

Cervical Cancer Can Be Prevented: A Myth Or A Possibility

“Can Cervical Cancer be prevented?” This is one of the biggest questions that need to be answered because of the alarming increase in the number of women being diagnosed every day of having cervical cancer. Cancer, especially cervical cancer, is one of the most dreaded illnesses all over the world because of the different complications when it metastasizes or spreads to the other vital organs. Death is the most feared outcome especially when all treatments have failed.

The most common type of cervical cancer starts during the pre-cancerous stage and cervical cancer is still preventable during this phase according to experts. It is best to prevent what is called as the pre-cancers and another thing is to detect and treat the pre-cancer before it turns into full-blown cancer.

Some medical experts say that cervical cancer cannot be prevented completely but reducing or lowering the risks may actually help. Here are some helpful hints and useful tips that could help reduce the risk of cervical cancer and actually save their lives:

1. One of the most significant thing that women can do to help prevent developing cervical cancer is to have a regular checkup or screening especially when she reaches the age of 21, and more importantly, if a woman has become more sexually active.
2. A normal Pap smear or Pap test would ensure that a person would have a lower risk of developing cervical cancer for at least about 3 years.
3. When a woman reaches the age of 30, it is recommended that she does have herself submitted for the HPV test to check for the presence of Human Papilloma Virus in the cervix. However, she also has to submit herself for a Pap Test. When both results are negative, there is a lesser chance that she would be developing cervical cancer for the next couple of years.
4. Even when women get a little older or even when she isn't sexually active anymore, it is still important to have regular visits to the Gynecologist for the needed tests.
5. Getting vaccinated with the HPV vaccine in the preteen years or even as early as 9 years can prevent HPV infections; and eventually prevents the development of vulvar, vaginal, and cervical cancer in the later years.
6. It is also vital to keep in mind that having multiple sex partners can be a possible cause of STDs like HPV infections; this can be one of the triggering factors that will lead to cell changes in the cervix and other parts of the reproductive system.
7. Using barriers like condoms could also lower the risk of developing cervical cancer.
8. And because vices, especially cigarette smoking puts women at higher risk of developing cervical cancer, it is best to stop smoking and avoid second-hand smoke as well.
9. Lifestyle modification is also one of the keys to being cancer-free. Eating healthy and engaging in regular physical activities strengthens the immune system, which in turn prevents different types of diseases.

For all women, once abnormal cells are already present, there is very slow chance that cervical cancer can be prevented. However, reducing the risks by taking note of the tips written above can assure you of a cancer-free life.