



OUR GOAL

IS TO RAISE AWARENESS FOR PEOPLE DIAGNOSED WITH CANCER.

Our purpose is to create awareness about Cancer, to educate on early detection and to render palliative care to Cancer patients.

Together with our Partnered institutions, we work harmoniously in all areas related to addressing Cancer control objectives in order to take care of patients with Cancer and support families of survivors.

CERVICAL CANCER

WHAT IS CERVICAL CANCER?

Cervical cancer is a disease in which healthy cells on the surface of the cervix change, grow out of control, and form a mass of cells called a tumor. At first, the changes in a cell are abnormal, not precancerous. Research shows these cells can become precancerous and may change into cancer over time. This phase of the disease is called cervical dysplasia. If the precancerous cells change into cancer cells and spread deeper into the cervix or to other tissues and organs, the disease is called cervical cancer. The 2 main types of cervical cancer are squamous cell carcinoma and adenocarcinoma. Cervical cancers can often be prevented by having regular Pap tests to find and treat precancers early.

WHAT IS THE FUNCTION OF THE CERVIX?

The cervix is the lower, narrow part of the uterus. The uterus holds the growing fetus during pregnancy. The cervix connects the uterus to the vagina and, with the vagina, forms the birth canal.

WHAT DOES STAGE MEAN?

The stage is a way of describing where the cancer is located, if or where it has spread, and whether it is affecting other parts of the body. There are 4 stages for cervical cancer: stages I through IV (1 through 4). Find more information at www.cancer.net/cervical.

HOW IS CERVICAL CANCER TREATED?

The treatment of cervical cancer depends on the tumor, whether the cancer has spread, the person's overall health, and whether they plan to have children. Precancerous cells can be found and usually removed without harming healthy tissue. If the abnormal cells have become cancerous, the most common treatments are surgery, radiation therapy, and therapies using medication, such as chemotherapy, targeted therapy, and immunotherapy. Treatment for cervical cancer may use 1 type of treatment or a combination of these treatments, depending on several factors, including the cancer's stage and possible side effects. When making treatment decisions, you may also consider a clinical trial. Clinical trials are an option to consider for treatment and care for all stages of cancer. Talk with your doctor about all available treatment options.

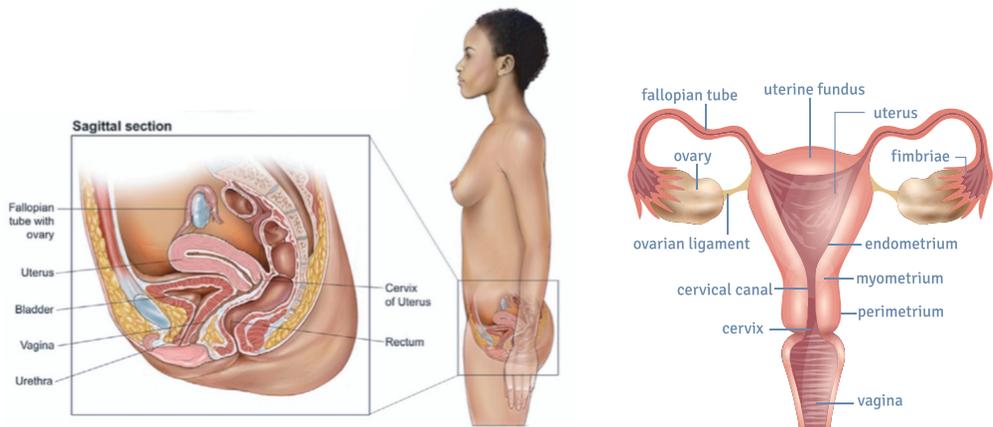
Cervical cancer treatment can affect your sexual health and fertility (ability to become pregnant). Talk with your health care team about preventing or managing these and other side effects. This is called palliative care or supportive care and is an important part of the overall treatment plan.

If you would like to be involved or join our Filotimo family of partners, email evy@filotimo.org.za for more information



www.filotimo.org.za





SIGNS AND SYMPTOMS OF CERVICAL CANCER MAY INCLUDE:

- Blood spots or light bleeding between or following periods
- Menstrual bleeding that is longer and heavier than usual
- Bleeding after intercourse, douching, or a pelvic examination
- Increased vaginal discharge
- Pain during sexual intercourse
- Bleeding after menopause
- Unexplained, persistent pelvic and/or back pain

PLEASE CONSULT A HEALTH CARE PROFESSIONAL SHOULD YOU BE EXPERIENCING ANY OF THE ABOVE SYMPTOMS

WORDS TO KNOW

- BIOPSY:** Removal of a tissue sample that is then examined under a microscope to check for cancer cells.
- CHEMORADIATION:** A combination of chemotherapy and radiation therapy.
- CHEMOTHERAPY:** The use of drugs to destroy cancer cells.
- COLPOSCOPY:** An examination of the cervix and vagina from outside the body with a magnifying instrument.
- GYNECOLOGIC ONCOLOGIST:** A doctor who specializes in treating cancers of the female reproductive system.
- HUMAN PAPILLOMAVIRUS (HPV):** A virus that is the most important risk factor for cervical cancer.
- IMMUNOTHERAPY:** A treatment designed to boost the body's natural defenses to fight cancer.
- LYMPH NODE:** A small, bean-shaped organ that fights infection.
- METASTASIS:** The spread of cancer from where it began to another part of the body.
- PAP TEST:** A screening procedure that tests a sample of cervical cells for early changes that can lead to cancer.
- RADIATION THERAPY:** The use of high-energy x-rays to destroy cancer cells.
- TARGETED THERAPY:** Treatment that targets specific genes or proteins that contribute to cancer growth.

HOW CAN I COPE WITH CERVICAL CANCER?

Absorbing the news of a cancer diagnosis and communicating with your health care team are key parts of the coping process. Seeking support, organizing your health information, making sure all of your questions are answered, and participating in the decision-making process are other steps. Talk with your health care team about any concerns. Understanding your emotions and those of people close to you can be helpful in managing the diagnosis, treatment, and healing process.

IF YOU REQUIRE GUIDANCE CONTACT FILOTIMO CANCER PROJECT FOR ASSISTANCE.

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