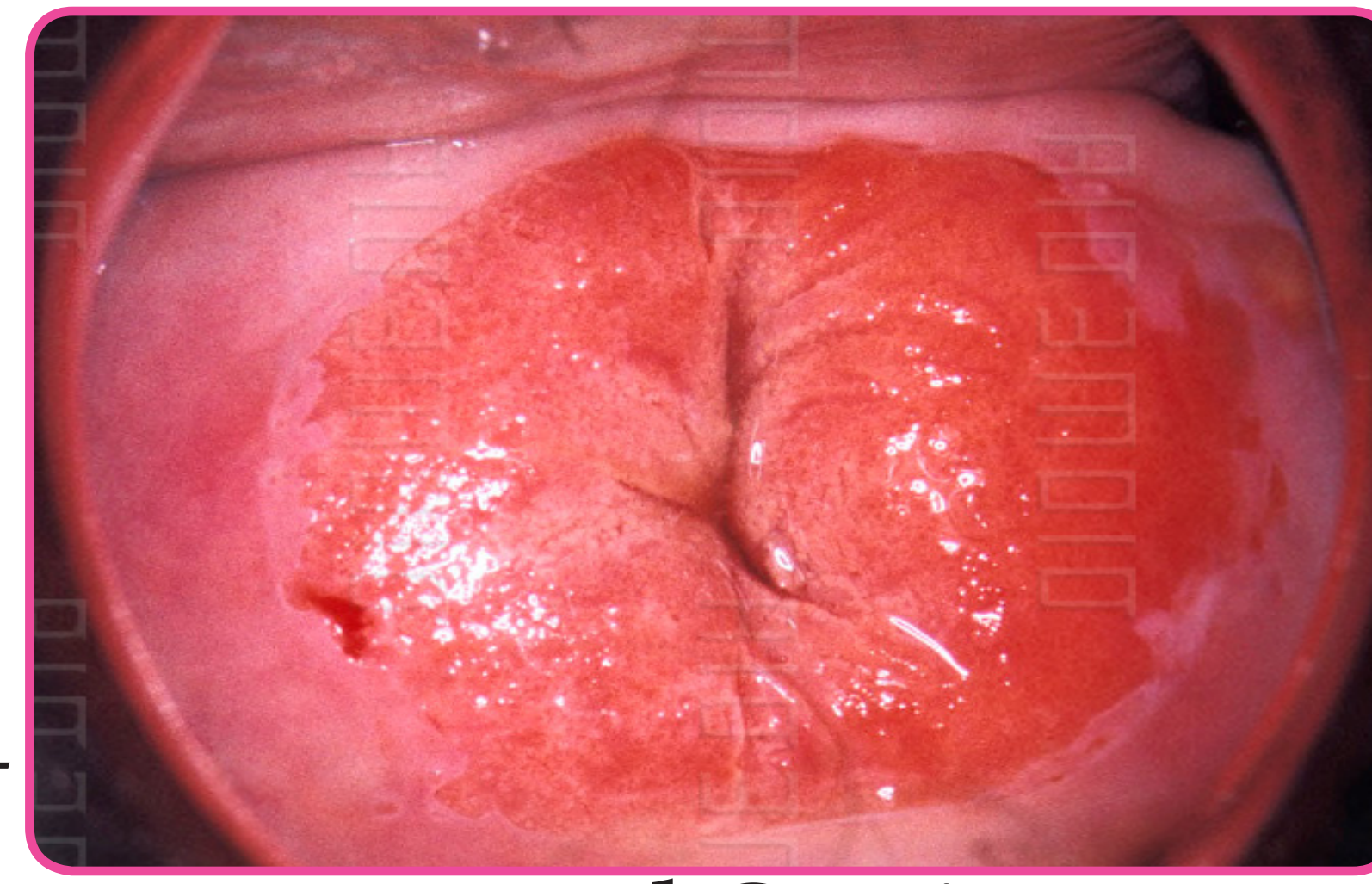


WHAT IS CERVICAL CANCER?

Cervical cancer is a type of cancer that develops in a woman's cervix, which is the mouth of the womb. In Bhutan, cervical cancer is the most common type of cancer in women. This cancer is curable if diagnosed early and preventable through screening with Pap Smear. If women have abnormal bleeding or foul smelling discharge, report to the nearest hospital



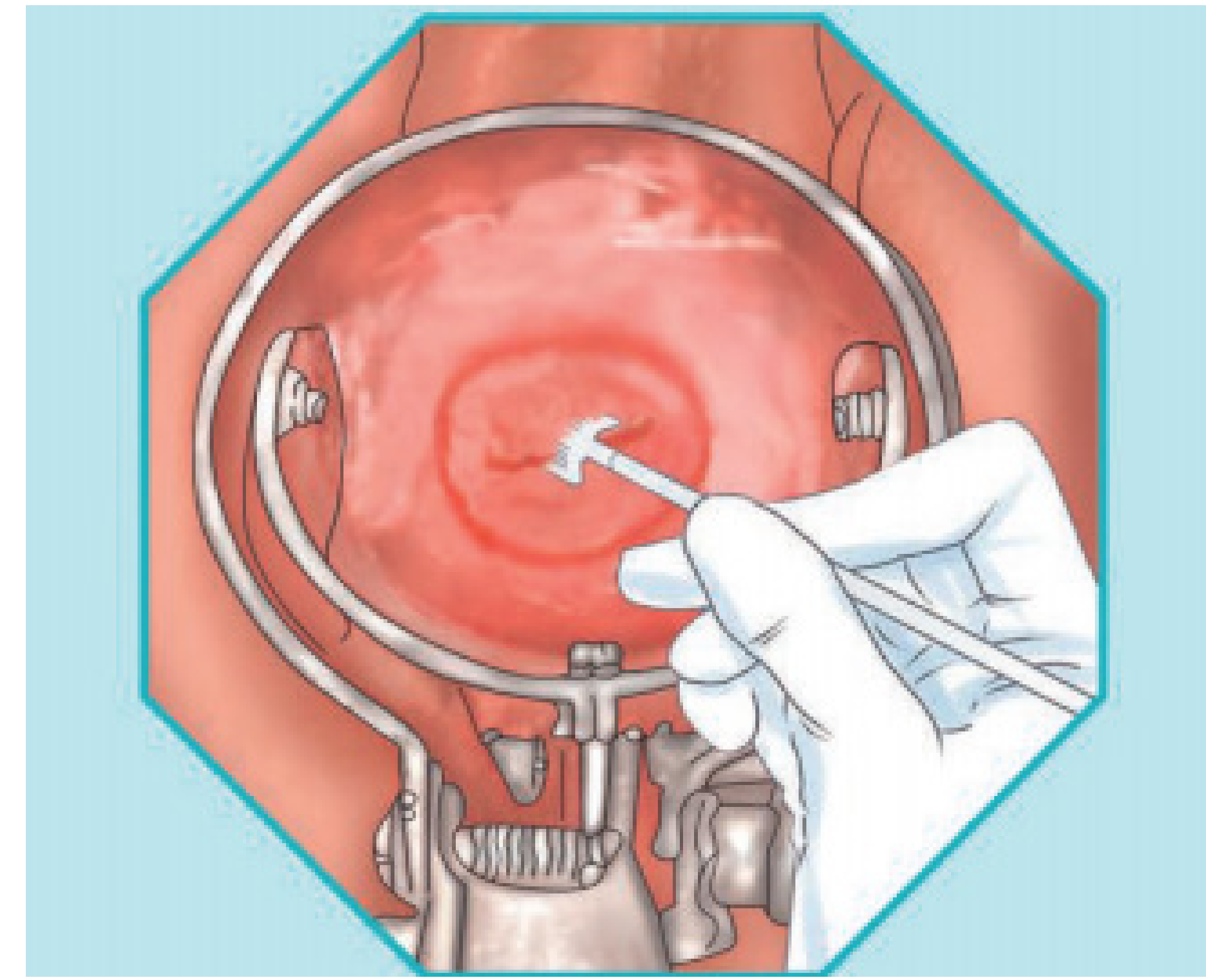
Normal Cervix



Cervical Cancer

WHAT IS THE MAIN CAUSE OF CERVICAL CANCER?

The main cause of cervical cancer is persistent infection with high – risk human papillomavirus (HPV), which is transmitted sexually



TAKING PAP SMEAR

WHAT IS PAP SMEAR?

Pap Smear is a screening test done in healthy women to find out who is at risk of getting cervical cancer. All women between the ages of 25 and 65 years should get a Pap Smear done every three years.

- Do not forget to collect your Pap Smear Report
- Do not lose the Pap Smear card(Pink card)

Annexure V

PAP SMEAR CARD
Ministry of Health
Department of Public Health

1. Do not lose this card. Name: _____
2. Bring this card each time you come for Pap Smear. Age: _____
3. Remember your Pap Smear number. Pap Smear no.: _____
4. Collect your Pap Smear report within two months. Issued form: _____
5. Follow the instruction of health personnel. Address: _____

Sl. No.	Date	Result	Next Visit	Remarks

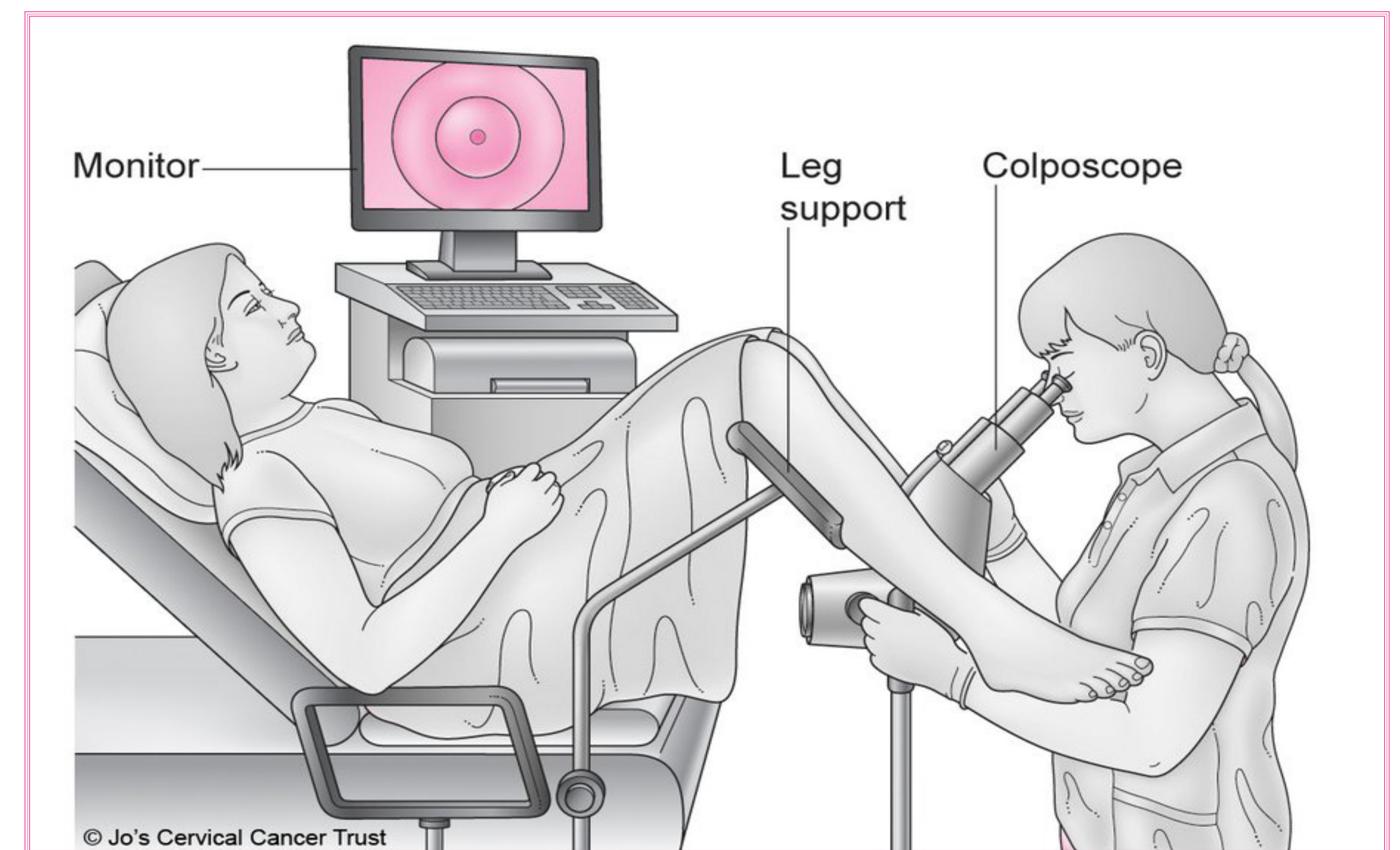
SCREENING CARD

WHAT SHOULD WOMEN DO WITH PAP SMEAR REPORT?

- If the report is normal, repeat pap smear after 3 years
- If abnormal, you are at risk of getting cervical cancer. You will be advised for further check up by gynecologist (colposcopy), after which treatment is advised.

WHEN SHOULD WOMEN GET A PAP SMEAR DONE?

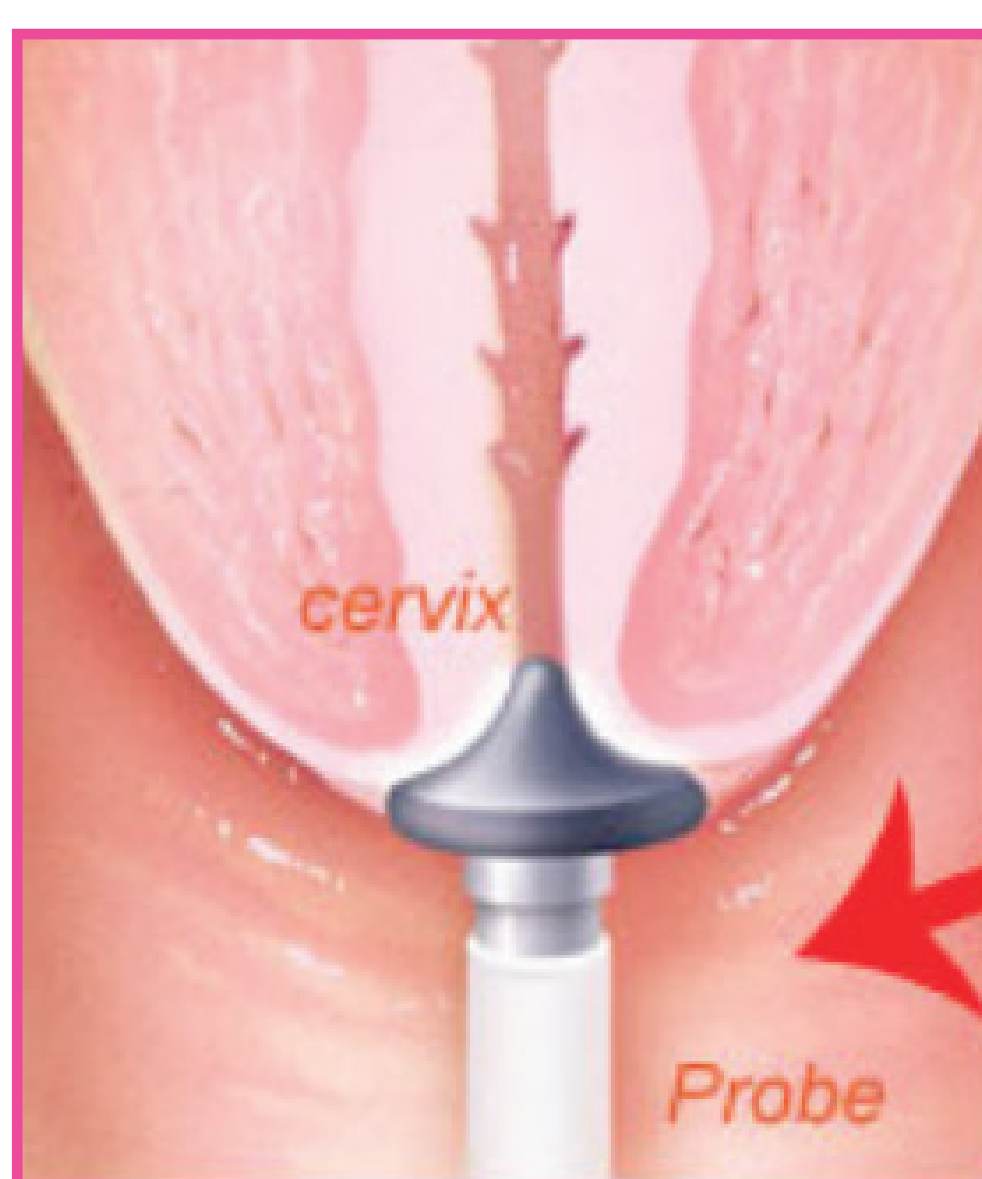
- Pap Smear should be done 7 to 10 days after menstruation stops.
- It can be done at any time in women who have no menstruation
- It can be done after six weeks for women who have delivered or had a miscarriage.



COLPOSCOPY

TYPE OF TREATMENT AVAILABLE IN BHUTAN FOR CERVICAL PRECANCERS

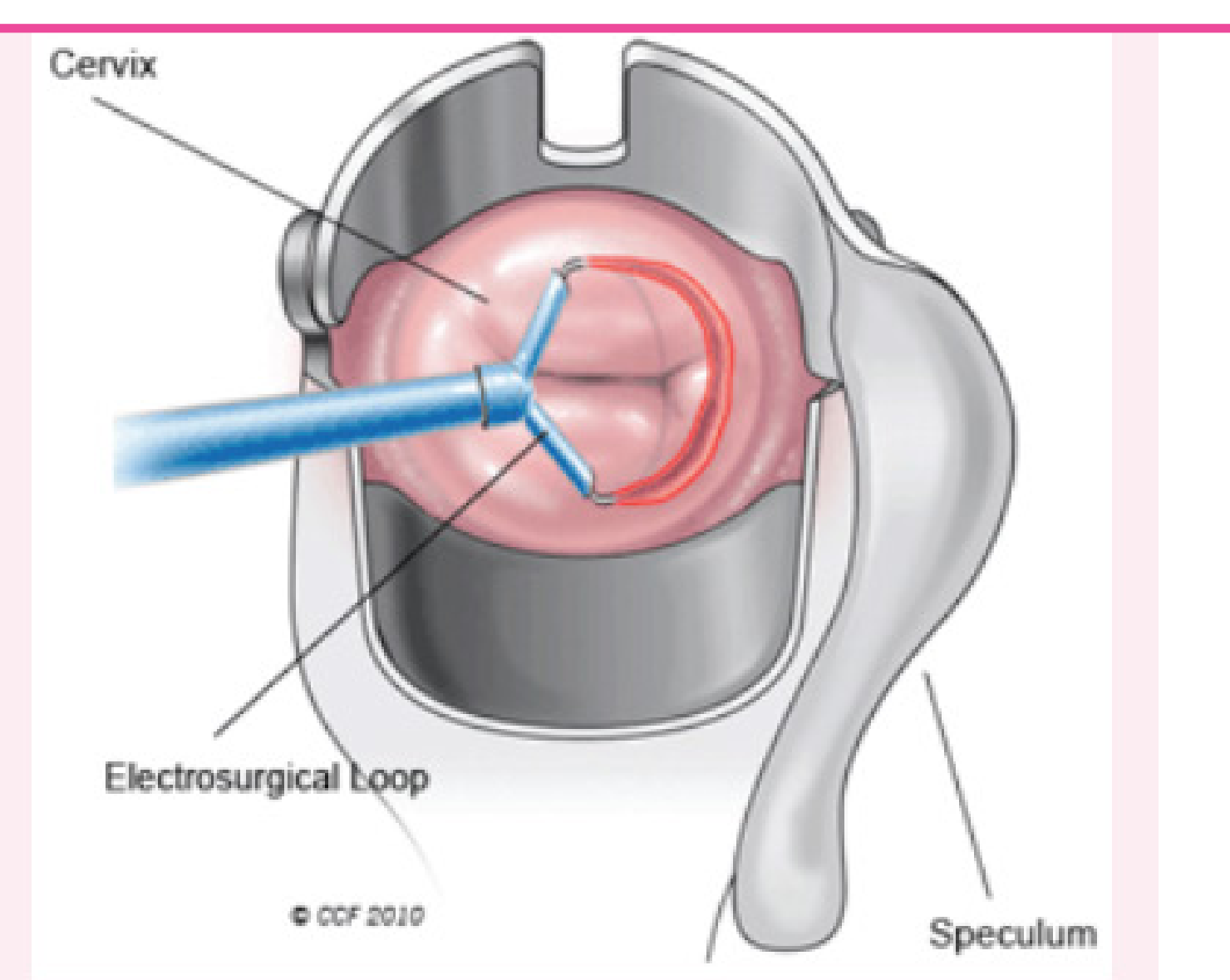
- Ice therapy (Cryotherapy)
- Heat therapy (Thermo coagulation)
- Cut the cervix with electric loop (LEEP)



Cryotherapy



Thermocoagulation



LEEP

WHAT TO EXPECT AFTER PRECANCER TREATMENT?

- Expect vaginal discharge and slight bleeding for one month
- Should not have sexual contact for one month
- If you have fever, pain or excessive bleeding, visit the nearest center
- Repeat Pap Smear and colposcopy after 6 months to one year.



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