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Cervical cancer

What you need to know



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cervical cancer the facts

- Over 300 women are diagnosed every year in Ireland
- Most common cancer in women under 35
- Women aged 25 to 65 are invited to take part in cervical screening through Cervical Check (www.cervicalcheck.ie or Freephone 1800 45 45 55)
- Cervical screening does not include screening of the ovaries for ovarian cancer
- Early treatment can stop changes in the cervix developing into cancer

Risks and causes of cervical cancer

- **Sexual history:** Having sex at a young age or having many sexual partners. This increases your risk of getting HPV (Human Papilloma Virus) which can increase your risk of cervical cancer
- **HPV infection:** Can cause changes in the cells that can then become cancerous
- **Smoking** doubles the risk of Cervical Cancer
- **Family history:** Your risk is higher if a close relative has cervical cancer
- **Being overweight:** A diet low in fruit and vegetables can increase your risk

signs & symptoms

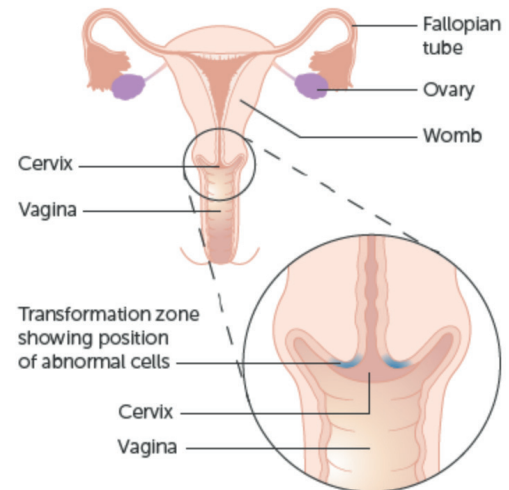
Go to your doctor if you have any of the following:

- Bleeding between your periods
- Bleeding during or after sex
- Bleeding after the menopause
- Vaginal discharge that smells unpleasant
- Discomfort or pain during sex

These are symptoms of many other conditions which are not cervical cancer, but it is still very important to see your doctor if you have any of these symptoms just to be sure.

How to reduce your risk of getting cervical cancer

- **Get the HPV vaccination:** available in the first year of secondary school
- **Attend for cervical screening:** available from age 25. Check that you're registered at www.cervicalcheck.ie or **Freephone 1800 45 45 55**
- **Keep a healthy weight:** eat a diet with lots of fruit and vegetables
- **Don't smoke:** If you would like help to quit smoking, Freephone 1800 201 203 or Freetext QUIT to 50100



Cancer Research UK

Important things to remember

- Know what's normal
- Talk to someone if you notice changes
- Keep an eye on any changes you've noticed, and if they don't go away you should talk to your doctor
- Attend cervical screening if you're 25 -65 years old