

# The Arm Our Youths (ArOY) Health Campaign

an OCI Foundation's initiative for Nigerian Youths against breast & cervical cancers

## MODULE: CERVICAL CANCER - WHAT TO TEACH

# Assoc. Prof. CHRIS IFEDIORA

(MBBS, MPH, FRACGP, HMS-SEAL, FIMC, CMC, AFANZAHPE)

- ❖ Griffith University School of Medicine, Gold Coast, Australia
- ❖ President, OCI Foundation International (Nigeria and Australia)



\*...we rise, by lifting others\*

# OUTLINE

1. Cervical cancer teachings: *General Knowledge*
2. Cervical cancer teachings: *Risk Factors*
3. Cervical cancer teachings: *Symptoms*
4. Cervical cancer teachings: *Screening*
5. Cervical cancer teachings: *Human Papilloma Virus (HPV)*
6. Cervical cancer teachings: *Prevention*
7. Trial quiz



"...we rise, by lifting others"

References from: <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-6890-2>



# WHAT TO TEACH ON CERVICAL CANCER: NOTES

- All 45 minutes of the Cervical Cancer Teachings must Cover:
  - GENERAL KNOWLEDGE on cervical cancers
  - Knowledge of cervical cancer RISK FACTORS
  - Knowledge of cervical cancer SYMPTOMS
  - Knowledge of cervical cancer SCREENING & PAP SMEARS
  - Knowledge of cervical cancer VACCINATIONS and HPV
  - Knowledge of cervical cancer PREVENTIVE PRACTICES



# WHAT TO TEACH ON CERVICAL CANCER: GENERAL KNOWLEDGE

## THE CERVIX:

- The cervix is part of the female reproductive organ
- The cervix is also called “neck” of the womb
- The cervix connects lower part of the womb (uterus) to the top of the vagina



# WHAT TO TEACH ON CEVICAL CANCER: RISK FACTORS

- Early onset of unprotected sexual activities
- Having multiple sexual partners
- Having many babies (more than 4)
- Having sexually transmitted diseases (infections)
- Engaging in pre-marital sexual intercourse
- Lack of regular cervical screening tests
- Etc. (See the Module on “Cervical Cancer Facts”).



# WHAT TO TEACH ON CERVICAL CANCER: SYMPTOMS

- EARLY SYMPTOMS
  - Early cervical cancers usually present with NO symptoms
- SYMPTOMS WHEN CANCER IS ADVANCED
  - Irregular, inter-menstrual bleeding or abnormal vaginal bleeding
  - Bleeding after sexual intercourse
  - Fatigue/tiredness, weight loss and loss of appetite
  - Vaginal discomfort or odorous discharge from vagina
  - Etc. (See the Module on “Cervical Cancer Facts”).



# WHAT TO TEACH ON CERVICAL CANCER: SCREENING

- SCREENING can be through one of THREE techniques:
  1. Pap Test/Pap Smear
  2. Liquid-based cytology
  3. HPV testing
- NOTE that Pap Smear is the most common screening method in Nigeria:
  - Can help detect early cervical cancers
  - In developed countries, it starts from:
    - TWO years after onset of intercourse OR
    - $\geq 18$  years, whichever is later
  - In Nigeria, though it is recommended for sexually active women starting from age 30,
    - The OCI Foundation recommends the same criteria as in the developed countries
  - Once started, it Screenings should be repeated at least every 2 years



"...we rise, by lifting others"



# WHAT TO TEACH ON CERVICAL CANCER: THE HPV

- THE HUMAN PAPILLOMA VIRUS (HPV) is:
  - Sexually transmissible, and usually at the very first sexual activity if unprotected
  - More easily transmitted to women who have sex at very young (teenage) ages
  - Preventable by avoiding sexual intercourse
  - Preventable by using condoms
  - Responsible for nearly all cases of cervical cancers
  - Transmissible also by non-penetrative sex (like skin-to-skin genital contact)
- INFECTIONS FROM THE HPV:
  - Can take 15 to 20 years before developing to cervical cancer in normal individuals
  - Can take only 5 to 10 years to develop in immuno-suppressed women
    - Like HIV/AIDS, cancer, long term steroid medications, poor nutrition, etc.
  - Can also cause cancers of the anus, vulva, vagina, penis and throat
  - Can also cause non-cancer diseases in the genitalia, nose, mouth and lungs



"...we rise, by lifting others"





# WHAT TO TEACH ON CERVICAL CANCER: PREVENTIVE PRACTICES

- PREVENTIVE PRACTICES Include:
  - Relevant vaccinations
  - Male circumcisions
  - Use of condoms by those already engaged in sexual activity
  - Adopting lifestyle modifications (please see Module on CERVICAL CANCER FACTS)
- NOTES ON HPV VACCINATIONS
  - Helps protect against cervical cancers
  - Highly recommended by the WHO; It is effective and safe
  - Recommended for boys and girls aged 9 to 13 years
  - To be effective, HPV Vaccine should be given before the first exposure to sexual activity



# THE END

Let us join hands to **Arm Our Youths**

... While Young

... All of them

... Right Now

... **Let's do it for our families, our states,  
and for Nigeria**

**THANK YOU!!!!**



"...we rise, by lifting others"

