



A Proactive Approach to Early Detection and Treatment of Cervical Cancer

Baoxia Cui*

Department of Gynecology, Qilu Hospital of Shandong University, Shandong, China

DESCRIPTION

Cervical cancer is a significant health concern affecting women worldwide. It originates in the cervix, the lower part of the uterus that connects to the vagina. This type of cancer typically develops slowly over time, starting with abnormal cell changes known as dysplasia or precancerous lesions, which can progress to invasive cancer if left untreated.

The primary cause of cervical cancer is the Human Papillomavirus (HPV), a common sexually transmitted infection. Not all HPV infections lead to cervical cancer, but certain strains, particularly HPV-16 and HPV-18, are strongly associated with its development. Other risk factors include smoking, a weakened immune system, early sexual activity, multiple sexual partners, and a family history of cervical cancer.

Cervical cancer may not cause any symptoms in its early stages, which is why regular screening with Pap tests or HPV tests is important for early detection. As the cancer progresses, symptoms may include abnormal vaginal bleeding, such as bleeding between periods, after sex, or after menopause, pelvic pain, pain during sex, and unusual vaginal discharge.

Preventing cervical cancer primarily involves vaccination against HPV and regular screenings. The HPV vaccine is recommended for preteen girls and boys aged 11 or 12, although it can be given as early as age 9 and up to age 26 for females and age 21 for males. Screening guidelines vary by country but typically involve Pap tests every three to five years for women aged 21 to 65. HPV testing may also be recommended for certain age groups.

Practicing safe sex by using condoms can reduce the risk of HPV transmission, although it does not eliminate the risk entirely.

Quitting smoking and maintaining a healthy lifestyle can also lower the risk of cervical cancer.

Diagnosing cervical cancer often involves a combination of screening tests, such as Pap smears, HPV tests, and colposcopy, which allows doctors to examine the cervix using a special magnifying device. If abnormalities are detected, a biopsy may be performed to confirm the presence of cancerous cells.

The treatment options for cervical cancer depend on the stage of the disease and may include surgery, radiation therapy, chemotherapy, or a combination of these approaches. In the early stages, when the cancer is confined to the cervix, surgery to remove the tumor may be sufficient. In advanced cases, a combination of treatments may be necessary to target the cancer and prevent its spread.

The prognosis for cervical cancer varies depending on factors such as the stage of the disease, the patient's overall health, and the effectiveness of treatment. When detected early, cervical cancer is highly treatable, with a five-year survival rate of around 92%. However, advanced cervical cancer that has spread to other parts of the body has a poorer prognosis.

CONCLUSION

Cervical cancer is a preventable and treatable disease, through advancements in screening and vaccination programs. By raising awareness about risk factors, encouraging vaccination, and promoting regular screenings, we can reduce the incidence of cervical cancer and save lives. It is essential for women to prioritize their reproductive health and take proactive steps to protect themselves against this potentially deadly disease.

Correspondence to: Baoxia Cui, Department of Gynecology, Qilu Hospital of Shandong University, Shandong, China, E-mail: Baoxia@cui.edu.cn

Received: 01-Mar-2024, Manuscript No. JCM-24-25394; **Editor assigned:** 04-Mar-2024, Pre QC No. JCM-24-25394; **Reviewed:** 18-Mar-2024, QC No. JCM-24-25394; **Revised:** 25-Mar-2024, Manuscript No. JCM-24-25394; **Published:** 02-Apr-2024, DOI: 10.35248/2157-2518.24.15.442

Citation: Cui B (2024) A Proactive Approach to Early Detection and Treatment of Cervical Cancer. *J Carcinog Mutagen*. 15:442.

Copyright: ©2024 Cui B. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.