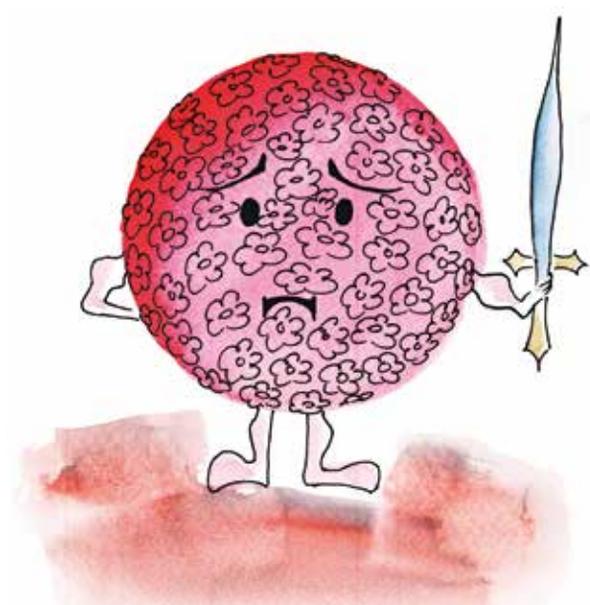


# RARELY FAIRY TAIL

Prevention of HPV and cervical cancer



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For the recovery of women with cervical cancer and for prevention

Would you be shocked to learn that this cancer is caused by a virus? Well, it is!

Here is some vital information about cervical cancer, and how you can protect yourself from its ravages.



This virus is present in our world,  
and therefore it is present in our  
lives.



No matter where we live—there is no escape. No matter who we are—this virus is no respecter of persons.

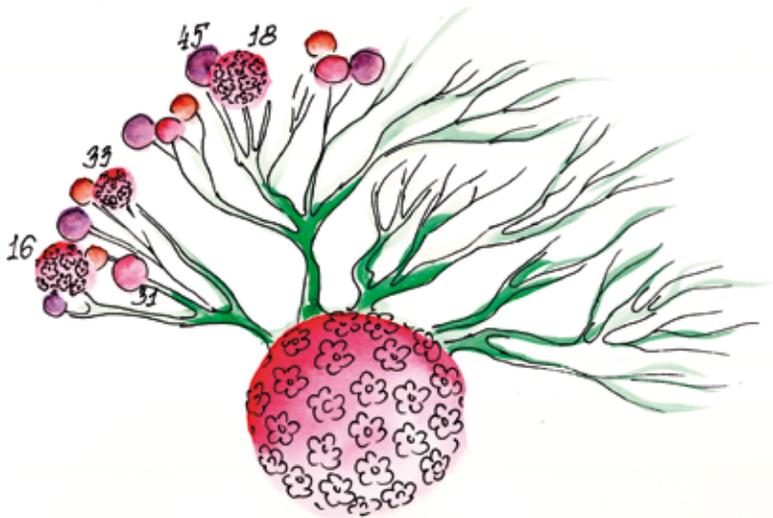
However, it's girls and women who are life-threatened. If this virus takes a **permanent hold in the body**, it can cause cervical cancer.



## THE VIRUS

It's called Human Papilloma Virus (HPV). There are many types of HPV. In fact, there are more than a hundred. They are distinguished from each other by an assigned number.

There are 14 dangerous strains. These are known as carcinogenic or High-Risk HPV. HPV-16 and HPV-18 together are responsible for 70% of all cervical cancers. HPV-31, 33 and 45 also tend to cause cancer.



HPV is most frequently transmitted by sexual intercourse. Partner count is not a precursor to infection.



Even one intercourse is enough for the virus to contaminate. It's transmitted by touching genital-to-genital skin surfaces. While condoms can help prevent sexually transmitted diseases, even they do not prevent all genital-to-genital contact, so can't protect us from HPV completely.

When HPV gets into the body, the immune system starts to fight it. If our immune system is strong enough, it eliminates the virus quickly. HPV can come and go, most of the time the infection can go away without any treatment.

Truth be known, one can be infected by HPV several times during the course of one's life—80% of women are infected at least once in their lifetime.



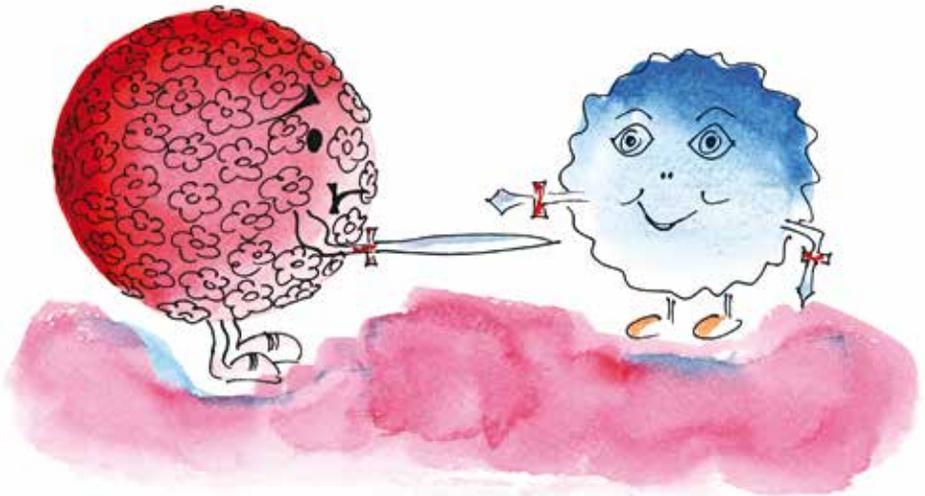
HPV infection can be asymptomatic, and unrecognizable. The contagion most of the time is transitory, it leaves within a couple of weeks or month. But the virus **can return**.



## CERVICAL CANCER

If the immune system can't cope with the carcinogenic type of HPV and it stays permanently in the cells of the cervix, it can **turn into cervical cancer**. This can take 5-10 years.

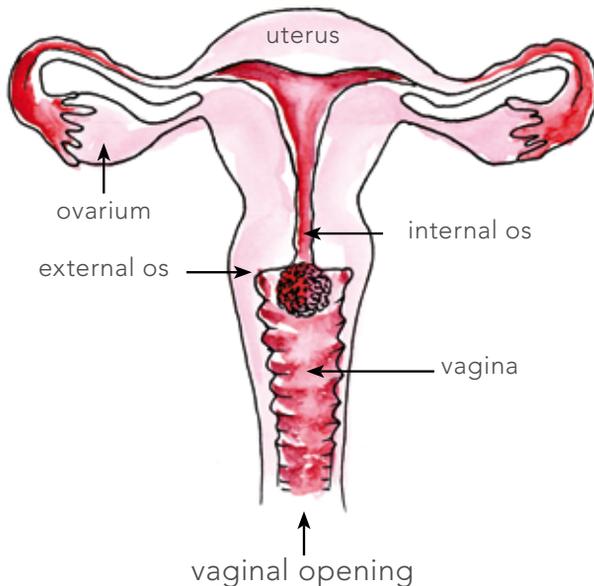
So what is needed to develop cervical cancer? Nothing more than the **longterm presence** of the carcinogenic type of HPV.



## WHAT HAPPENS DURING AN HPV INFECTION?

The cervix is the lower part of the womb, just above the vagina. This is the favorite place of the HPV. Here it settles down and starts its mischief.

If the HPV infection stays for a long time, it can begin to mutate the cervical cells. This is called the **pre-cancer phase**.



## SYMPTOMS

As mentioned earlier, the onset of an HPV infection usually doesn't have any symptoms. In most cases even the pre-cancer phase is asymptomatic.

The symptoms of cervical cancer can include vaginal spotting, irregular bleeding, strong vaginal discharge, a heavy feeling inside the vagina, and pain in the lower abdomen.

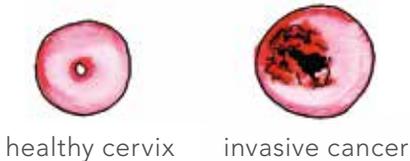


## HOW CAN THESE LESIONS BE FOUND?

With a Pap smear (cytological screening) and a **colposcopic examination**, but the latter is not in the regular screening protocol.

The Pap test is momentarily unpleasant, but it's not painful. The intimacy of these tests reinforces the importance of having a trusted relationship between one's gynecologist or healthcare provider and the patient.

The colposcope is a magnifier with which the doctor peers in through the vaginal opening so she/he can visualize the cervix clearly. Through the magnifier, the cervix looks very similar to a doughnut. This is how the doctor sees it.



## HOW CAN I PROTECT MYSELF AGAINST CERVICAL CANCER?

Do we know of another cancer which caused by a virus? The answer is easy, NO!

But it's well known that there are solutions for several viral infections. The prevention of cervical cancer stands on two sturdy feet: regular screening and the HPV vaccine. These two together creates the strongest protection possible.



## VACCINATION AND SCREENING

Vaccination inhibits the virus from causing infection in the body.

Every adult woman has her own thoughts regarding what she thinks about vaccinations. Anyway, it's a great chance that a deadly disease can be prevented by a vaccine.

The gynecological screening is very important, because it can find even a mild malignancy easily. In these cases the development of the deadly disease can be prevented by treatment.



**THE SCREENING AND THE VACCINATION MAKES THE STRONGEST PROTECTION POSSIBLE.**

## CERVICAL SCREENING

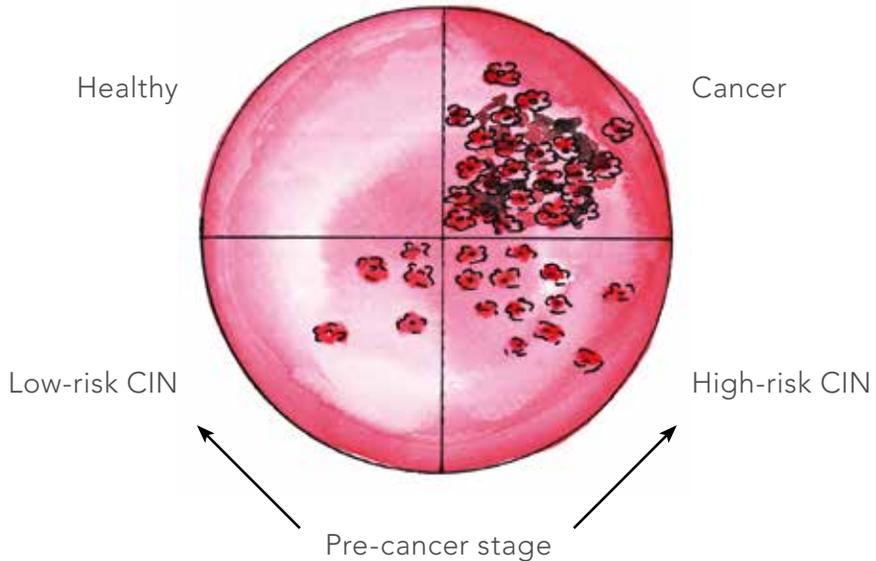
Regular cervical screening is very important, it helps to uncover the pre-cancer stages in time and prevent the development of a deadly disease.



Cervical screening is an indispensable part of cancer prevention. It is recommended to visit your doctor annually once one has become sexually active and/or after the age of 21.

The result of the smear is coded with a "P-score" – P1,P2,P3,P4,P5. This scoring system is used because it is so well-known in the public domain. Nowadays a much more advanced system, the Bethesda-system is used. The result can be negative or ASCUS, LSIL, HSIL.

Possibly you can meet with the term of CIN. They categorize the pre-cancer stages with CIN1, CIN2, CIN3.



## HPV ANTIBODY TESTING

The HPV antibody test is designed to see if there is a Human Papilloma Virus in one's body and if there is, to identify which type.

The HPV test is not part of the routine gynecological cancer screening in all countries. If it is not part of it, then usually it's done in two instances:

- **Deviation:** If there is a deviation in the smear and your doctor needs further information to decide if intervention is needed.
- **By Request:** You also can ask for the HPV test without any complaints or symptoms. In this situation the patient will have to pay for the test. If the HPV test result is negative, it is very safe to exclude pre-cancerous stage.

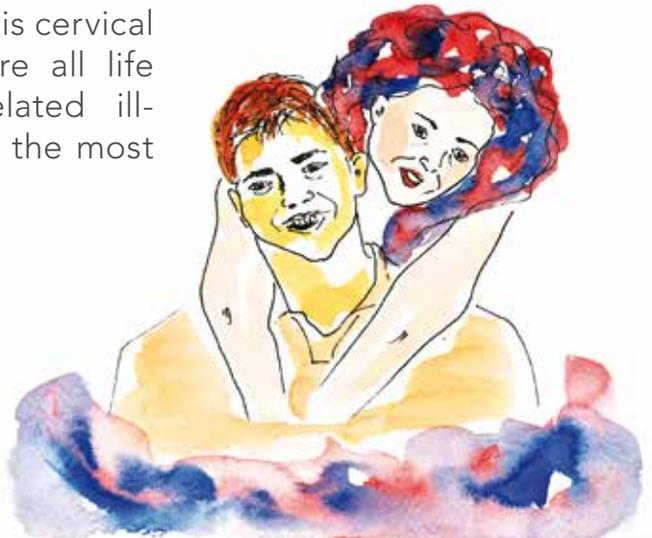


## WHAT OTHER DISEASES CAN BE CAUSED BY HPV?

HPV is also responsible for other illnesses like head and neck cancer, laryngeal and buccal mucosa cancer. HPV is the cause genital warts too.

In 2008 Harald zurHausen won the Nobel-prize for his work in which he had revealed that HPV is responsible for cervical cancer.

The main pathogenic disease associated with HPV is cervical cancer—this is where all life threatening, HPV-related illnesses begin; this is the most serious.



Remember!

**THIS CANCER IS NOT ONLY RECOGNIZABLE EARLY ON,  
BUT IT CAN BE PREVENTED.**

Please think about it, take care of yourself because you are very important in this world. Know, that this illness exists and what it really means that it can be prevented.





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If you have more question about cervical cancer prevention, please do not hesitate to ask your gynecological doctor or find a civil organization in your country!

Expenditure: Mallow Flower Foundation, Hungary  
[www.malyvavirag.hu](http://www.malyvavirag.hu)  
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