



# 3 Things One Should Do To Prevent Cervical Cancer

## 3 Things One Should Do To Prevent Cervical Cancer



January is dedicated to the spread of awareness about cervical cancer and below mentioned is a guide for all women - a guide that can save lives. Let's begin with understanding the basics.

### *What is cervical cancer?*

It is a cancer of the cervix or the lower part of the uterus (womb). If not treated, it can spread to other parts such as the vagina, bladder, rectum and even the lungs. According to the World Health Organization (WHO), Human Papillomavirus (HPV) is the major contributing factor to this cancer and is transmitted through sexual contact.

HPV can be curable if diagnosed at an early stage or else it may develop into cervical cancer and cause major complications. By having effective vaccinations and tests done at a certain age, women can avoid being diagnosed with the same. Women above the age of 35 are more likely to develop chances of contracting the HPV virus. Hence, they are advised to get periodic screening, tests and consultations with [oncologists in Bangalore](#).

## *Prevention is better than cure:*

**Cervical cancer** is treatable if diagnosed at earlier stages in the best **hospitals in Bangalore**. With new age screenings and tests, one can eliminate the chances of the HPV virus or the development of any other pre-cancerous cells in the cervix. Read on to know the various screenings one can undergo to diagnose this cancer.

**Papanicolaou test (Pap smear):** A PAP test is a regular pelvic examination wherein the doctor will collect cells from the cervical wall to eliminate any chances of the development of cancer. This is advised for women above age 30 and can be repeated after 5 years combined with HPV testing if prescribed by the doctor.

**VIA Screening:** Visual Inspection of the cervical wall with Acetic Acid for lesions can be an effective way to rule out any possibility of the presence of cancerous cells in the cervix. Those testing positive for VIA are sent for cryotherapy immediately after the cervical biopsy.

**HPV Testing:** 99.9% of the time HPV is the cause for [cervical cancer](#) and can cause major complications. Testing for this can provide the patient ample time for diagnosis, treatment and cure. HPV takes 10 years to develop after screening and hence enough time to take care of oneself and begin the journey for the right treatment with an **oncologist in Bangalore**.

Depending on the results of your tests, the doctor prescribes further steps to be taken. The healthcare provider may either prescribe further tests or surgical procedures for the removal of cancerous cells. It is best to consult with the best oncologists at Trust-in Hospital, one of the best multispeciality **hospitals in Bangalore** with over 15+ departments and a world-class oncology department. This hospital provides patient-centric services at affordable prices.

**Cervical Cancer** screenings are carried out to eliminate chances of HPV virus or cancerous cells. Despite the age of one's first sexual intercourse, it is best for women to begin their screenings and tests at age 21 and follow up every few years so as to understand the history and how often one should get the tests done. It is also equally crucial to select the best **hospitals in Bangalore** for one's journey in understanding their chance of contracting HPV. Being a stressful one, [Trust-in Hospital](#) makes it simple and completely guided with the best **oncologists in Bangalore** onboard.

### *Conclusion:*

Be responsible and get tested for HPV periodically to win the fight against cervical cancer. Share this guide with your loved ones to spread awareness about the same and help save lives. To know more about cervical cancer and its complications or to get a screening done, visit the best team of **oncologists in Bangalore** at Trust-in Hospital.

### **Author Profile:**

Trust-in Hospital is a major multi-speciality medical hospital in Bangalore. Its mission is to provide high-quality, personalised healthcare to patients. The best and most skilled specialists work at this cutting-edge hospital. It integrates advanced medical technologies and modern

infrastructure to provide comprehensive and cost-effective care to both outpatients and inpatients using a multidisciplinary approach.