



# **The Gateway to Health:**

**A Cervical Cancer Screening Program  
for Korean Women**

# What are we going to learn?

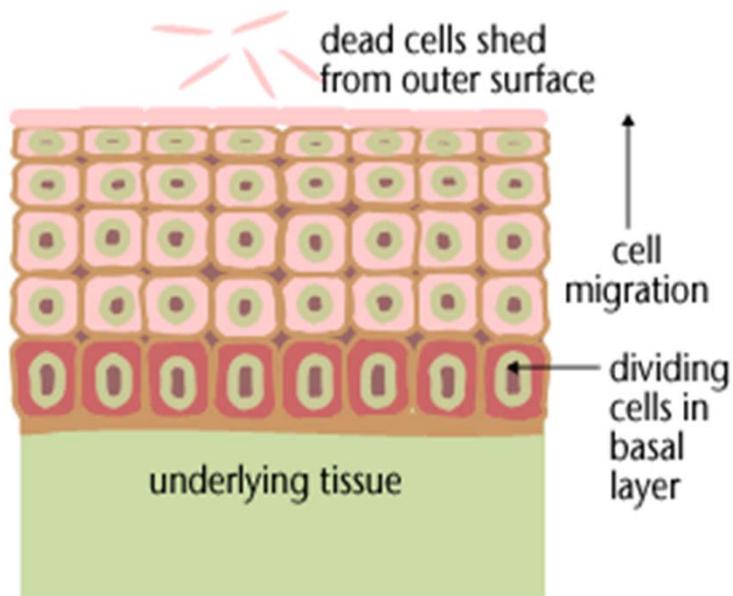
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The purpose of this cervical cancer education program is to increase your knowledge about cervical cancer and the Pap test.

- \* What is cancer and cervical cancer?
- \* Risks of cervical cancer
- \* Possible signs of cervical cancer
- \* How to prevent cervical cancer
- \* Benefits of undergoing cervical cancer screening
- \* What are some barriers to cervical cancer screening?
- \* How can we help?

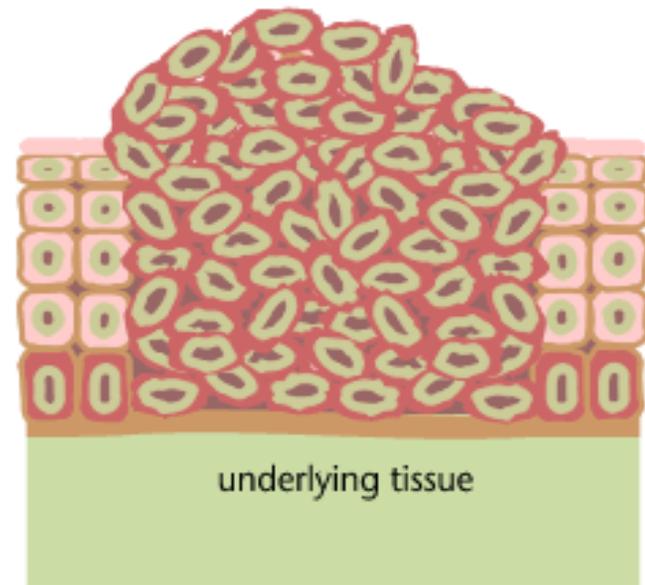
## Normal

Cell growth is controlled and regulated



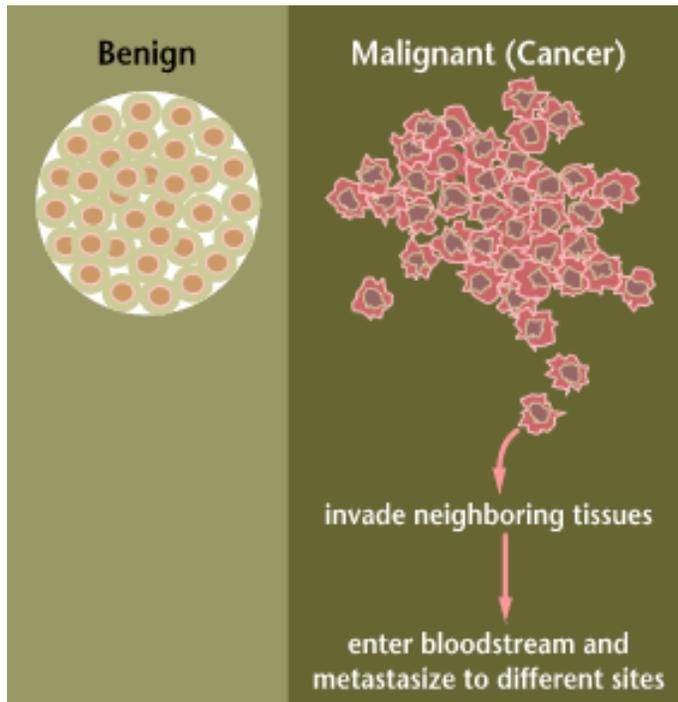
## Tumor

Cell growth is uncontrolled

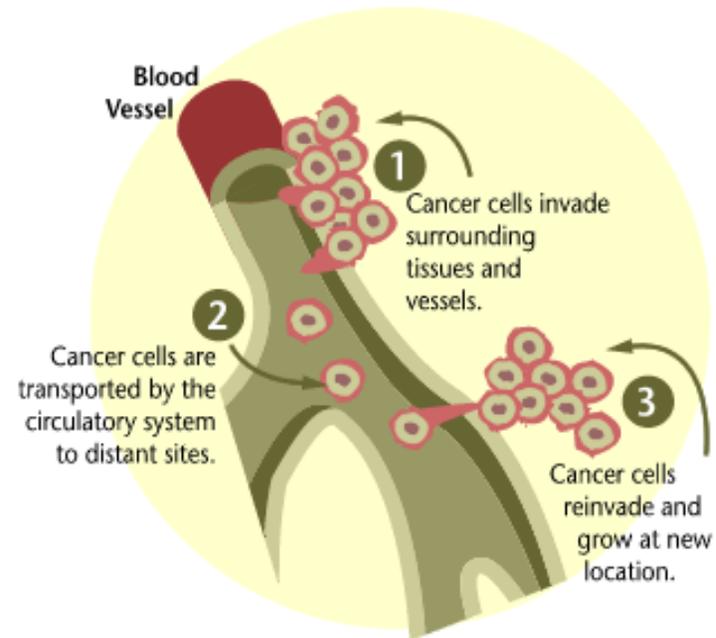


# Benign or Malignant Tumors

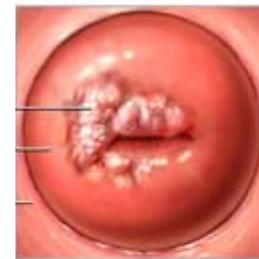
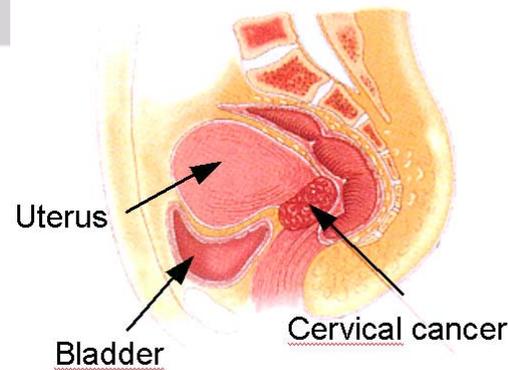
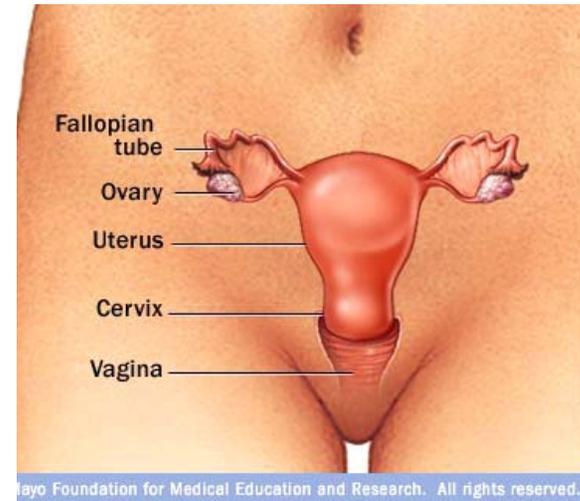
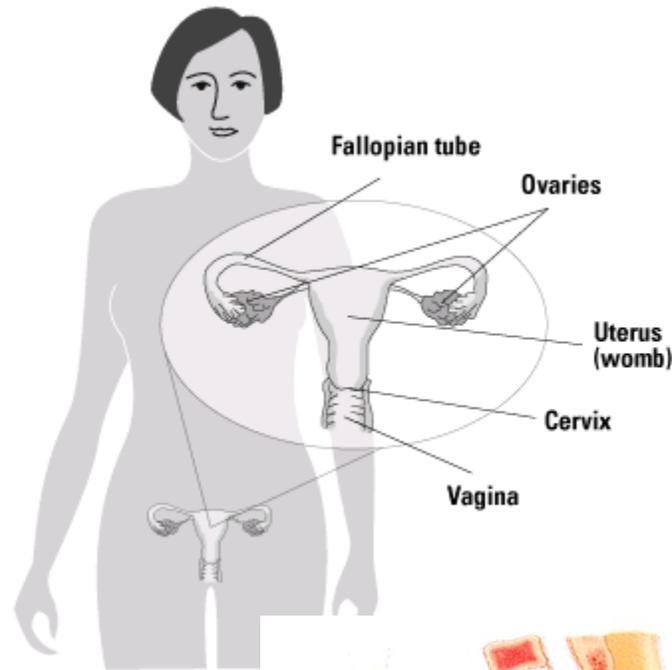
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- ❖ A tumor can be benign or malignant.
- ❖ A benign tumor is not cancer.
- ❖ A malignant tumor is cancer.



# Cervical cancer is the cancer of the cervix



**The narrow neck of the uterus is called the cervix.**

# **Facts about Cervical Cancer**

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- ★ Worldwide: 260,000 women (712/day) die from cervical cancer each year.
- ★ in the U.S.: About 4,000 women (11/day) die from cervical cancer each year
- ★ About 12,000 new cases (32/day) are diagnosed each year in the U.S.

# **Risks for Korean Women in the US**

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- ❖ Korean women have the 2<sup>nd</sup> highest cervical cancer rate among racial/ethnic groups in the US.
- ❖ Korean women have the lowest rates of cervical cancer screening compared to all other groups.
- ❖ A large number of Korean women have never heard of a Pap test.

# Risk Factors for Cervical Cancer

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- ❖ HPV (Human Papilloma Virus) Infection: the major cause of cervical cancer
- ❖ Sexual Behavior
  - ❖ having sex at an early age
  - ❖ having many sexual partners
  - ❖ having a partner who has had many sex partners
  - ❖ having sex with uncircumcised males
- ❖ Smoking
- ❖ Weakened Immune System -For example, HIV Infection
- ❖ Low Socioeconomic Status

# HPV: The Major Cause of Cervical Cancer

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- ❖ The human papilloma virus ([HPV](#)) is the most common sexually transmitted virus in the US. HPV affects both women and men.
- ❖ HPV is transmitted by direct skin-to-skin contact with an infected individual. Transmission is usually from vaginal, oral, or anal sexual contact.
- ❖ Human papillomavirus is the name of a group of viruses. 15 HPV types are highly dangerous leading to cervical cancer.
- ❖ Most people infected with HPV will not have any symptoms and will clear the infection on their own.
- ❖ The most common symptom of genital HPV infection is genital warts.
- ❖ Limiting the number of sexual partners and using a condom every time when having sex can reduce the risk of contracting HPV.
- ❖ A new vaccine offers protection from high-risk types of HPV. The vaccine is most effective if given to girls before they become sexually active.



## Cervical cancer is

- the most easily detected and, if caught early,
  - the most easily cured
    - of all the cancers
- of the female reproductive system.

# True Story

Ms. Park didn't know anything about cervical cancer until she was told that she had late-stage cervical cancer (she went to her doctor after she started having symptoms such as vaginal bleeding). She was also told that she might probably never be able to have a child. She fought the disease for many months with chemotherapy, radiation and surgery.

Luckily, 11 years after she had surgery, she got pregnant and gave birth to a lovely daughter. Now, Ms. Park is cancer free and is very active in promoting cervical cancer screening and HPV awareness among Korean American women.

# What You Can Do to Protect Yourself

## Early Detection

### Pap Tests

- Pap smear

Cells are scraped from the cervix and placed directly on a slide for examination in the laboratory.

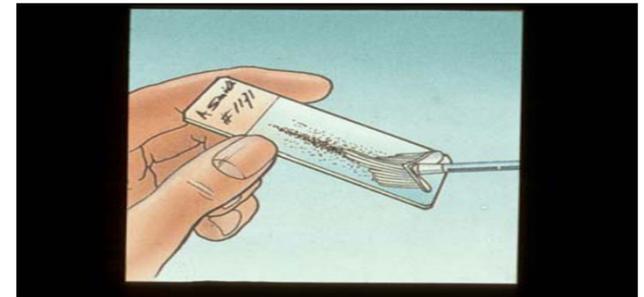
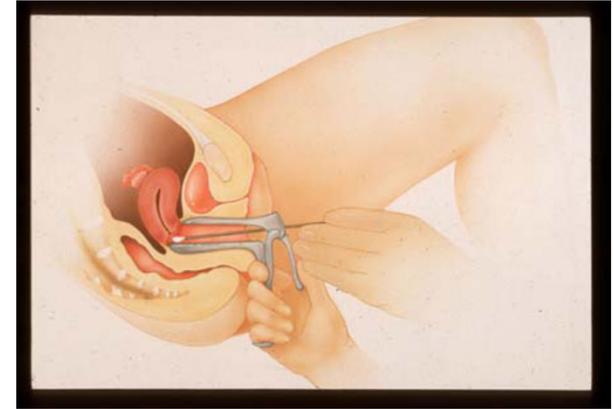
- **Liquid-based Pap:** Cells are scraped from the cervix and put in a solution to be examined by the lab.

### ★ HPV Test

- HPV Test can be done using the same sample of cervical cells collected for the Pap at doctor's office.

- ★ HPV test only detects Human Papillomavirus but cannot replace Pap test.

# Pap Test: Protect yourself against cervical cancer



A Pap test is simple, quick, and painless; it can be done in a doctor's office, a clinic, or a hospital. While a woman lies on an exam table, the clinician inserts a speculum into her vagina to open it.

# How Pap test is different from HPV test

	Looks For	How it works
Pap Test	Signs of abnormal <u>cell</u> changes	A lab professional looks at a sample of cervical cells through a microscope
HPV Test	The <u>virus</u> that causes the abnormal cell changes that can lead to cervical cancer	A molecular test is done on the sample of cervical cells

***HPV test cannot replace Pap test.  
Regular Pap Test Is Important.***

# Why is a regular Pap test important?

- ★ Early cervical cancer or precancers usually show no symptoms or signs
- ★ Pap-test can detect abnormalities that may lead to invasive cancer
- ★ These abnormalities can be treated before cancer develops.

Reduction in Cumulative Cervical Cancer Rate with Different Frequencies of Screening	
Frequency of Screening <sup>†</sup>	Percent Reduction in Cumulative Rate
1 year	93.5
2 years	92.5
3 years	90.8
5 years	83.6
10 years	64.1

<sup>†</sup> Screening all women age 35-64 who have had at least one previous negative screen.  
Source: IARC, 1986.<sup>8</sup>

# Who should get a Pap test?

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- \* Women aged 21-65
- \* Women who have gone through menopause, sexually active or not, married or not married

<b>Age</b>	<b>Frequency</b>
21 to 65 years	Every 3 years with the Pap test
> 65 years	You may stop having Pap tests if your prior screenings have been normal and you are not otherwise at high-risk for cervical cancer.

# What else you can do to protect yourself?

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## Avoiding Risk Factors

- ★ Healthy Sexual Behavior
  - Avoiding exposure to HPV
  - Limiting the number of casual sexual partners
  - Avoiding sex with people who have had many other sexual partners
  - Condoms provide some protection
- ★ HPV vaccines are available for young adults
- ★ Don't smoke

# What do abnormal Pap test results mean?

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- ❖ Abnormal Pap test results usually do **NOT** mean you have cancer. Most often there is a small problem with the cervix.
- ❖ By treating these abnormal cells, almost all cases of cervical cancer can be prevented.
- ❖ Your doctor may repeat the Pap test and suggest more powerful tests to determine if cancer is present. For example:
  - ❖ **Colposcopy**
  - ❖ **Biopsy**

# Treatment Options for Abnormal Pap Test

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If the testing shows that the abnormal cells have a high chance of becoming cancer, further treatment will be recommended. For examples:

- ★ **LEEP** (loop electrosurgical excision procedures) is surgery that uses an electrical current which is passed through a thin wire loop to act as a knife.
- ★ **Cryotherapy** destroys abnormal tissue by freezing it.
- ★ **Laser therapy** is the use of a narrow beam of intense light to destroy or remove abnormal cells.
- ★ **Conization** removes a cone-shaped piece of tissue using a knife, a laser or the LEEP technique.

# Possible Signs of Cervical Cancer

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- ★ Early-stage cervical cancer usually has no signs or symptoms.

As the cancer progresses, these symptoms may appear:

- ★ Bleeding from vagina after intercourse, between periods or after menopause
- ★ Watery, bloody discharge from vagina that may be heavy and have a foul odor
- ★ Pelvic pain or pain during sexual intercourse
- ★ Periods sometimes last longer or are heavier than usual.

# Reasons for Low Screening Rates in Korean American Women

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- I feel well, so there is no need to have a Pap test.
- I work long hours and have no time to get a Pap test.
- I have no health insurance.
- I cannot speak English.
- I have never heard of a Pap test.
- I don't know where to go to get a Pap test.
- I do not know how to set up an appointment with a doctor.
- Nobody can drive me to get a Pap test, I do not have any transportation.
- I feel embarrassed talking about my body and having a stranger examine my private body parts.

# A Woman's Role in Her Life

## Family

- Wife
- Mom
- Daughter



## Work



## Yourself



Taking care of your health is important for yourself & your loved ones.

# How Can We Help?

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The Cervical Cancer Intervention Program is designed to:

- Increase knowledge about cervical cancer
- Increase uptake of the Pap test in Korean women
- Help with language difficulties
- Help with making Pap test appointments
- Help with financial aid for Pap tests
- Help with transportation, as needed

# Think about it....

**Sun Seog** came to the U.S. 3 years ago. She works in a Korean cleaner, however, the cleaner owner does not provide health insurance to the employees. Furthermore, she can not speak fluent English. Afraid of getting lost, she usually only travels between her apartment and the place she works.

She had been healthy and never went to a doctor since arriving in the U.S. However, in the past few months, she has noticed that she is having some vaginal bleeding in-between her monthly periods.

She feels ashamed and too embarrassed to mention her problem to her friends, and she worries about what to do. She thinks that she must have done something wrong in her life, so God is punishing her now.

1. What do you think about her situation? If you were her, what would you do?
2. After attending today's workshop, what would you do if you underwent screening and received abnormal results? What would you do if you received normal results?
3. If you or someone you know has received abnormal results, what are some possible resources or groups that can provide help?

**Talk to our staff or contact us at:**



We will help you arrange a  
Pap-test and provide language assistance and more.

**We hope you find this information and  
program helpful to you.**

★ Please provide any feedback or comments.

Your comments are very useful.

Thank you very much!