



# Prevention

Cervical Cancer Awareness Month January 2016

## THE PAP TEST DEVELOPED AT STRANG

### The Pap Test for the Early Detection of Cervical Cancer was Developed at Strang.

Strang's founder, Dr. Elise Strang L'Esperance collaborated with Dr. George Papanicolaou, a medical scientist, whose research led to the early detection of cancer of the cervix.

This breakthrough resulted in the Pap test; In 1940 Strang was the first medical facility to introduce this test into clinical practice.

The Pap test has dramatically reduced the death rate from cervical cancer and continues to save millions of women's lives worldwide.

Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another during sex.

There are many types of HPV. Some HPV types can cause changes on a woman's cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts.

HPV is so common that most people get it at some time in their lives. HPV usually causes no symptoms so the individual cannot tell that they have it.

For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer.

## Help Prevent Cervical Cancer

### The Most Important Factor that Helps Prevent Cervical Cancer is to have Regular Screening Tests Starting at Age 21.

*The Pap test (or Pap smear) looks for pre-cancers, cell changes on the cervix that may become cervical cancer if they are not treated appropriately.*

*The human papillomavirus (HPV) test looks for the virus that can cause these cell changes.*

If the Pap test results are normal, the chance of getting cervical cancer in the next few years is very low.

Source: Centers for Disease Control and Prevention  
For more information visit [www.strang.org](http://www.strang.org)

For that reason, your doctor may recommend not to have another Pap test for as long as three years. At age 30 years old or older, an HPV test may be done along with the Pap test. If both test results are normal, the doctor may recommend waiting five years to have your next Pap test. But a regular annual medical checkup is appropriate.

For women aged 21–65, it is important to continue getting a Pap test as directed by the doctor. If older than 65 and with normal Pap test results for several years, or if the cervix has been removed as part of a total hysterectomy for a non-cancerous condition, like fibroids, the doctor may tell you that you do not need to have a Pap test anymore.

## How to Prepare for the Pap Test

The Pap test should not be scheduled during a period. For two days before a Pap test avoid the following:

*Do not douche (rinse the vagina with water or another fluid).*

*Do not use a tampon.*

*Do not have sex.*

*Do not use a vaginal birth control foam, cream, or jelly.*

*Do not use a medicine or cream in your vagina.*

### Pap Test Results

It can take as long as three weeks to receive the Pap test results. If the test shows that something might not be normal, the doctor will recommend the best way to follow up. There are many reasons why Pap test results might not be normal. It usually does not mean you have cancer.

If the Pap test results show cells that are not normal and may become cancer, the doctor will explain the best way to be treated. In most cases, treatment prevents cervical cancer from developing. It is important to follow up with the doctor right away to learn more about the Pap test results.

### Getting an HPV Vaccine

Two HPV vaccines are available to protect women against the types of HPV that cause most cervical, vaginal, and vulvar cancers. Both vaccines are recommended for 11- and 12-year-old girls, and for females 13 through 26 years of age who did not get any or all of the shots when they were younger. These vaccines also can be given to girls as young as 9 years of age. It is recommended that females get the same vaccine brand for all three doses whenever possible. It is important to note that women who are vaccinated against HPV still need to have regular Pap tests to screen for cervical cancer.

## The Strang Cancer Prevention Cookbook

**Reduce your Risk for Cancer by Eating a Healthy Diet!**

### Peach and Blueberry Crisp \* 6 Servings



6 medium peaches, peeled, pitted, and cut into large chunk's, 2 cups blueberries, 1/4 cup plus 1 tablespoon all- purpose flour, 1/3 cup granulated sugar, juice 1/2 lemon, 1/2 cup quick cooking cereal, 1/4 cup packed brown sugar, 1/2 teaspoon ground cinnamon, 2 table- spoons melted unsalted butter. Vanilla frozen yogurt, optional.

Preheat oven to 375 F. Spray a baking/casserole dish, at least 6 cup capacity, with canola oil/cooking spray or lightly rub w canola oil.

In a medium bowl, combine peaches, blueberries, 1 tablespoon of flour, sugar and lemon juice. Toss with your hands to combine thoroughly. Spread the fruit out in the baking pan. In a separate bowl, prepare the topping. Mix together the oatmeal, remaining 1/4 cup of flour, brown sugar and cinnamon. Drizzle with the melted butter, and then rub the topping together with you hands until it resembles a coarse meal. Entirely spread the topping over the fruit and bake for 35 minutes or until the fruit is bubbling and the topping is browned lightly. Remove and let cool slightly. Serve warm or room temperature. Top with vanilla frozen yogurt.

Calories 261, Protein 3 g, Carbohydrates 49 g, Fat 6 g, Cholesterol 5 mg, Dietary fiber 4 g Saturated fat 3 g

Major sources of Potential Cancer fighters: Phytochemicals: plant polyphenols (flavonoids, phenolic acids), terpenes (carotenoids) Source: cookbook page 307.

**Recipe by Laura Pensiero, R.D. Owner Gigi Trattoria, Rhinebeck, New York**



**January is Cervical Cancer Awareness Month**



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