Would you have cervical cancer and not know it?

What are the symptoms of cervical cancer?

- Abnormal bleeding
  - Between periods
  - With intercourse
  - After menopause
- Unusual vaginal discharge
- Other symptoms
  - Leg pain
  - Pelvic pain
  - Bleeding from the rectum or bladder
- Some women have no symptoms

What causes cervical cancer?

The central cause of cervical cancer is human papillomavirus or HPV:

- HPV is sexually transmitted
- What causes cervical cancer?
  - The HPV detected today could have been acquired years ago
- There are many different types of HPV
  - Low-risk types can cause warts
  - High-risk types can cause pre-cancer and cancer of the cervix
Human Papillomavirus (HPV)

- The Human Papillomavirus (HPV), a common virus that can be passed from one person to another during sex, is the main cause of cervical cancer. At least half of sexually active people will have HPV at some point in their lives.
- Keep in mind, many people will have an HPV infection, but few women will get cervical cancer.

There are five main types of cancer affecting a female’s reproductive organs

- These organs are:
  - Cervical
  - Ovarian
  - Uterine
  - Vaginal
  - Vulvar

There is a sixth type of gynecologic cancer is the very rare fallopian tube cancer.

Treatment of Genital Warts

Podophyllin, Nitric Acid, Cryosurgery

Diagnosis: 078.11 condyloma acuminatum [Genital Warts NOS]

CPT procedure: 56501 Destruction of lesion (s), vulva; simple (no global days)
Cervical neoplasia
Cervical intraepithelial neoplasia (CIN) is the presence of abnormal cells on the surface of the cervix. A Pap smear and colposcopy are two of the procedures performed to monitor the cells and appearance of the cervix.

Cervical cancer
The development of cervical cancer is gradual and begins as a pre-cancerous condition called dysplasia. It is usually a slow-growing cancer and if caught early can be successfully treated. Routine Pap smears can detect early changes in the cells of the cervix allowing cervical cancer to be caught early.

What is Cervical Cancer?

- Cancer is a disease in which cells in the body grow out of control.
- Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.
- Cervical Cancer is the easiest female cancer to prevent, with regular screening tests and follow-up. It also is highly curable when found and treated early.
Who is at risk?

- Women who do not have Pap tests
- Women who smoke
- Women who have ever had sex & who have had more than one partner
- Women whose partner (s) has had more than one sexual partner
- Women with other sexually transmitted diseases

Risk

- It is important to get tested for cervical cancer because 6 out of 10 cervical cancers occur in women who have never received a pap test or have not been tested in the past five years.
- I hope that you have seen your GYN provider and have had your yearly exam done this year.
Cervical Cancer Screening Recommendations:

- Women previously treated for moderate or severe dysplasia or cancer should continue to have annual screenings for at least 20 years.
  - Based on provider recommendations during your annual women's wellness visit.
- Women who have had a hysterectomy with a history moderate to severe cervical dysplasia should be screened annually until they have three consecutive, negative vaginal Pap tests. Then they can discontinue Pap screening.
  - Based on provider recommendations during your annual women's wellness visit.
- Women who have had a total hysterectomy for reasons other than cervical dysplasia or cancer may stop having Pap tests.
  - Based on provider recommendations during your annual women's wellness visit.

Protection against HPV

- HPV Vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and valvar cancers. It is given in a series of three shots. The vaccine is recommend for 11-12 year old girls. It is also recommended for girls and women aged 13 through 26 who did not get any or all of the shots when they were younger.
  - Use Condoms during sex
  - Limit your number of sexual partners.

The following stages are used for cervical cancer:

- Stage 0 (Carcinoma in Situ)
  - In stage 0, abnormal cells are found in the innermost lining of the cervix. These abnormal cells may become cancer and spread into nearby normal tissue.
  - Stage 0 is also called carcinoma in situ.
Following stages are used for cervical cancer cont.

What are the Stages of Cancer

In Stage IA, Cancer has formed and is found in the cervix only. Stage I is divided into stages IA and IB, based on the amount of cancer that is found.

**Stage IA:** A very small amount of cancer that can only be seen with a microscope is found in the tissues of the cervix and outlaying tissues of the vagina. Stage IA is divided into stages IA1 and IA2, based on the size of the tumor.

- In **Stage IA1,** the cancer is not more than 3 millimeters (mm) deep and not more than 7 millimeters (mm) wide.
- In **Stage IA2,** the cancer is more than 3 but not more than 5 millimeters (mm) deep, and not more than 7 millimeters (mm) wide.

What are the Stages of Cancer Cont.

- **Stage IB:** In stage IB, cancer can only be seen with a microscope and is more than 5 millimeters (mm) deep or more than 7 millimeters (mm) wide, or can be seen without a microscope. Cancer that can be seen without a microscope is divided into stages IB1 and IB2, based on the size of the tumor.

  - In **Stage IB1,** the cancer can be seen without a microscope and is not larger than 4 centimeters (cm).
  - In **Stage IB2,** the cancer can be seen without a microscope and is larger than 4 centimeters (cm).
What are the Stages of Cancer Cont.

Stage II

In Stage II, Cancer has spread beyond the cervix but not to the pelvic wall (the tissues that line the part of the body between the hips) or to the lower third of the vagina.

Stage II is divided into stages IIA and IIB, based on how far the cancer has spread.

Stage IIA: Cancer has spread beyond the cervix to the upper two thirds of the vagina but not to tissues around the uterus.

Stage IIB: Cancer has spread beyond the cervix to the upper two thirds of the vagina and to the tissues around the uterus.

What are the Stages of Cancer cont.

- Stage III

  - In Stage III, Cancer has spread to the lower third of the vagina, may have spread to the pelvic wall, and/or has caused the kidney to stop working. Stage III is divided into stages IIIA and IIIB, based on how far the cancer has spread.

  - Stage IIIA: Cancer has spread to the lower third of the vagina but not to the pelvic wall.

  - Stage IIIB: Cancer has spread to the pelvic wall and/or the tumor has become large enough to block the ureters (the tubes that connect the kidneys to the bladder). This blockage can cause the kidneys to enlarge or stop working. Cancer cells may also have spread to lymph nodes in the pelvis.

What are the Stages of Cancer cont.

- Stage IV

  - In Stage IV, cancer has spread to the bladder, rectum, or other parts of the body.

  - Stage IV is divided into stages IVA and IVB, based on where the cancer is found.

  - Stage IVA: Cancer has spread to the bladder or rectal wall and may have spread to lymph nodes in the pelvis.

  - Stage IVC: Cancer has spread beyond the pelvis and pelvic lymph nodes to other places in the body, such as the abdomen, liver, intestinal tract, or lungs.
Treatment of cervical cancer depends on the stage of the cancer, the size and shape of the tumor, the age and general health of the woman, and her desire to have children in the future.

- Early cervical cancer can be cured by removing or destroying the precancerous or cancerous tissue. There are various surgical ways to do this without removing the uterus or damaging the cervix, so that a woman can still have children in the future.

- Types of surgery for early cervical cancer include:
  - LEEP (loop electrosurgical excision procedure) -- uses electricity to remove abnormal tissue
  - Cryotherapy -- freezes abnormal cells
  - Laser therapy -- uses light to burn abnormal tissue

- A hysterectomy (removal of the uterus but not the ovaries) is not often performed for cervical cancer that has not spread. It may be done in women who have repeated LEEP procedures.

- Treatment for more advanced cervical cancer may include:
  - Radical hysterectomy, which removes the uterus and much of the surrounding tissues, including internal lymph nodes and upper part of the vagina.
  - Pelvic exenteration, an extreme type of surgery in which all of the organs of the pelvis, including the bladder and rectum, are removed

- Radiation may be used to treat cancer that has spread beyond the pelvis, or cancer that has returned. Radiation therapy is either external or internal.

  - Internal radiation therapy uses a device filled with radioactive material, which is placed inside the woman’s vagina next to the cervical cancer. The device is removed when she goes home.

  - External radiation therapy beams radiation from a large machine onto the body where the cancer is located. It is similar to an x-ray.
Cervical Cancer Screening
Recommendations:

- Begin cervical cytology at age 21.
- Between ages 21 and 29 obtain screening every 2 years.
- Women 30 years+ with three consecutive cervical screening test results that are normal may be screened every 3 years.
- Abnormal screening results may require more frequent screenings based on provider recommendations.
- Women with certain risk factors may require more frequent cervical cytology screening.
  - Discuss your risk factors with your health care provider during your annual women's wellness exam.

Treatments cont.

Chemotherapy uses drugs to kill cancer.

Some of the drugs used for chemotherapy for cervical cancer include:

- 5-FU
- Cisplatin
- Carboplatin
- Ifofamide
- Paclitaxel
- Cyclophosphamide

Sometimes radiation and chemotherapy are used before or after surgery.

Important for you

- It is important for you to continue getting a Pap test regularly even if you think you are too old to have a child, or are not having sex anymore. If you are older than 65 and have had normal Pap test results for several years, or if you had had your cervix removed (during an operation called a hysterectomy), your doctor may tell you it is okay to stop getting regular Pap tests.
Do not have insurance

- You may be able to get a free or low-cost Pap test through the National Breast and Cervical Cancer Early Detection Program. To learn more, call 1-800-CDC-INFO or visit

Websites & numbers:

- www.cancer.org
- www.cdc.gov/cancer/cervical
- www.cdc.gov/cancer/knowledges-800-CDC-INFO

- Support Groups
  National Cervical Cancer Coalition –
  http://www.nccc-online.org/

References:

American Cancer Society
The American College of Obstetricians and Gynecologists
The American of Surgeons Oncology Group (ACOSOG)

Thank you,
Betty Hougian, CPC