

Your downloadable resource

Cervical Cancer

From Chloe's Clinic episode #3- Mum's the Word with Chloe Collins,
Women's Health Expert and Registered Clinical Nutritionist


Support

Cancer Council Australia- Cervical Cancer **W** www.cancer.org.au **P** 13 11 20

Australian Cervical Cancer Foundation **W** www.accf.org.au **P** 1300 727 630

Take-away points

- Almost all cases of cervical cancer are caused by persistent infection with some high-risk types of the human papillomavirus (HPV); this is the biggest risk factor for cervical cancer. The other main risk factor for cervical cancer is smoking.
- The HPV vaccine is offered for free in Australia to teenager boys and girls at the age of 12-13 years old. This has been shown to be a key prevention for cervical cancer. It is not mandatory, however.
- There is a large body of evidence that women who have taken the contraceptive pill for five years or more have been shown to have an increased risk of developing cervical cancer.
- The cervical screening test has replaced the pap smear, along with the HPV vaccination it has been able to prevent and detect cervical cancer better than ever. The new cervical screening test tests for HPV as opposed to abnormal cells and you are only required to be screened once every five years. The first test is now recommended to be done at the age of 25. Please see your General Practitioner if you feel the need to be tested before this age or within the five year wait period, you have every right to do so.
- Remember to trust your body and your intuition, and speak up if you feel that something isn't quite right, just as Danielle did. You know your body better than anybody else and all I wish is for women to become more empowered through education and to enabled to make the most informed decisions about their own body and health.



For further holistic support visit www.chloecollins.com.au
or contact chloe@chloecollins.com.au