

## SUPPORT GROUP

Dealing with cancer is a challenging ordeal and no one should have to face it alone. That is why the Gyn Cancer TEAL support group was established in 2008 by a group of passionate nurses and doctors to provide peer support among women who are diagnosed with ovarian and other gynaecologic cancers at the National University Cancer Institute, Singapore (NCIS) located at the National University Hospital (NUH). TEAL is our awareness colour and also represents women who are Totally Empowered and Actively Living! Activities are conducted quarterly which include educational talks, seminars, workshops, excursions and year end parties.

Membership is free. For more information, please call CancerLine Nurse at: 9722 0569 (Mon – Fri: 8.30am – 5.30pm) or email: [CancerLineNurse@nuhs.edu.sg](mailto:CancerLineNurse@nuhs.edu.sg).

## ABOUT NCIS

The **National University Cancer Institute, Singapore (NCIS)** is a national specialist centre for cancer under the National University Health System (NUHS). It is the only public cancer centre in Singapore treating both paediatric and adult cancers in one facility, offering a broad spectrum of cancer care with expertise in prevention, screening, diagnosis, treatment, rehabilitation and palliative care.

While its main cancer services are anchored at the National University Hospital, the public can also find similar services at our partner sites such as Alexandra Hospital, Jurong Medical Centre, Ng Teng Fong General Hospital and Tan Tock Seng Hospital. In addition, programmes are available to provide cancer services to patients at home and in the community.

## CONTACT INFORMATION

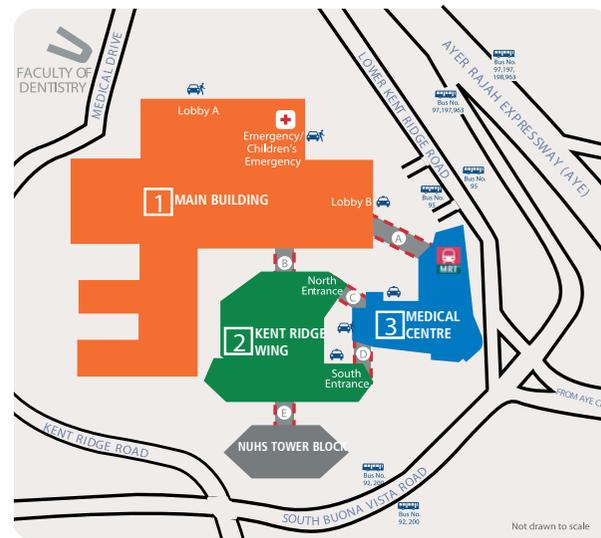
National University Cancer Institute, Singapore (NCIS)

**Radiation Therapy Centre and Breast Care Centre**  
NUH Medical Centre, Level 8  
**Chemotherapy Centre and Stem Cell Therapy Centre**  
NUH Medical Centre, Level 9  
**Cancer Centre**

NUH Medical Centre, Level 10  
Opening Hours: 8:30am – 5:30pm  
(Mon – Fri: except on Public Holidays)

For appointments, please contact  
Tel: (65) 6773 7888  
Email: [CancerApptLine@nuhs.edu.sg](mailto:CancerApptLine@nuhs.edu.sg)

For all other general enquiries, please contact  
National University Cancer Institute, Singapore (NCIS)  
1E Kent Ridge Road,  
NUHS Tower Block, Level 7, Singapore 119228  
Email: [ncis@nuhs.edu.sg](mailto:ncis@nuhs.edu.sg)  
Website: [www.ncis.com.sg](http://www.ncis.com.sg)



### Nearest MRT Station: Kent Ridge Station (Circle Line)

Commuters can alight at the Kent Ridge Station right at the doorstep of the NUH Main Building. Please exit the station via Exit C. NCIS is located on Levels 8, 9 and 10 which are accessible via Lift Lobby B.

For more information on directions to NUH, log on to [www.nuh.com.sg](http://www.nuh.com.sg)

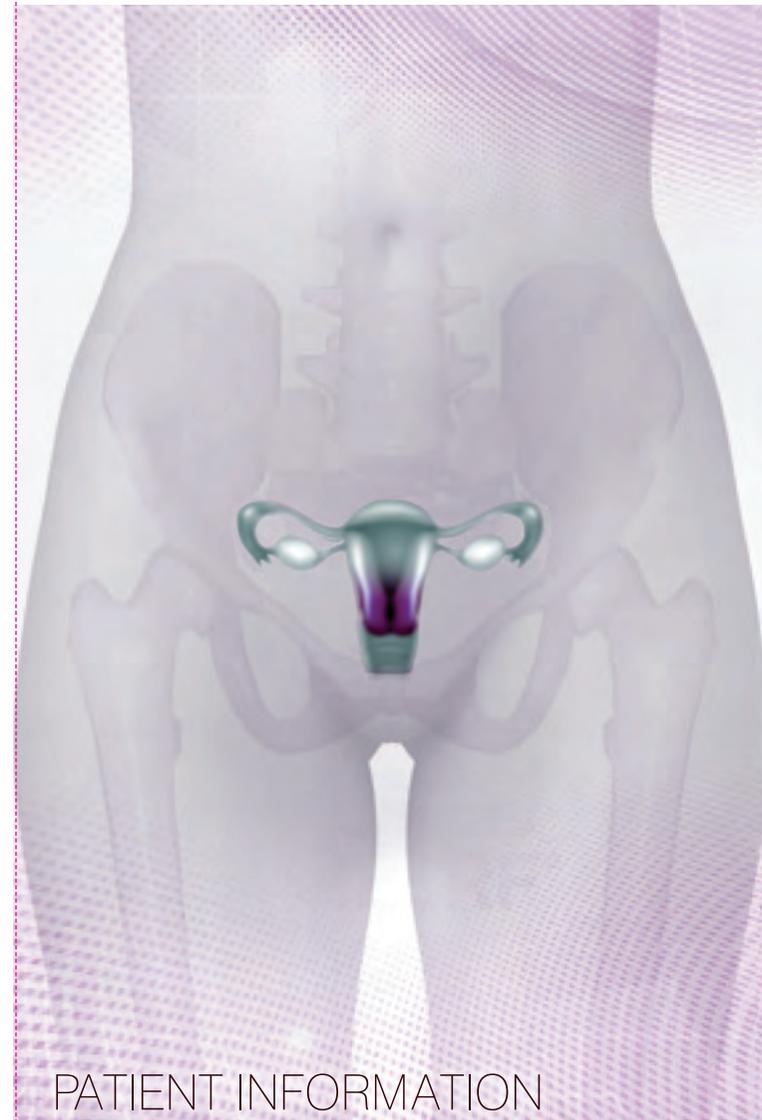
For more information on specific directions to NCIS Clinics, log on to [www.ncis.com.sg](http://www.ncis.com.sg)



National University Hospital  
5 Lower Kent Ridge Road,  
Singapore 119074  
Tel: (65) 6779 5555  
Fax: (65) 6779 5678  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek advice from your doctor if you have questions related to the surgery, your health or medical condition.

Information is correct at time of printing (Jan 2020) and subject to revision without notice.



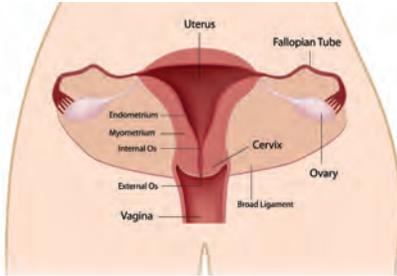
PATIENT INFORMATION

ABOUT  
CERVICAL  
CANCER

## • WHAT IS CERVICAL CANCER?

Cervical cancer affects the lower part of the uterus (womb) connecting the body of the uterus to the vagina (birth canal). Although cancer of the cervix can take many years to develop, it is important to know that it is a preventable disease, with a combination of early vaccination and regular cervical cancer screenings.

Before cancer occurs, the cervix undergoes pre-cancerous phases. These pre-cancerous phases cause changes in the cervix known as Cervical Intraepithelial Neoplasia (CIN) which can develop into cancer if left untreated.



## • WHO IS AT RISK?

All women who have had sexual activity are at risk of cervical cancer but certain groups of women are found to have an increased risk. Regardless of your risk, it is recommended that all eligible women go for regular cervical cancer screenings as recommended by national guidelines.

1. Increased exposure to cancer-causing HPV infections
  - Multiple sexual partners
  - Early onset of sexual intercourse
2. Weakened immunity, causing persistent HPV infections
  - Smoking
  - Weakened immune systems e.g. HIV positive, solid organ transplant recipient or those on more than 2 immunosuppressive medications
  - History of sexually transmitted infections e.g. chlamydia/gonorrhoea

## • WHAT ARE THE SIGNS AND SYMPTOMS?

Most cervical cancer may not show any noticeable signs. Majority of patients start to get symptoms at the late stages. Below are some symptoms although other conditions may also be the cause:

- Vaginal bleeding (between periods or after sexual intercourse)
- Blood-stained vaginal discharge

*A doctor should be consulted if the above symptoms occur.*

## • WHAT CAN YOU DO TO PREVENT CERVICAL CANCER?

There are two ways to prevent cervical cancer:

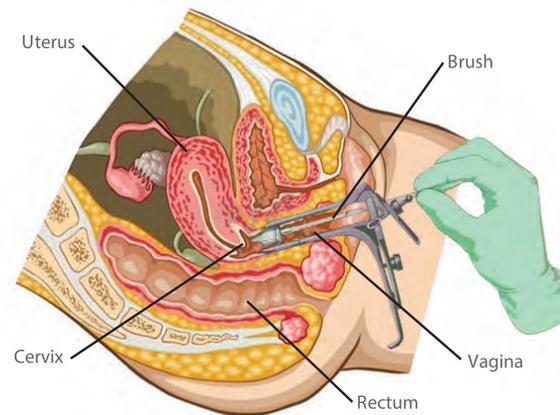
- Go for regular cervical cancer screening
- Get vaccinated against the Human Papillomavirus (HPV)

*Please talk to your doctor regarding this.*

AGE	WHAT YOU SHOULD DO
9 – 26	HPV vaccination
25 – 29 and ever had sex	Pap smear test
30 and above and ever had sex	HPV test

*\*Taken from the Singapore National Cervical Cancer Screening guidelines*

Cervical cancer is caused by a common virus called the Human Papillomavirus (HPV). The HPV vaccine works best if given before the first sexual intercourse. The vaccine is approved for use in females aged 9 to 26 years old. From 2019, a schools-based HPV vaccination programme was introduced to allow Secondary 1 female students to opt in for a free cervical cancer vaccination.



For females who have ever had sex and are between 25 to 29 years old, they are advised to have a pap smear test every 3 years. A pap smear test is a simple procedure where cells are collected from the surface of the cervix to test for any abnormal changes. If you have an abnormal pap smear, the doctor may then do a closer examination with a colposcopy.

A HPV test is recommended for females aged 30 and above, and who have ever had sex. The test is similar to the pap smear test, except that it checks for whether your cervix cells has the DNA of the high-risk HPV strains. If the results are normal, you would only need to do the next screening in 5 years.

## • HOW IS CERVICAL CANCER DIAGNOSED?

If you experience any of the symptoms mentioned, please see your doctor who will conduct a clinical examination to confirm the diagnosis.

## • WHAT ARE THE TREATMENT OPTIONS?

Treatment for cervical cancer is unique for each woman and depends on multiple factors including the stage of the cancer and the health of the woman. The three main types of treatment include surgery, radiation and chemotherapy.

### Surgery

Surgery can be offered to most women who has been diagnosed with early stage cervical cancer. This may involve removing the uterus (womb) and the cervix. Sometimes, surgery is not the best option and other forms of treatment such as radiation therapy and chemotherapy may give a better outcome or prognosis. Your cancer specialist will be able to advise you on this further.

### Radiation Therapy

Radiation therapy is a treatment that uses high energy x-rays or other types of radiation to kill cancer cells or to keep them from growing. There are two types of radiation therapy – external and internal. The way the radiation therapy is given depends on the type and stage of the cancer being treated.

Radiation can be used after surgery for early stage cervical cancer. It is also the main treatment for later stage (stage 2 and above) cancers. For cervical cancer, when radiation is the main treatment, it is often given along with low doses of chemotherapy for it to work better.

### Chemotherapy

Chemotherapy is the use of drugs to help kill cancer cells and shrink the size of the tumour. It is often combined with radiation therapy. Usually the drugs are given into a vein. Once the drugs enter the bloodstreams, they spread throughout the body. In cervical cancer, chemotherapy is also given to women with advanced or recurrent cancer.

The treatment will vary depending on each patient's case. There is no one-size-fits-all solution for cervical cancer and the doctor will advise on the most suitable option for each individual.