

Cervical Cancer Causes, Signs and Symptoms

Worldwide, cervical cancer is the third most common type of cancer in women. Often diagnosed in women aged 35-44, with the average age at diagnosis being 50; over 20% of cases are found in women over 65. Cervical cancer is a prevalent yet preventable disease.



INS LifeGuard

Risk factors

- Multiple sexual partners
- Pregnancies more than 5 times
- Early marriage
- Family history/hereditary
- Smoking

Screening that can be done

- Physical examination & history
- Pelvic examination
- Pap test
- HPV test

Treatments

- Surgery
- Chemotherapy
- Chemoradiation

Symptoms



Unusual vaginal discharge



Loss of bladder control



Abnormal vaginal bleeding



Pain during intercourse



Heavier & longer menstrual bleeding



Unexplained weight loss



Discomfort while urinating



Leg pain

These are the preventive measures against cervical cancer by age groups:

Under 25

- ✓ HPV vaccination (before exposure)
- ✓ Education on safe sex practices
- ✓ Early screening if high-risk factors present

Age 25-34

- ✓ Regular Pap smears every 3 years
- ✓ HPV testing
- ✓ Safe sex practices

Age 35-64

- ✓ Regular Pap smears every 5 years
- ✓ HPV testing
- ✓ Safe sex practices
- ✓ Continued monitoring and screening

Age 65+

- ✓ Discuss with your healthcare provider based on previous results and health history whether you need to continue screenings
- ✓ Continue regular health check-ups
- ✓ Leading a healthy lifestyle with a balanced diet and regular exercise

Regular screening remains one of the most effective ways to catch cervical cancer early. With INS LifeGuard's 24/7 monitored personal alarms and nurse-on-call emergency response, help is always within reach, backed by 40+ years of experience.