



# Cervical cancer. The facts.

## Facts about cervical cancer in the UK

1. Each year around 3,000 women are diagnosed with cervical cancer
2. In the UK, cervical cancer is the most common cancer in women under 35
3. Almost all cases of cervical cancer are caused by a common virus called human papillomavirus (HPV)
4. **Cervical cancer is largely preventable through cervical screening and HPV vaccination.**

## What to look out for

The most common symptoms of cervical cancer are:

1. Abnormal bleeding: during or after sexual intercourse, or between periods
2. Post menopausal bleeding, if you are not on HRT or if you have stopped it for six weeks
3. Unusual vaginal discharge
4. Discomfort or pain during sex
5. Lower back pain.

If you have any concerns talk to your GP.

We provide information and support to those affected by cervical cancer and abnormalities, including:

- A website with up to date information written and reviewed by experts
- A wide range of information booklets and materials
- The opportunity to send a question to one of our medical experts using our Ask The Expert service
- An online Forum where women can share experiences
- A dedicated Helpline **0808 802 8000**
- Local support groups offering dedicated support in your community.

To find out more visit [www.jostrust.org.uk](http://www.jostrust.org.uk)

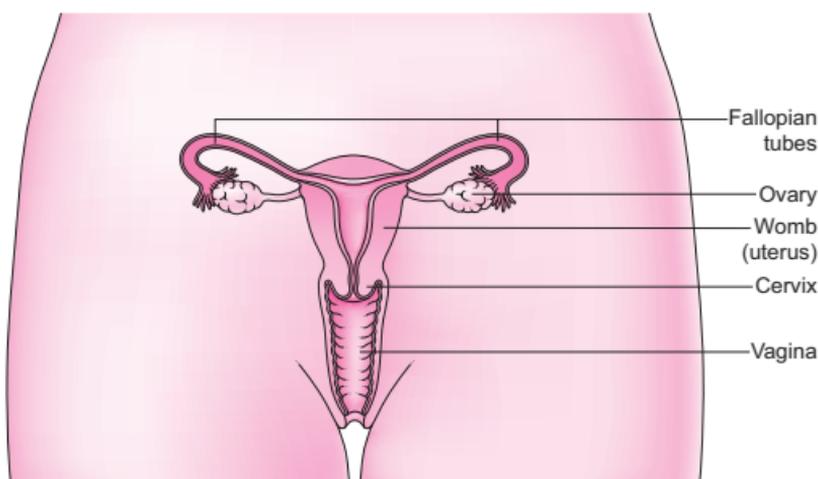
## Reduce your risk

1. The most effective method of preventing cervical cancer is through regular cervical screening, which allows detection of any early changes of the cervix
2. For younger women who are eligible, having the HPV vaccination protects against 70% of all cervical cancers
3. Leading a healthy lifestyle. You are more at risk if you have a weakened immune system
4. Stopping smoking. Smoking increases your risk of getting cervical cancer.

## Cervical screening (smear test)

1. Cervical screening saves 5,000 women's lives a year in the UK
2. Cervical screening is **NOT** a test for cancer, it is a screening test to detect changes in the cells of the cervix at an early stage. These changes cause no symptoms. However, if left untreated they can, in some cases, develop into cervical cancer
3. In the UK, screening starts at the age of 25 and ends at 64.

**Please don't ignore your invitation. It takes just a few minutes, but could save your life.**



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The information included in this publication was correct at the time of going to press. We plan to review publications after two years however updates may happen more frequently. For updates or for the latest information, visit [jostrust.org.uk](http://jostrust.org.uk).

