



Prevention

Cervical Cancer Awareness Month January 2019

CERVICAL CANCER SCREENING AND PREVENTION

SUMMARY

Human papilloma virus (HPV), a sexually transmitted disease, causes about 70% of cervical cancer. Controlling it will require applying medical science to human behavior. Vaccination of girls and boys prevents HPV infection; screening women limits its damage. Disinformation from media-savvy vaccine skeptics has created a needless obstacle. Pediatricians and parents are at the center of the war against cervical cancer.

SCREENING

USPSTF 2018 Cervical Cancer Screening Update (from 2012) : Guideline changes add an HPV-only option to 2012 Pap-HPV co testing. In 4 trials, HPV testing reduced invasive cervical cancer by 40% overall and 55% after 2 years.¹

Age <21: No screening, regardless of sexual history

Age 21-30: Pap tests every 3 years (most HPV infections in younger women are transient).

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

Age >65 years: No testing if previous screen.

Declining Screening, Increasing Pap-HPV CO -Testing : Overall cervical screening rates declined in all age groups since 2005, but Pap-HPV co testing rates have increased in a commercially insured population² and in Olmstead County, MN³. In MN, 65% of women age 30-65 were up to date, with 95% using Pap-HPV co testing. In a study in a large health system, 51% of tests in women under 21 and 40% of tests in woman over 65 were medically inappropriate, indicating that overuse remains a problem.⁴

VACCINATION

Vaccination Rates Inadequate but Increasing :Girls (50%) and boys (39%) age 13-17 have initiated HPV vaccination, well below the 80% Healthy People 2020 goal.⁵ Vaccination prevalence is increasing about 5% annually, according to the CDC.

What Increases HPV Vaccination Rates? Vaccination rates are much higher when parents have been advised by a doctor to vaccinate and believe insurance covers vaccination but declines if parents feel vaccination is harmful.⁶

Pediatricians Support Vaccination: Almost all pediatricians would vaccinate all (85%) or most (10%) of their patients. Self-described religiosity and social conservatism reduced willingness to vaccinate.⁷

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SOURCES

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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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January is Cervical Cancer Awareness Month

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