

## **Introduction:**

Heartland Centre for Women (HCW) is a brand-new tertiary college based in Kathmandu, established specifically for women across the country, delivering courses in Law, Health Science, Culinary Arts and Hospitality, in which on the same we operate a health care clinic focusing on screening and the initial treatment for cervical cancer. As well as counselling and educational support in areas such as menstrual and maternal health care.

## **Cervical cancer:**

The human body can develop many diseases. Among them, cancer is a dangerous and deadly disease. Cancer is caused by abnormal cells that grow rapidly. It is not a contagious disease that can be spread from one person to another. But it can spread from one part of the body to any other part. Cervical cancer can occur in all age groups, but this disease is more common in women between the ages of 35 to 44 years.

According to a Ministry of Health report published in 2022, the five major cancers in Nepal include lung, cervix, breast, stomach, and throat cancer. It is difficult to determine the actual statistics of any cancer in Nepal, but analysing the data of various central level hospitals, the most lung cancer is found in men and cervical cancer in women. Looking at the statistics of major hospitals in Nepal, it is found

that cervical cancer is the leading cancer among women. It is highly recommended for women to have a cervical check-up on an annual basis to support health and early detection of cervical cancer.

## **What is cervical cancer?**

Cervical cancer is the growth of abnormal cells in the lining of the uterus. The disease is not a contagious disease that spreads from one person to another. It can spread from one part of the body to any other part. Cervical cancer can also be identified in the pre-invasive phase (Cervical Intraepithelial Neoplasia- CIN) or in the very early stage. Cervical cancer is curable if CIN is detected in its early stages. For this, women should undergo Cervical Cancer Screening on an annual basis from a registered medical professional.

## **Causes:**

- Due to infection in the uterus with virus (Human Papilloma Virus).
- Having unprotected sexual intercourse
- Due to lack of proper treatment of sexual diseases and genital diseases.
- Smoking.
- Those with reduced immune resistance.
- Long-term use of birth control pills.

## **Signs and Symptoms:**

- Irregular menstruation and bleeding for several days afterwards.
- Abnormal and foul-smelling discharge from the genitals.
- Blood appears after intercourse.
- Bleeding from the vagina of women who have stopped menstruating.
- Lower abdominal pain and back pain
- About 20% of women may not have any symptoms.

## **Preventive Measures:**

- Getting the uterus examined on an annual basis.
- Using appropriate protective measures when having sexual intercourse.
- Vaccination against human virus (HPV).
- Not smoking

## **Simple methods of diagnosis:**

- Initial test/ inspection of cervix with acetic acid (VIA)  
A simple test method to determine whether the cervix is damaged or not, using medicine on the cervix is called the initial examination of the cervix. Like- Visual Inspection with acetic acid (VIA)/ Visual Inspection with Lugol's Iodine (VILI)

- **Examination by Colposcopy machine:**

Post initial test/ assessment, if needed, our medical team will advise you whether there is a need to get checked by a Colposcopy machine.

**What kind of women should undertake assessment?**

- All women regardless of marital status from the age of 25 years onwards.

**Things to consider before taking the test and being assessed:**

- The test should not be done 6-7 days after menstruation or until blood appears.
- Refrain from any sexual contact for at least 24 hours before the test.
- No medicine or douse should be used.
- Prior to clinical examination at the centre, the inside of the vagina should not be cleaned with soap and water.
- This test should not be done during pregnancy.

**Benefits of Regular Cervical Examination:**

Signs of cancer in the mouth of the uterus can be detected before 10 years, that is, cancer that may occur in the future can be diagnosed in time.

If some infection has started in the uterus, it can be known beforehand and it can also be cured with specific treatment.

**Treatment methods:**

- Cryotherapy (Cryotherapy)/ Cold Coagulation

**After cervical cancer:**

- It is treated with surgery or radiotherapy.
- Sometimes both methods must be used.
- If the cancer has spread, chemotherapy is also a treatment option.

**Our services:**

- The Cervix is examined in a private room by VIA method by a trained, registered, medical professional.
- Colposcopy is performed with a machine/ approved device.
- Treatment is delivered by thermo coagulation coordinated by a registered, medical professional.
- Professional counselling pre and post assessment as well as a formal letter of assessment/ treatment outcome.
- Health education and community awareness programs
- All services incur a very low consultation and treatment cost.

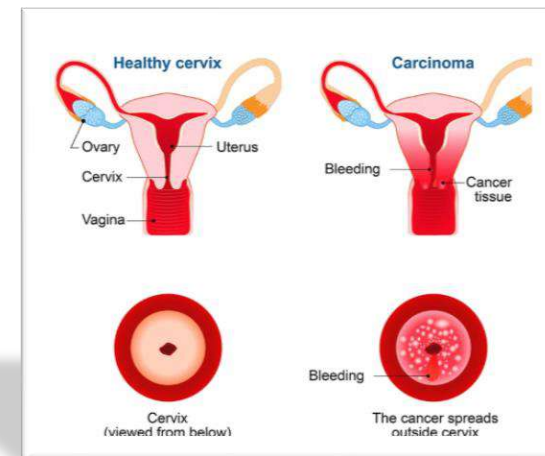
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Cervical cancer is the growth of abnormal cells in the lining of the uterus. Annual health checkups, healthy eating and exercise, and vaccination against the human papilloma virus (HPV) can reduce the risk. Let's be aware, let's do health check-ups, and let's avoid cancer!

**(CANCER OF THE CERVIX)**

