

**Human papillomavirus (HPV)** is a group of common viruses that causes infections in both men and women. Most HPV infections clear up on their own and do not cause any problem.

Cervical cancer is preventable through HPV Vaccination and can also be detected early through regular Cervical cancer screenings such as HPV test or Pap Test.

However, sometimes the infection does not go away. Persistent infection by certain HPV types can cause cancer & other diseases overtime.

### HPV Vaccination:

HPV Vaccination can prevent infection by certain types of HPV, including types that are linked to HPV-related cancers. The vaccine is recommended for use in young women age 9 - 26 years old. To be most effective, the vaccine should be given before the first sexual exposure.

Watch this video to learn more about HPV Vaccination:



Youtube: [sgcancersociety](#)

### Education Videos on Women's Gynaecological Cancers:

Learn more about Women's Gynaecological cancers from our specialist and hear from cancer survivors how they have stayed strong in their journey.



Youtube: [sgcancersociety](#)

 **WOMEN'S  
GYNAECOLOGICAL  
CANCER  
AWARENESS  
CAMPAIGN 2019**

 **SINGAPORE  
CANCER  
SOCIETY**

*You are Naturally  
Beautiful* when  
you are healthy



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### What is Uterine Cancer?

Uterine cancer, also known as endometrial cancer, is a cancer that starts in the endometrium, the inner lining of the uterus (womb). It is predominantly due to prolonged exposure to an excess of the female hormone called oestrogen.

Endometrial cancer occurs when the cells of the endometrium start to grow too rapidly. The lining of the uterus may thicken in certain places. These areas of thickness may form a mass of tissue called a tumor.

### What is Ovarian Cancer?

A woman has two ovaries, which are part of the female reproductive system. Each is the size of a walnut and located at the pelvis on either side of the womb (uterus). The ovaries produce eggs and the female hormones, estrogen and progesterone.

The ovary is made up of different cells, each performing its own function. When these cells grow abnormally, a cancer is formed. Most ovarian cancers arise from the surface epithelium (thin tissues) of the ovary and hence are called epithelial cancer.

### What is Cervical Cancer?

Cervical cancer is the cancer of the neck of the womb, which is the cervix and is made up of millions of tiny cells. Sometimes, changes can occur to these cells without you knowing it.

These changes, if left untreated, can develop into Cervical cancer.

HPV infections can cause several cancers including Cervical cancer. Virtually all Cervical cancer cases are linked to genital infection with HPV<sup>1</sup>.

<sup>1</sup> <https://www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hpv-and-cancer?redirect=true>

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## Gynaecological Cancers

Gynaecological Cancers are amongst the top 10 most common cancers affecting Singaporean women today.

Uterine cancer is the **4<sup>th</sup>**, Ovarian cancer is the **5<sup>th</sup>** and Cervical cancer is the **10<sup>th</sup>** most common cancer affecting Singaporean women today<sup>1</sup>.

As these cancers can affect the vital organs of a women’s body, it is therefore very important for ladies to be vigilant of the signs & symptoms and to go for the necessary screening regularly.

## Cervical Cancer Screening (HPV Test / Pap Test):

Regular Cervical cancer screening can help prevent cancer and also allows for the early detection of the cervical cancer, leading to better treatment outcomes.

There are two types of tests used for Cervical cancer screening: HPV Test and Pap Test.

It is a fast and simple procedure, where an instrument will be gently inserted into your vagina. A soft brush is then used to collect some cells from your cervix. These cells will be sent to a laboratory for testing.

### Pap Test

Pap Test
Pap test can detect abnormal cell changes that may turn into Cervical cancer. It can also detect Cervical cancer early, when it is easier to treat and have better survival outcome.
Age Group
25 – 29 years old
Frequency of Test
Once in 3 years

### HPV Test

HPV Test
HPV test looks for the virus that can cause abnormal cell changes on the cervix.  It is a test to analyse a small amount of cells taken from the cervix to verify the presence of different HPV types responsible for cervical cancer.  Sampling is done in the same way as Pap Test. If you are tested positive for HPV further tests are needed.
Age Group
30 years old and above
Frequency of Test
Once in 5 years

## How/Where should I have my screening done?

To help reduce the incidence of Cervical Cancer, Singapore Cancer Society (SCS) provides **Cervical cancer screening at no cost** to eligible females who meet the following criteria:

### HPV Test

- Singaporean or Permanent Resident
- Aged 30 years and above who have previously engaged in sexual intercourse
- Not pregnant
- Screening done 14 days from 1st day of menstrual cycle
- Recommended to be screened once in 5 years

### Pap Test

- Singaporean or Permanent Resident
- Aged 25 to 29 years who have previously engaged in sexual intercourse
- Not pregnant
- Screening done 14 days from 1st day of menstrual cycle
- Recommended to be screened once in 3 years

For females who are of the younger age group, you can also get yourself protected from Cervical cancer by having your HPV Vaccination done.

SCS provides **HPV Vaccination at no cost**

to females who meet the following criteria:

- Aged 9 to 13 years
- Singaporeans
- Have a valid CHAS (Community Health Assist Scheme) card

Cervical cancer is highly preventable and curable when detected and treated early through regular screening.

## How do I book an appointment?

To book an appointment call 1800-727-333 or visit: <https://www.singaporecancersociety.org.sg/>

## Book an appointment now!



### SCS Clinic @ Bishan

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Opening hours: Mondays to Fridays, 8.30am to 6.00pm  
Saturdays: 8.30am to 4.00pm

<sup>1</sup> Singapore Cancer Registry Annual Registry Report 2015