

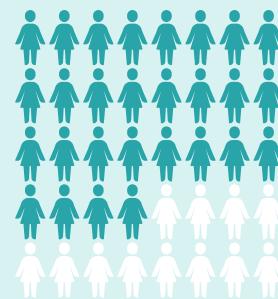
CERVICAL CANCER AWARENESS MONTH



January is Cervical Cancer Awareness Month – an entire month dedicated to raising awareness about cervical cancer and encourage women to get screened.

NEWSLETTER

Compiled by: Cerba Lancet Africa and Kenyan Editorial Teams



- Cervical cancer is **the most common cancer among women** in Uganda and the leading cause of female cancer deaths.
- Every year, an **estimated 6,959 women** are diagnosed with cervical cancer, and around 4,607 women die from it.
- Cervical cancer **ranks first among all cancers** in Ugandan women, and also first among women aged 15–44.

- Around **11 million women** in Uganda are at risk of developing cervical cancer due to HPV infection.
- Cervical cancer accounts for about 35–37% of **all new cancer cases among Ugandan women**.

HPV and Cervical Cancer

- HPV (Human Papillomavirus) has been established as **the cause of cervical cancer**. It is spread through close sexual contact.
- Most HPV infections clear on their own, but in some women the infection persists, leading to the risk of progression to cervical cancer.
- Some HPV types carry a higher risk of causing cervical cancer (HR-HPV). These include HPV types 16&18, which cause >70% of cervical cancer.
- Testing for the presence of HPV allows a woman to know whether she is at risk or not. A woman who is not infected with HR-HPV is not at risk of developing cervical cancer.
- The HPV test ensures that those who are positive and at risk can be identified early and treated before they progress to cervical cancer.

Sources : <https://link.springer.com/article/10.1186/s12905-023-02342-y>



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DID YOU KNOW?

Merits of HPV DNA PCR Test

- Recommended as the primary screening test for cervix cancer in women 30 years and above by the WHO guidelines.
- More sensitive than PAP smear (>95% sensitive compared to < 60% for PAP).
- Does not require a speculum.
- Can be done on both self collected sample and one collected by your gynaecologist.
- Automated test (not operator dependent)
- Quicker results.

Test Results

- Results are available within 1-2 days.
- Results can be sent via email.
- Results interpretation assisted by a trained staff.
- The prevalence of hr-HPV was 16.67%. Other hr-HPV types other than HPV 16 and 18 were predominant, with a prevalence of 10.6%; HPV 18/45 (2.31%), HPV 16 (0.46%)

What Do My HPV Results Mean?

- If the HPV test result is negative, you are NOT at risk of developing cervical cancer, and you do not need to test again for 3-5 years.
- If the HPV test is positive, you need to see a gynaecologist for further management.
- If positive for HPV 16 or 18, colposcopy should be done for biopsy or treatment on the spot.
- If positive for any other 12 HR-HPV subtypes (other than 16 or 18), a PAP smear will be done to guide the gynaecologist on further management.

Key References on HPV Testing:

Gynecol Oncol. 2015 Feb ;136(2) : 178-82

Obstet Gynecol. 2015 Feb ; 125(2) :330-7

J Low Genit Tract Dis. 2015 Apr;19 (2):91-6

EVALYN-BRUSH® HPV TEST



Cerba Lancet Uganda has introduced a self-collection kit that any woman can use to collect a sample by herself for HPV testing.

The self-collection kit is Evalyn-Brush® which is specially patented for collecting material from the vagina.

The Evalyn-Brush® has soft, fine bristles, ensuring that enough fluid and cell material is collected for testing in the lab. Evalyn-Brush® was designed by women for women.

Self-collected sample using the Evalyn-Brush® has been confirmed to be as accurate as a cervical sample collected by a gynaecologist or a nurse.

How Do I Use the Evalyn-Brush



1

Remove the Evalyn-Brush® from the packaging. Do not throw the packaging away, as it is necessary for sending the Evalyn-Brush® to the laboratory after usage.

2

Press the sides of the pink cap with your thumb and index finger to remove the pink cap from the Evalyn-Brush®. Ensure that you do not touch the white fibres of the Evalyn-Brush® with your hands!

3

Insert the Evalyn-Brush® up to the wings, push the plunger rotate x 5. Carefully remove the Evalyn-Brush® and replace the pink cap.

4

Place the Evalyn-Brush® back inside the original package. Put the package containing the Evalyn-Brush® into the plastic bag provided, seal it then submit to the laboratory.



Find us



Call now to schedule an appointment

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Visit your nearest Cerba Lancet Uganda laboratory to find out more about the Everalyn Brush kit to use in the comfort of your own home.



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