

Singapore Cancer Society Screening Services

Have your cancer screenings done at no cost in SCS Clinic at Bishan and let SCS Journey with You. Our team will be your single point of contact to provide support, advice and follow up services.

Call 1800-727-3333 to book your screening appointments as early detection saves lives.



**Cervical Cancer Screening
(HPV Test/Pap Test)**



**Faecal Immunochemical Test (FIT)
for Colorectal Cancer**



HPV Vaccination for Cervical Cancer



Mammogram for Breast Cancer

SCS Clinic @ Bishan

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

Saturdays: 8.30am to 4pm

Singapore Cancer Society Main Office

15 Enggor Street Realty Centre, #04-01 Singapore 079716

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

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📘 [SGCancerSociety](https://www.facebook.com/SGCancerSociety)

SCS Rehabilitation Centre @ JEM Office Tower

SCS Satellite Office @ National University Cancer Institute, Singapore

SCS Satellite Office @ National Cancer Centre Singapore



Cervical Cancer

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



Human Papillomavirus (HPV)

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

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

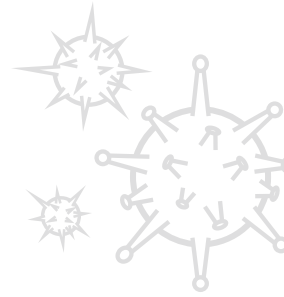
Cervical cancer is highly preventable through HPV vaccination and regular Cervical cancer screening such as HPV Test or Pap Test.

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, could develop into Cervical cancer.

Based on the Singapore Cancer Registry Annual Registry Report 2015, Cervical cancer is the 10th most common cancer and the 8th most common cause of cancer death among Singaporean women.



What Causes Cervical Cancer?

HPV infections can cause several cancers including Cervical cancer.

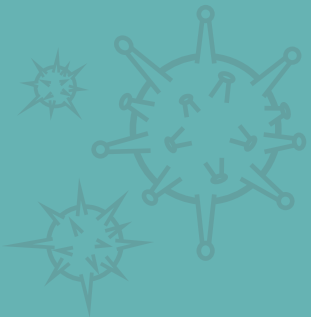
Virtually all cervical cancer cases (99%) are linked to genital infection with HPV.

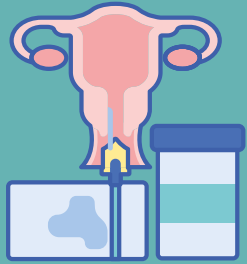
What are the Signs & Symptoms of Cervical Cancer?

Pre-cancerous and early cancer of the cervix are often without symptoms.

However, some of the common symptoms are:

- Vaginal bleeding after sexual intercourse,
- Foul-smelling vaginal discharge which is watery and bloody,
- Irregular bleeding between periods or after menopause,
- Lower abdominal pain or pain during intercourse.





How to Lower Your Risk of Cervical Cancer?

- Take the HPV Vaccination for females 9 – 26 years old
- Go for regular Cervical cancer Screening (HPV Test/ Pap Test)
- Do not smoke
- Avoid use of contraceptive pills
- Limit your sexual partners

Cervical Cancer Screening (HPV Test / Pap Test):

Regular Cervical cancer Screening can help prevent Cervical cancer or allow better treatment outcomes, if cancer is detected early.

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

Are you at risk of Cervical Cancer?

All women are at risk of developing Cervical cancer. The following factors increases your risk of Cervical cancer:

- Infected with Human papilloma virus (HPV)
- Ever have sex and /or are sexually active
- Early age onset of sexual activity
- Have multiple sexual partners
- Is Human Immunodeficiency Virus (HIV) positive
- Has Immunosuppression (Women with weak immune system)
- Have a history of sexually transmitted infections
- Smoking

Singapore Cancer Society (SCS) Funding for Cervical Cancer Screening (HPV Test/ Pap Test) & HPV Vaccination

To help reduce the incidence of Cervical cancer, SCS provides Cervical cancer screening (HPV Test & Pap test) and HPV Vaccination 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 to be 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 to be done 14 days from 1st day of menstrual cycle
- Recommended to be screened once in 3 years

HPV Vaccination

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

Watch this video to learn more about HPV Vaccination:



TYPES OF SCREENING

Type of Screening	Pap Test	HPV Test
What is this screening about?	<p>Pap test can detect abnormal cell changes that may turn into cervical cancer.</p> <p>It can also detect cervical cancer early, when it is easier to treat and have better survival outcome.</p> <p>Pap test (Liquid Based Cytology Test) is a procedure where the healthcare professional (doctor or nurse) uses a small disposable brush or spatula to collect a sample of cells from the outer opening of cervix. The sample is then put into a small container and sent to the lab for analysis.</p>	<p>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.</p> <p>Sampling is done in the same way as Pap test. If you are tested positive for HPV, further tests are needed. HPV Test detects the presence of the human papillomavirus, a virus that can lead to the development of genital warts, abnormal cervical cells or cervical cancer.</p> <p>HPV test detects the presence of high-risk HPV strains including HPV sub types 16 and 18 and other HPV types.</p>
Age Group	25 - 29 years old	30 years and above
Frequency of Test	Once in 3 years	Once in 5 years

*Routine use of HPV test in women under age 30 is not recommended, as most infections in this age group are transient.

Why should I take a HPV Vaccination?

HPV vaccines can prevent infection caused by certain types of HPV, including types that are linked to HPV related cancers.

The vaccine is recommended for use in young women. To be most effective, the vaccine should be given before the first sexual activity where HPV exposure may occur.

Why should I go for Cervical Cancer Screening?

HPV is as common as the common cold and they are mostly harmless. HPV can cause an infection in your cervix but most of the time, your body will rid itself of the infection. However, there are certain strains that can cause persistent infection in your cervical cells.

Your cervical cells will be sent for a HPV test to detect high-risk strains. At this age, a HPV test is more effective in determining your risk of cervical cancer. The HPV Test is a screening test for cervical cancer, but the test does not tell you whether you have cancer. Instead, the test detects the presence of HPV, the virus that causes cervical cancer, in your system.

In these cases, the cells change in an abnormal way and may develop into cervical cancer. Cervical cancer can be prevented if these abnormal changes are detected through cervical cancer screening and treated in its early stages.

If you are between 25 to 29 years old, your cells will be tested for abnormal changes through a Pap test. At this age, you will be able to clear HPV infections at a faster rate, thus, a Pap test is good enough and you do not need a HPV test. If you are 30 years old and older, then a HPV test is recommended for you.



Certain types of HPV – including types 16 and 18 – increase your cervical cancer risk. Knowing whether you have a type of HPV that puts you at high risk of cervical cancer means that you can better decide on the next steps in your health care. Those steps might include follow-up monitoring, further testing, or treatment of abnormal or precancerous cells.