

# Awareness camps for cervical cancer

To make women better aware of sexual health, programmes are being held in western suburbs highlight early detection of fibroids, breast cancer and such issues

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With cervical cancer being a major concern for women, gynaecologists in the city have come together to raise awareness on this issue, and are conducting tests to get an early diagnosis.

States Dr Rishma Pai, consultant gynaecologist, "We have organised awareness programmes in the context of 'Women's Day' 'Healthy at 40', because women often tend to neglect their health after they reach this age, since they are busy taking care of their families. However, there can be more issues during this period, like menopausal issues, fibroids and even cervical cancer, which is the number one cancer in this country."

It is known that cervical cancer is spread through human papilloma virus (HPV), which gets very easily transmitted during sexual intercourse. Though there is no treatment for this disease, it can be easily prevented with the use of modern vaccines that can be given to women from the age of 12 to 26 years. Even if the patient gets the disease, it should get diagnosed before it spreads to other ar-



An awareness camp 'Healthy at 40' will have experts speaking at the programme

reas like uterus, bladder and rectum.

Explains Dr Pai, "For an early diagnosis, it is important that women must undergo a PAP smear test, which was done at the recent health awareness camp.

There are also other

tests like the mammography test to detect breast cancer and the sonography test for ovarian and uterine cancer. About 150 patients had come for diagnosis, and they want to have more such programmes in the com-

ing days."

States Dr Sudhir Naik, consultant gynaecologist, "Awareness in the community and organising regular screening programmes for women is important. If cervical cancer gets detected early, then it is still treatable, and hence the focus should be on screening. Though there is now the cervical vaccine, it is not affordable for a lot of women, and hence screening is of more importance."

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