

Women aged 25 – 64

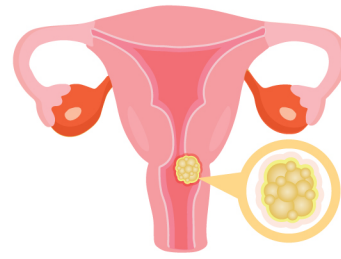
who ever had sex should have

REGULAR CERVICAL SCREENING



Should still have screening

Cervical Cancer



Cervical cancer is common among females in Hong Kong.

Almost all cervical cancers are caused by persistent infection with certain types of cancer-causing (or high-risk) human papillomavirus (HPV).

HPV infection is usually found in persons who have ever been sexually active.

Most people with HPV infection do not have any symptoms and will clear the infection on their own.

Some females with persistent high-risk HPV infection in the cervix will develop pre-cancerous cell changes. While the majority of these changes will regress to normal, some may progress to cancer over years.

Risk Factors for HPV Infection or Cervical Cancer

- Multiple sexual partners
- Sexual intercourse at an early age
- Co-infection with sexually transmitted diseases
- Smoking
- Weakened immunity
- Long-term use of oral contraceptive pills for more than 5 years (the risk returns to normal after 10 years of stopping use)
- High number of childbirths or young age at first pregnancy

Despite the above risk factors, regular cervical screening and timely treatment of the pre-cancerous changes can prevent cervical cancer.

Prevention of Cervical Cancer

Regular cervical screening is proven to be an effective way of preventing cervical cancer.

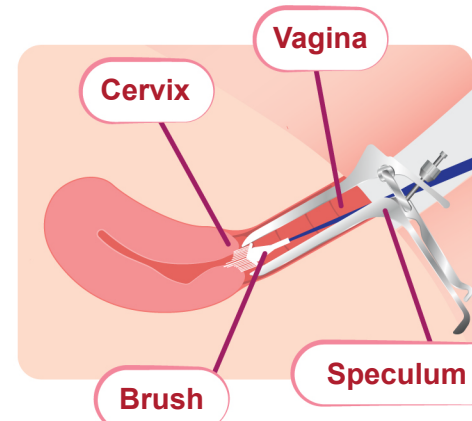


Other preventive measures

- Receive HPV vaccine
- Practise safer sex
- Do not smoke

Cervical Screening

Cervical screening is a simple and quick test.



During the screening, an instrument called speculum is inserted into the vagina and then a soft brush is inserted to collect sample from the cervix. The sample will be sent to laboratory for processing.

CEWG* Screening Recommendations

Women aged 25 to 64 who ever had sexual experience should have **regular cervical screening**

CEWG* Screening Recommendations

For asymptomatic women at Average risk

Women aged 25 to 29

who ever had sexual experience should have screening by cytology every 3 years after two consecutive normal annual screenings

Women aged 30 to 64

who ever had sexual experience should have screening by:

- cytology every 3 years after two consecutive normal annual screenings; or
- HPV testing every 5 years; or
- co-testing (cytology and HPV testing) every 5 years

Women aged 65 or above

who ever had sexual experience:

- may discontinue screening if routine screenings within 10 years are normal
- should be screened if they have never had cervical screening

For women at Increased risk

Women aged 21 to 24 who ever had sexual experience and with risk factors for HPV infection or cervical cancer are considered at increased risk. They should receive screening based on the doctor's assessment and recommendations

Other women at high risk of developing cervical cancer may require more frequent screenings based on the doctor's assessment

Cervical Screening Programme

The Government promotes cervical screening in collaboration with the healthcare sector to facilitate and encourage women to have regular cervical screening to prevent cervical cancer.



Cervical Screening Information System (www.csis.gov.hk)

To facilitate sharing of information among healthcare providers, the Cervical Screening Information System (CSIS) has been established. It is a computerised registry for keeping and processing related data, including participants' personal information, screening results and next recommended screening date.

Register for CSIS

- Online at www.csis.gov.hk*; or
- By Post*; or
- Through service providers who have registered with CSIS



Receive Activation and Authorisation Codes

- Use the activation code to activate your CSIS account
- Allow your service provider to view your screening records with the authorisation code

Log in CSIS

- View your screening records and next recommended screening date

*Mail a copy of your HKID card/passport for validation to the Cervical Screening Programme Office

Benefits of joining CSIS:

- Review submitted screening records on the CSIS
- Receive reminders for re-screening by email, by SMS or by post
- Authorise selected service providers to review participant's screening records for better and continuous care

Where to get Screened

In Hong Kong, **family doctors, gynaecologists, non-governmental organisations, Maternal and Child Health Centres (MCHCs) of the Department of Health** provide cervical screening services. Please contact your selected service providers to receive cervical screening.

List of service providers registered with CSIS: www.cervicalscreening.gov.hk/en/serviceproviders.html

For cervical screening service at the MCHCs, please call the Cervical Screening Service 24-hour Phone Booking and Information Hotline at **3166 6631**

Cervical Screening Programme www.cervicalscreening.gov.hk

