

DOCTOR'S RECOMMENDATION



**NATIONAL RESEARCH
ONCOLOGY CENTER**



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www.cancercentr.kz



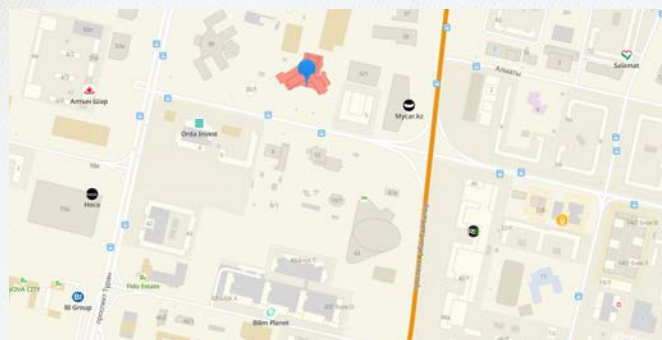
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**Nur-Sultan city,
Kerey, Zhanibek Khandar str., 3**



CERVICAL CANCER



Monday-Friday, from 8:00 to 17:00

Primary prevention of cervical cancer:

- healthy lifestyle;
- fight against smoking;
- prevention of early sexual intercourse, early marriage;
- avoid frequent change of sexual partners;
- use of barrier methods of contraception;
- prevention and identification of risk factors for the spread of papillomavirus infection (HPV) and other sexually transmitted infections (STIs);
- Vaccination of women aged 11 to 26 years before sexual intercourse, before APV infection.

Prevention of recurrent cervical cancer:

- once a year in the examination rooms of primary care organizations to undergo a preventive medical examination with cytological examination of smears (smears oncocytology) of women over 20 years of age;
- National screening of women aged 30 to 70 every four years at the clinic at the place of registration.

Cervical cancer is a malignant tumor that occurs in the cervical region.

According to WHO, about 500,000 people with cervical cancer are identified worldwide every year. Every year in the Republic of Kazakhstan, cervical cancer is detected for the first time in about 1,800 women. Cervical cancer ranks 4th in the structure of oncological diseases in the Republic of Kazakhstan.

Currently, the leading role of the human papillomavirus (HPV/HPV) in the development of this type of cancer has been proven. By affecting the cervical mucosa, the virus causes severe dysplasia, against which cervical cancer develops. The human papillomavirus is transmitted sexually.



CAUSES OF THE DISEASE AND RISK FACTORS

- Early onset of sexual intercourse.
- Early first pregnancy; frequent change of sexual partners.
- Presence of papillomavirus or herpes infection in a woman or her sexual partner.
- History of frequent abortions; smoking;
- Untimely treatment of cervical pathology (erosion, dysplasia, leukoplakia, polyps).
- Severe heredity; cases of immune deficiency.

DIAGNOSIS OF CERVICAL CANCER

- Examination by a gynecologist.
- Oncocytological examination of cervical smears (PAP test).
- Ultrasound of the lower pelvic organs.
- Colposcopy.
- CT of the pelvic organs according to the indications.



SYMPTOMS OF THE DISEASE



- Non-menstrual bleeding from the genital tract may be minor, smeared, or excessive, and bleeding is rare.
- Often after sexual intercourse there is a bloody smear - "Contact secretion".
- Pain in the lower abdomen: may be accompanied by bleeding or may occur in advanced forms of cancer as a result of infection or proliferation of tumors of other pelvic organs or structures (nerve endings, pelvic walls).
- Swelling of the limbs, external genitalia is accompanied by an exacerbation of the disease.
- Intestinal and bladder dysfunction. Delayed urination due to mechanical compression of metastatic lymph nodes of the bladder, followed by renal failure.