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Cervical Dyslasia

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ABSTRACT :
Cervical cancer is one of the most common gynecological cancer occurring in women. It is one of the commonest cancer of woman that can be detect and treated completely at precancerous stages. Sexual Transmission is main cause of cervical cancer and also due to the Human Papillomavirus (HPV), mainly HPV-16 and HPV-18. It continues to be major public health troubles for female in India. The incidence of cervical cancer is 55-59 years and a considerable proportion of women report in the late stage of disease. Prophylactic vaccines against HPV-16 and 18 therapeutic vaccines in opposition to cervical cancer. Other epidemiological risk factor are premature at sexual activity ,Teen age pregnancy , Family past, Oral contraceptive .This article, explain symptoms of cervical cancer, stages, causes, early stage option, prevention, treatment of cervical cancer .The most common type of cervical cancer is called Squamous cell carcinoma. Vaccine is helpful only in people who have no previous infection with HPV.

Keywords : Cervical cancer, epidemiology, risk factors, screening, sexually transmitted disease, radiation or chemotherapy.

I. INTRODUCTION :

In developing countries, it is most common cancer which causes death, attributable to about 86%. It is observed in low and middle income countries. At Primary stage surgery and chemotherapy are effective. Surgery also helps to reduce death of patient of cervical cancer. Chemotherapy and Radiation is not useful for all patients. In Radiation or chemotherapy of the 1523 patients, 179 patients give positive response and 1344 give negative response of allover about 88.6% negative to surgery. It has been reported from one of the studies that the removal of the primary uterine cancer, metastatic cervical cancer, nearly likely limited to the lymph nodes, hence the formation of new cancer cell was in equilibrium with the removal of preexisting cancer cell, presumably by the immune system. The standard treatment regimen of cervical cancer is radical hysterectomy with pelvic lymph nodes analysis as reported by kamura.et al. Certain medications such as corticosteroids may upset the weak balance between renewal and destruction of cancer cells by the immune response, innate or otherwise. And serves as maker to distinguish the type of cervical cancer persistent or less progressive. Physicians to better utilize resources for treatment such as radiation and chemotherapy. In a study report in India 122,844 women suffered with cervical cancer & 67,477 patients died. In India About 432.2millions of women under the age of 15 years old suffering from developing cancer [1,2, 3].

- **Symptoms and early signs :**

In the early stages of cervical cancer, a person may experience no symptoms at all.As a result, women should have regular cervical smear tests, or Pap tests.A Pap test is preventive. It aims not to detect cancer but to reveal any cell changes that indicate the possible development of cancer so that a person can take early action to treat it.

The most common symptoms of cervical cancer are:

- bleeding between periods
- bleeding after sexual intercourse
- bleeding in post-menopausal women
- discomfort during sexual intercourse

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- vaginal discharge with a strong odor
- vaginal discharge tinged with blood
- pelvic pain

These symptoms can have other causes, including infection. Anyone who experiences any of these symptoms should see a doctor.

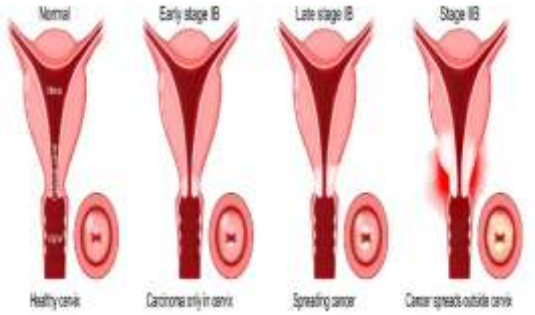
- **Stages :**

Working out the stage of a cancer is important, as it helps a person decide the most effective type of treatment.Staging aims to assess how far the cancer has spread and whether it has reached nearby structures or more distant organs.

A 4-stage systemTrusted Source is the most common way to stage cervical cancer.

- **Stage 0:** Precancerous cells are present.
- **Stage 1:** Cancer cells have grown from the surface into deeper tissues of the cervix, and possibly into the uterus and to nearby lymph nodes
- **Stage 2:** The cancer has now moved beyond the cervix and uterus, but not as far as the walls of the pelvis or the lower part of the vagina. It may or may not affect nearby lymph nodes.
- **Stage 3:** Cancer cells are present in the lower part of the vagina or the walls of the pelvis, and it may be blocking the ureters, the tubes that carry urine from the bladder. It may or may not affect nearby lymph nodes.
- **Stage 4:** The cancer affects the bladder or rectum and is growing out of the pelvis. It may or may not affect the lymph nodes. Later in stage 4, it will spread to distant organs, including the liver, bones, lungs, and lymph nodes.

Undergoing screening and seeking medical attention if any symptoms occur can help a person access early treatment and increase the chances of survival.



- **Risk factors for Cervical Cancer :**

Cancer is the result of the uncontrolled division and growth of abnormal cells. Most of the cells in our body have a set lifespan, and, when they die, the body generates new cells to replace them.

Abnormal cells can have two problems:

- they do not die
- they continue dividing

This results in an excessive buildup of cells, which eventually forms a lump, or tumor. Scientists are not completely sure why cells become cancerous.

However, some risk factors might increase the risk of developing cervical cancer. These include:

- **HPV:** This is a sexually transmitted virus. More than 100 different types of HPV can occur, at least 13 of which may cause cervical cancer.
- **Having many sexual partners or becoming sexually active early:** The transmission of cancer-causing HPV types nearly always occur as a result of sexual contact with an individual who has HPV. Women who have had many sexual partners generally have a higher risk of HPV infection. This increases their risk of developing cervical cancer.
- **Smoking:** This increases the risk of cervical cancer, as well as other types.
- **A weakened immune system:** The risk of cervical cancer is higher in those with HIV or AIDS, and people who have undergone a transplant, leading to the use of immunosuppressive medications.
- **Birth control pills:** Long-term use of some common contraceptive pills slightly raises a woman's risk.

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- **Other sexually transmitted diseases (STD):** Chlamydia, gonorrhea, and syphilis increase the risk of developing cervical cancer.
- **Socio-economic status:** Rates appear to be higher in areas where income are low.

- **Early stage option :**
- Surgery is a common treatment method when the cancer has not spread from the cervix. Radiation therapy may help after surgery if a doctor believes that cancer cells might be present inside the body.
- Radiation therapy may also reduce the risk of recurrence (cancer coming back). If the surgeon wants to shrink the tumor to make it easier to operate, the person may receive chemotherapy although this is not a very common approach.

- **Treatment for advanced cervical cancer :**

Cervical cancer treatment options include surgery, radiotherapy, chemotherapy, or combinations of these.Deciding on the kind of treatment depends on several factors, such as the stage of the cancer, as well as age and overall state of health.Treatment for early-stage cervical cancer, when the cancer remains within the cervix, has a good success rate. The further a cancer spreads from its original area, the lower the success rate tends to be.

When the cancer has spread beyond the cervix, surgery is not usually an option. Doctors also refer to advanced cancer as invasive cancer, because it has invaded other areas of the body. This type of cancer requires more extensive treatment, which will typically involve either radiation therapy or a combination of radiation therapy and chemotherapy.In the later stages of cancer, healthcare professionals provide palliative therapy to relieve symptoms and improve quality of life.

Radiation Therapy :

Doctors commonly use radiation therapy to treat advanced forms of cervical cancer. Some doctors refer to radiation therapy as radiation oncology or XRT. It involves the use of beams of high-energy X-rays or radiation to destroy cancer cells. When the treating doctor aims radiation at the pelvic area, it may cause the following side effects, some of which may not emerge until after the treatment is over:

- diarrhea
- nausea
- upset stomach
- bladder irritation
- narrowing of the vagina
- interrupted menstrual cycle
- early menopause

Chemotherapy :

Chemotherapy is the use of chemicals (medication) to treat any disease. In this context, it refers to the destruction of cancer cells.Doctors use chemotherapy to target cancer cells that surgery cannot or did not remove, or to help the symptoms of people with advanced cancer.The side effects of chemotherapy can vary, and they depend on the specific drug.

More common side effects include:

- diarrhea
- nausea
- hair loss
- fatigue
- infertility
- early menopause

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- **Prevention :**

1. Avoid smoking and avoid using oral contraceptive for long time
2. It is also can be prohibited by avoiding hazard factor and by getting regular pap test (papnicolaou test) also known as Pap smear.
3. A vaccine is a most important avoidance for cervicalcancer.
4. Avoid many sexual partners during sex.
5. Change in life style or eating habbits.
6. Avoiding other risk factors like early marriage/ childbearing and smoking
7. Stopping smoking
8. Delaying first sexual intercourse
9. Safe sex

- **Diagnosis :**
- Early cervical cancer diagnosis improves the success rate of treatment.
- The ACS recommend Trusted Source the following as routine screening:
- **Under 25 years:** The ACS do not recommend screening.
- **From 25–65 years**: People should undergo an HPV test every five years for cervical cancer.
- **Over 65 years**: The ACS do not recommend screening for those who have had adequate screening in the past, unless they have a high risk of cervical cancer.
- People who have had a hysterectomy with removal of the cervix do not need screening, unless they have had precancerous lesions or cervical cancer in the past.
- These are the overall screening recommendations, but a doctor can advise each person about their screening needs.

II. CONCLUSION :

Histopathology and immunization important for reducing cervical cancer. HPV vaccine is highly efficacious and is probable to significantly reduce the occurrence of abnormal pap smears, cervical cancer and genital warts. Successful implementation of vaccination programs will have a huge support from health care provides great have been made decreasing the cancer rate.

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