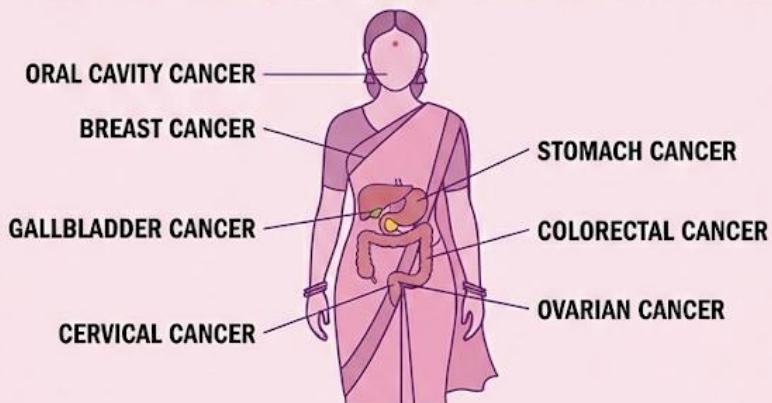


About **1 in 9** Indians will develop cancer in their lifetime.



**Breast cancer** is the leading cancer among Indian women. A significant number of cases can be prevented with lifestyle changes.

**Healthy eating, physical activity and being lean** reduces the risk of the most common cancers that affect Indian women.



A significant and rising number of Indian women are overweight or obese.



**Maintaining a healthy weight** is a key factor in preventing many cancer cases among Indian women.

## SUPPORT YOURSELF



stay active



stay lean



eat smart

For more information on cancer prevention in India, visit [www.ncdirindia.org](http://www.ncdirindia.org)

## Common Cancers in Women

- ⊕ Breast cancer
- ⊕ Cervical cancer
- ⊕ Ovarian cancer
- ⊕ Uterine (endometrial) cancer
- ⊕ Colorectal cancer

## Warning Signs Women Should Not Ignore

- ⊕ Breast lump or nipple changes
- ⊕ Abnormal vaginal bleeding or discharge
- ⊕ Pelvic pain or bloating
- ⊕ Unexplained weight loss
- ⊕ Persistent fatigue

# BREAST CANCER: EARLY SIGNS & SYMPTOMS

REGULAR AWARENESS & CHECK-UPS EMPOWER EARLY DETECTION



## #1 LUMP IN BREAST



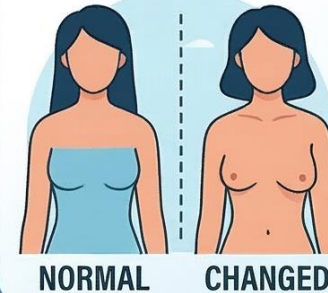
- NEW MASS OR THICKENING
- MOST COMMON SIGN
- OFTEN HARD & PAINLESS
- IRREGULAR EDGES

## #2 LUMP IN ARMPIT



- SWOLLEN LYMPH NODES
- CAN FEEL LIKE A FIRM MASS
- CHECK UNDERARM & NEAR COLLARBONE

## #3 VISUAL BREAST CHANGES



- UNUSUAL CHANGE IN SIZE
- SUDDEN SHAPE CHANGE
- VISIBLE ASYMMETRY

## #4 SKIN CHANGES



- DIMPLING (LIKE ORANGE PEEL texture)
- PUCKERING OR INDENTATION
- REDNESS
- DARKENING OR FLAKINESS
- Persistent Itching

## #5 NIPPLE CHANGES



- NIPPLE INVERSION (turned-in)
- CHANGE IN NIPPLE DIRECTION
- FLATTENING OR PULLING

## #6 NIPPLE DISCHARGE



- UNUSUAL FLUID (Clear, Bloody, Yellow, etc.)
- NOT RELATED TO PREGNANCY OR BREASTFEEDING
- AFFECTS ONE OR BOTH SIDES

SEE A DOCTOR IMMEDIATELY | If you notice ANY unusual changes. Early detection saves lives.



# BREAST CANCER PREVENTION: KEY STRATEGIES TO LOWER YOUR RISK

## GENERAL LIFESTYLE PREVENTION TIPS

- 

**CONTROL YOUR WEIGHT**  
**AVOID EXCESSIVE ADULT WEIGHT GAIN.**  
 Extra pounds raise odds after menopause.
- 

**STAY ACTIVE & EXERCISE**  
 Aim for **150 MINUTES OF MODERATE** or **75 MINUTES OF HEAVY ACTIVITY** each week (or a mix).  
 Spread it out during the week.
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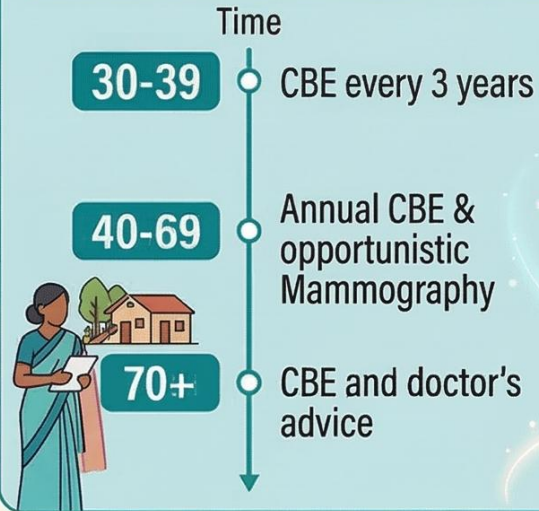
**LIMIT OR SKIP ALCOHOL**  
 Experts recommend **NO MORE THAN ONE** alcoholic drink a day.  
 Standard drink = approx. 330ml (small beer can/bottle), 150ml (wine), or 45ml (small peg) hard liquor.
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**BREASTFEED YOUR CHILDREN**  
 Longer is better to help lower your risk.
- 

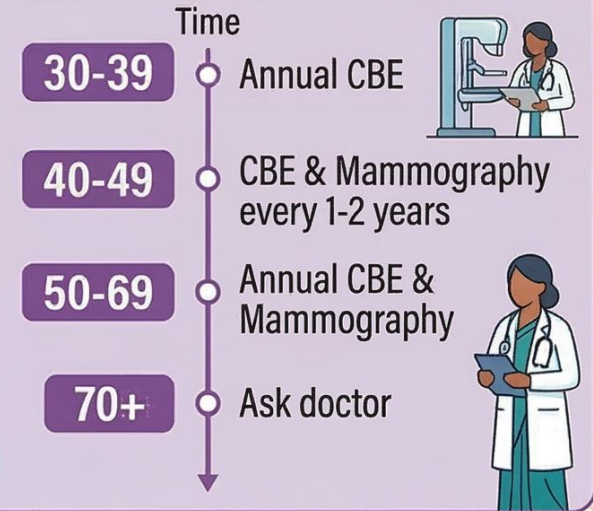
**LIMIT HORMONE THERAPY (post-menopause)**  
**ASK YOUR DOCTOR ABOUT NON-HORMONAL OPTIONS** for symptoms.

## GET SCREENED: SCREENING GUIDELINES


### NATIONAL CANCER CONTROL PROGRAMME (MoHFW) - Rural/Government focus





### INDIAN CANCER SOCIETY (ICS) - Individual/Metropolitan guidelines




## MANAGEMENT IF YOU'RE AT HIGH RISK: TALK TO YOUR DOCTOR

- 

**JIDHIAN WOMAN**  
 is, traditional family tree on the background
- 

**MORE FREQUENT**  
 Advanced screening test charts.
- 

**MEDICINES**  
 are with Indian-style packaging and names (illustrative).
- 

**SURGERY**  
 to remove breasts or ovaries

# HOW TO DECREASE CANCER RISK IN WOMEN: PROACTIVE LIFESTYLE CHOICES

## PROTECTIVE MEASURES & HEALTHY HABITS

MAINTAIN  
HEALTHY WEIGHT



PLANT-BASED  
DIET



REGULAR  
PHYSICAL ACTIVITY



LIMIT  
ALCOHOL



SUN  
PROTECTION



VACCINATION  
(HPV)

## RISK FACTORS TO MANAGE & AVOID

TOBACCO  
USE



SEDENTARY  
LIFESTYLE



EXCESSIVE  
ALCOHOL



PROCESSED  
MEATS



ENVIRONMENTAL  
TOXINS



HORMONE  
THERAPY RISKS

↑  
**LOWERED  
RISK & EARLY  
DETECTION**

**CONSISTENT SCREENING AND AWARENESS ARE CRUCIAL  
FOR EARLY DETECTION AND BETTER OUTCOMES.**

**INCREASED  
RISK &  
POTENTIAL HARM**  
↓

# IMPORTANCE OF NUTRITION FOR OUR BODY: FUELING HEALTH & VITALITY

## BENEFITS OF GOOD NUTRITION

Boosts Immunity



Increases Energy Levels



Strengthens Bones & Muscles



Supports Cognitive Function



Strengthens Bones & Muscles



Promotes Heart Health

**THRIVING & WELL-BEING**

**NOURISH YOUR BODY WITH BALANCED NUTRITION FOR A HEALTHIER, HAPPIER LIFE.**

## CONSEQUENCES OF POOR NUTRITION

Weakened Immunity



Fatigue & Low Energy



Increased Risk of Fractures



Brain Fog & Poor Focus



Increased Risk of Fractures



Chronic Disease Risk

**DECLINING HEALTH & VITALITY**

# WOMEN'S HEALTHY LIFESTYLE GUIDE: BALANCE & WELL-BEING



## SELF-AWARENESS & MINDFULNESS

- Practice Mindfulness
- Journaling & Reflection
- Understand Emotional Needs
- Set Boundaries
- Seek Support when Needed



## RESTORATIVE SLEEP

- Aim for 7-9 Hours Daily
- Consistent Sleep Schedule
- Create a Restful Environment
- Limit Screen Time Before Bed
- Wind-Down Routine



## NOURISHING DIET

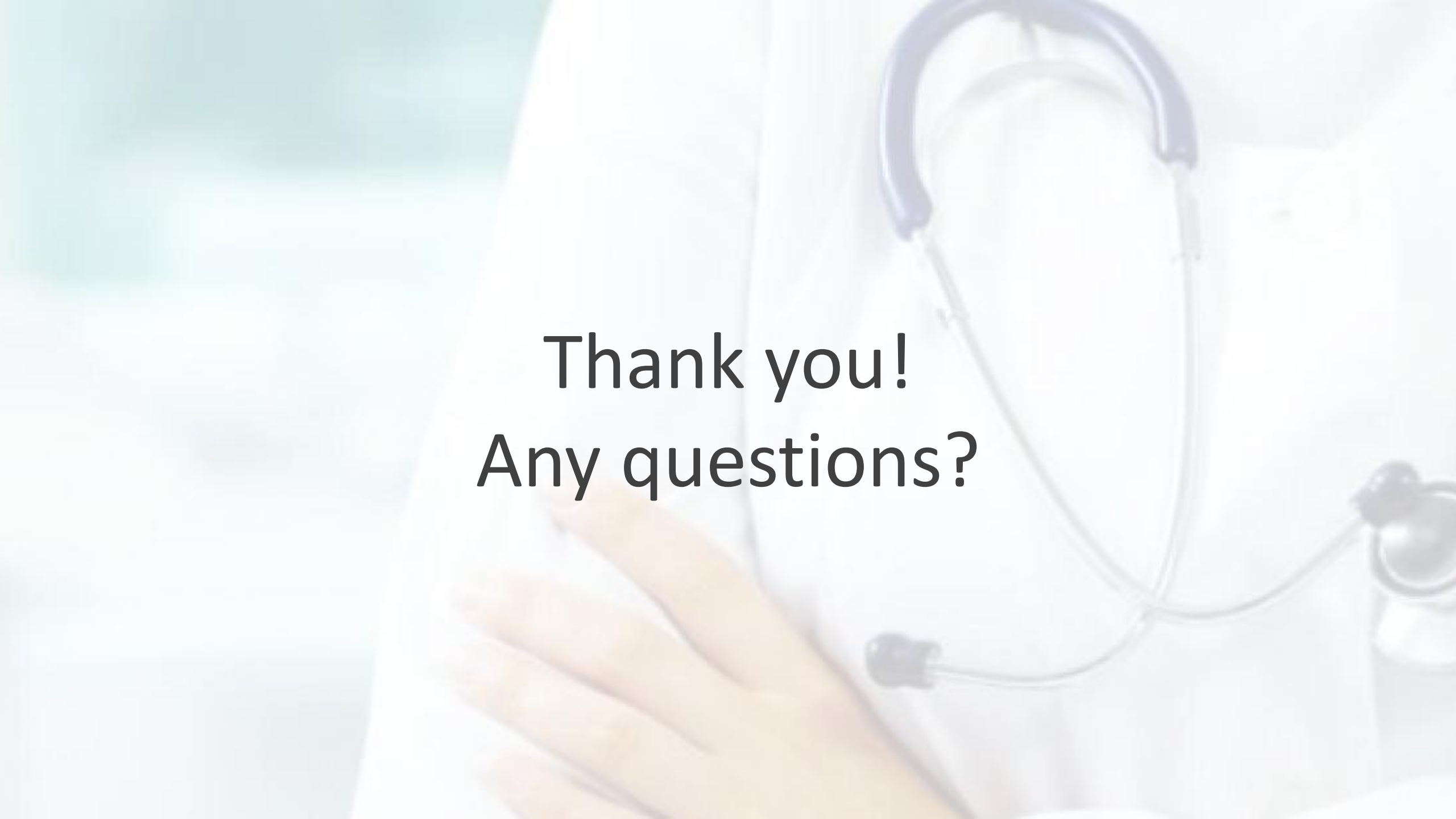
- Emphasize Whole Foods
- Stay Hydrated
- Balanced Macronutrients
- Mindful Eating
- Limit Processed Sugars & Fats



## REGULAR MOVEMENT & EXERCISE

- Incorporate Cardio & Strength
- Prioritize Flexibility & Mobility
- Find Activities You Enjoy
- Stay Active throughout the Day
- Listen to Your Body

CULTIVATING A SUSTAINABLE & EMPOWERED LIFE THROUGH CONSISTENT SELF-CARE.

A close-up, soft-focus photograph of a doctor's hand holding a patient's hand. The doctor is wearing a white lab coat and a stethoscope. The patient's hand is visible in the foreground, and the doctor's hand is gently holding it. The background is a blurred light blue and white, suggesting a clinical setting.

**Thank you!**  
**Any questions?**