



Strang Cancer Prevention Institute

Dedicated to Promote Cure by Early Detection and Research to Prevent Cancer since 1933

Prevention

Cervical Cancer Awareness Month January 2021

CERVICAL CANCER SCREENING AND PREVENTION

Note to Readers: Fear of COVID exposure sharply reduced medical visits and preventive care. We have added information about optimizing cancer prevention while minimizing COVID risk during the pandemic.

Cervical Cancer Prevention During COVID

Optimizing cervical cancer screening age groups and intervals: Optimal safe screening requires waiting full recommended intervals and screening only age 21-65.

Age groups: Exclude women under 21 and adequately screened women over 65 (see below).

Intervals: 3-year intervals for Pap cytology, 5-year intervals for high-risk HPV (hrHPV) or Pap-hrHPV cotesting (hrHPV for age 30-65 only)

The 2018 update to the USPSTF Cervical Cancer Screening Guidelines recommended:

Age <21: No screening, regardless of sexual history (probably no net benefit or net harm).

Age 21-30: Pap every 3 years. Documenting HPV infection is not predictive of cancer risk; most are transient in younger women). (high certainty of substantial benefit)

Age 30-65: Pap every 3 years, HPV testing every 5 years: Options: Pap every 3 years, high-risk HPV (hrHPV) or Pap-hrHPV cotesting every 5 years.

Age >65 years: No testing if prior adequate screen. Adequate testing: 3 negative Pap tests or 2 negative hrHPV tests within 10 years.

Follow-up of Abnormal Tests: Screen for 20 years after regression or appropriate management of premalignant lesions

HPV vs. Pap: HPV testing permits longer testing intervals and is more sensitive than cytology, making negative tests more reassuring than cytology. However, it has more false positive tests, leading to **more diagnostic colposcopies**. Therefore, **triage protocols** perform cytology after HPV+ tests. A large study found that an **artificial intelligence (AI) deep-learning-based automated cytology system** was equally sensitive but more specific (fewer false positive tests), resulting in **41% fewer referrals** for colposcopy.¹ The approach also applies to anal cancer screening.

CERVICAL CANCER PREVENTION (VACCINATION)

HPV vaccination very effective, especially under age 17: A Swedish population-based study found that vaccination of women before age 17 reduced cervical cancer 88% and 53% if given age 17 to 30.²

HPV vaccination and screening could end cervical cancer worldwide: A model found that girls-only HPV vaccination and twice lifetime cervical screening would eliminate cervical cancer, for all efficacy assumptions, in low-and-middle-income countries.³

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2. Lei J, Ploner A, Elfstrom KM, Wang J, Roth A, Fang F, et al. HPV vaccination and the risk of invasive cervical cancer. *N Engl J Med* 2020;383:1340-8.
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The Strang Cancer Prevention Cookbook

Roasted Eggplant Dip

Reduce Your Risk for Cancer by Eating a Healthy Diet!

8 Servings

1 medium eggplant (about 1 1/4 pounds) halved lengthwise
1 tablespoon olive oil
2 garlic cloves peeled
1 medium potato (about 6 ounces), baked or microwaved and peeled
1/2 cup 1% cottage cheese or 2 ounces lite silken tofu
2 tablespoons tahini (toasted sesame paste)
1 teaspoon lemon juice
1 teaspoon cayenne pepper
2 teaspoons toasted sesame oil
salt



Preheat the oven to 350 degrees F

Brush the flesh of the halved eggplant with 1 teaspoon of the olive oil. Place on a non stick baking pan, cut side down, and roast for 20 to 30 minutes. Remove from the oven and let cool. Scoop the pulp from the skin of the eggplant and place in the bowl of a food processor. Add the roasted garlic and potato and puree. Then add the cottage cheese, tahini, lemon juice, and cayenne and puree again until smooth. With the motor running, drizzle in the sesame oil and remaining 2 teaspoons olive oil. Season to taste with salt and transfer to an attractive serving bowl.

Calories 110, protein 4g, carbs 15g, fat 4g, cholesterol 1mg, dietary fiber 2g, saturated fat 1g

MAJOR SOURCES OF POTENTIAL CANCER FIGHTERS

Phytochemicals: allium compounds, plant polyphenols, (flavonoids, phenolic acids), phytic acids, plant sterols, terpenes (monoterpenes)

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