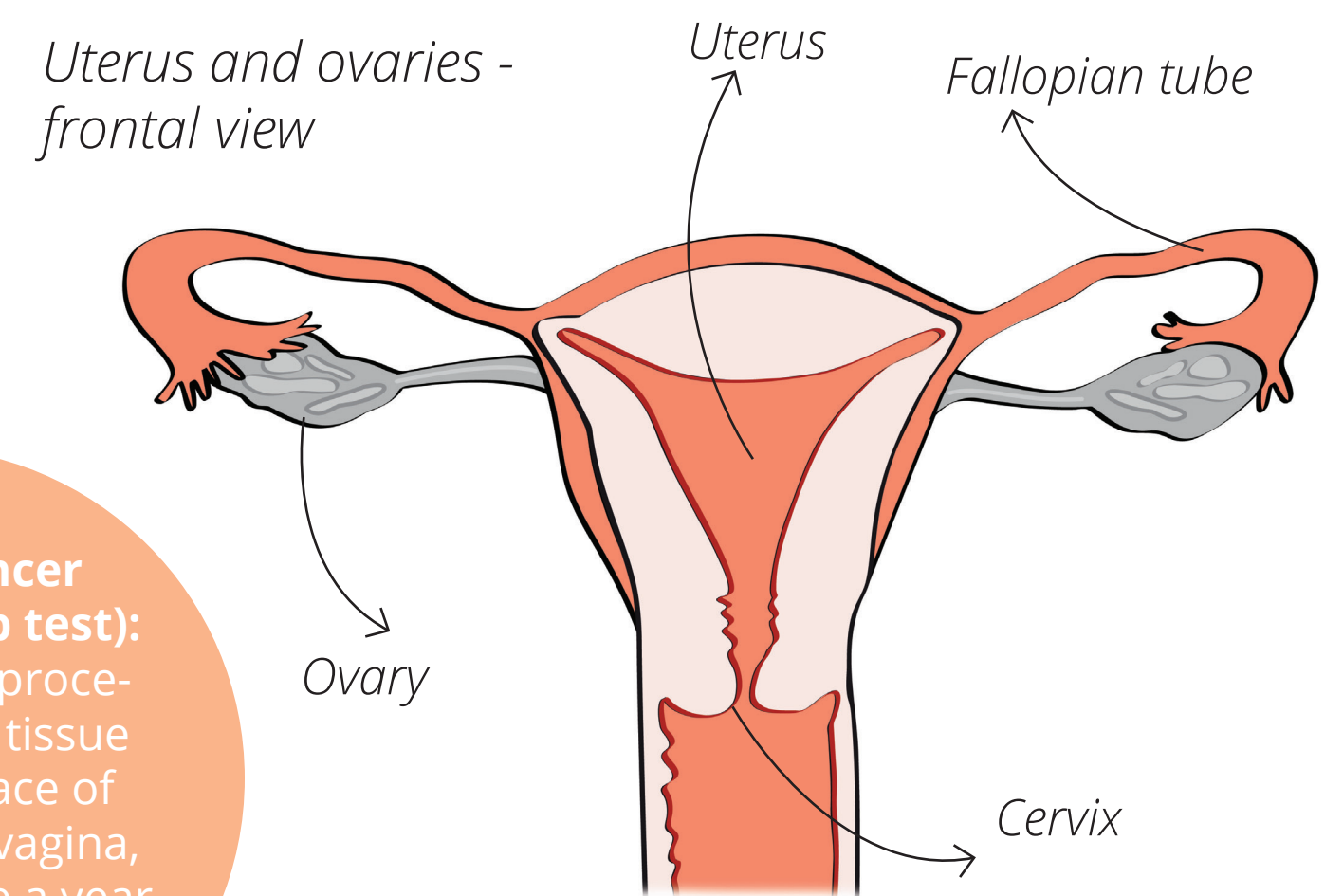
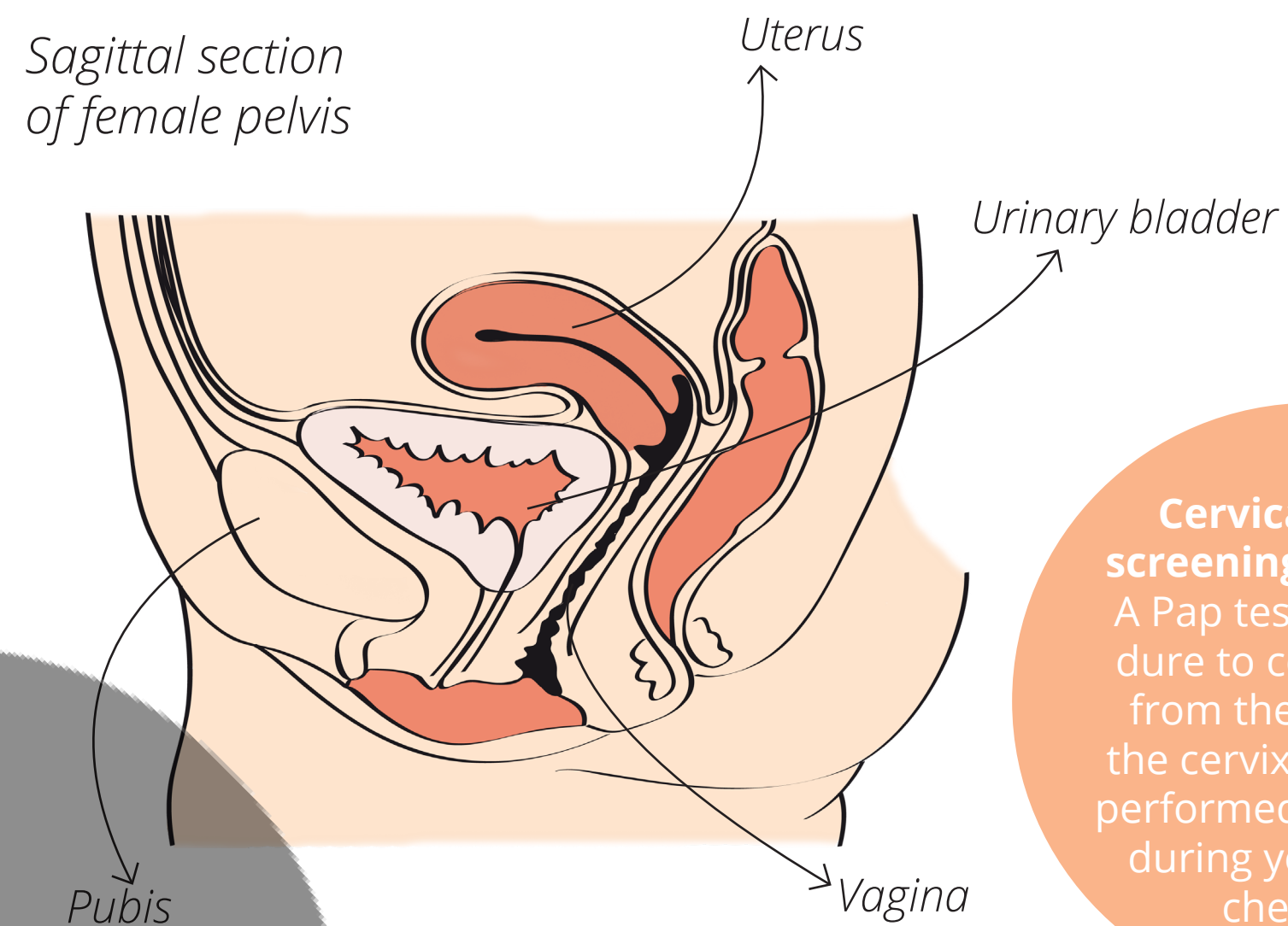


Healthy cervix

Do you know how to take care of your health and what not to forget?
Learn with us, how to prevent cervical cancer.



What is cancer?

You can imagine cancer as an "out of control" cell multiplication, which can occur in any organ of your body. This affected organ can then grow and push other organs out of their location or even lose its function.

Cervical cancer screening (Pap test):
A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year during your regular check-up.

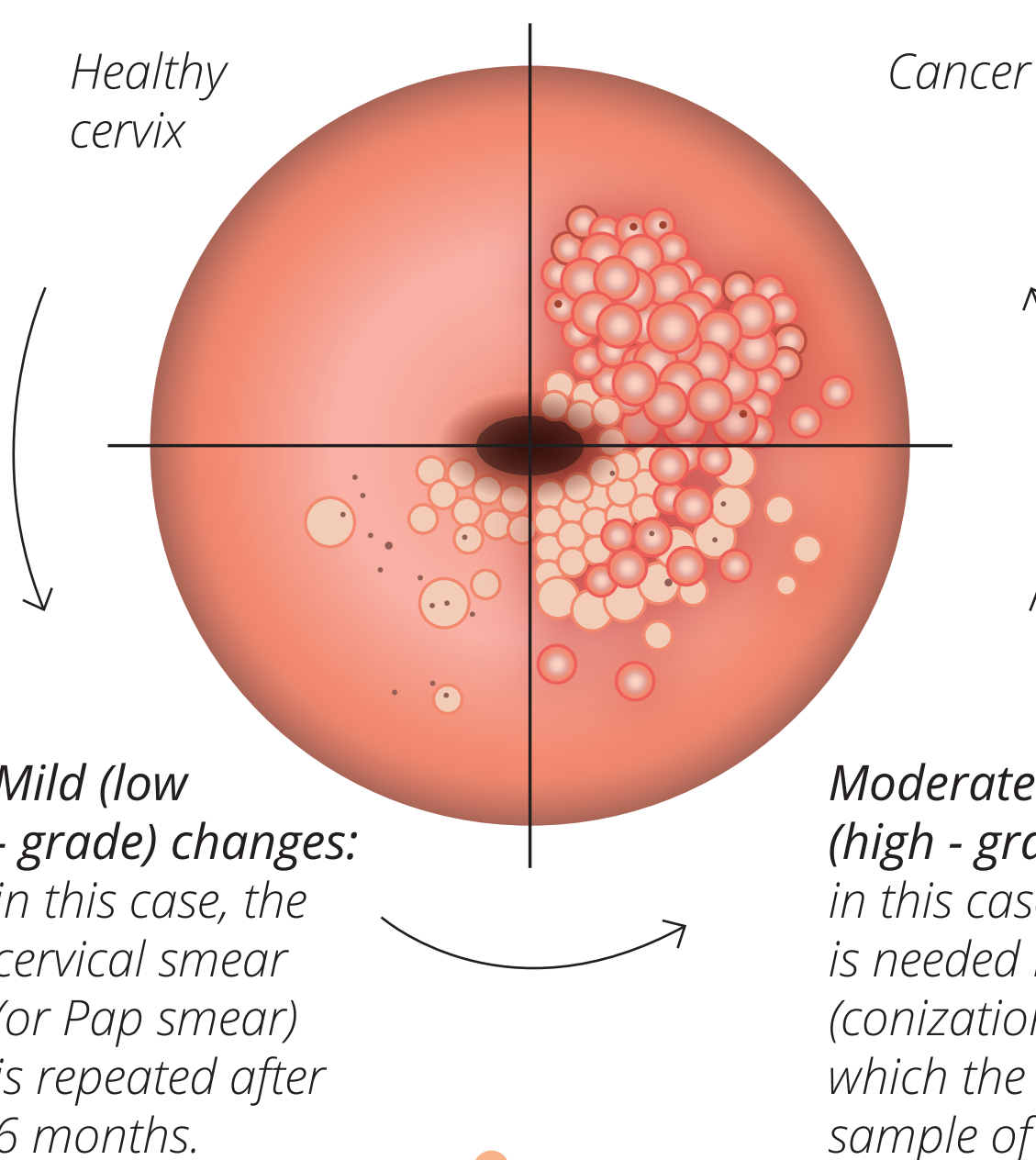
Cervix

Cervix can be described as a "plug" protecting the uterus from an infection, which can develop in a vagina. At the same time, it secures the baby at its place for the whole 9 months, creating a safe space for its development.

What can hurt the cervix?

Cervical cancer is predominantly caused by human papillomavirus (HPV 16 or 18). This virus transforms healthy cells into cancerous ones and can also be responsible for genital herpes type 6 or 11.

Cervical changes during HPV infection



How does cervical cancer manifest itself?

- Bloody discharge
- Bleeding after sex
- Lower abdominal pain
- With no symptoms!

HPV Vaccination

Both men* and women can get the HPV vaccine in order to protect themselves and their partners - the sooner the better (to get it around the age of 12 to 14 is appropriate). It's only for the best if you get the vaccine before you start living your sex life to its fullest. Just go and talk to your doctor, he / she will recommend you the most suitable vaccine for you (Cervarix, Gardasil, Gardasil 9 or others).

*HPV can cause oral or anal cancer as well, that's why it's important to vaccinate boys / men as well.

Cervarix

protects from HPV type 16 and 18

Gardasil

protects from HPV types 6, 11, 16, 18 (formerly known as Sildegard)

Gardasil 9

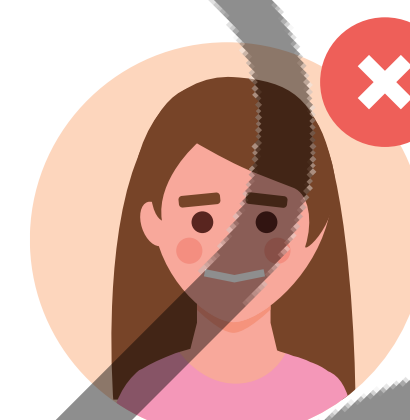
protects from previous types + 5 more types

What to do when...

4 important steps, if you discover something is not okay with your body:



Don't panic



Don't be shy



Don't look for advice on the internet

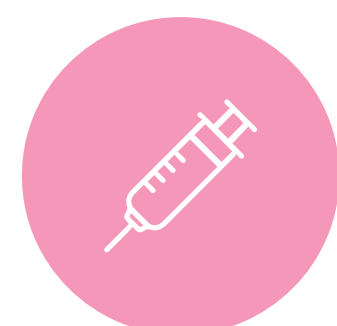


Visit your gynecologist

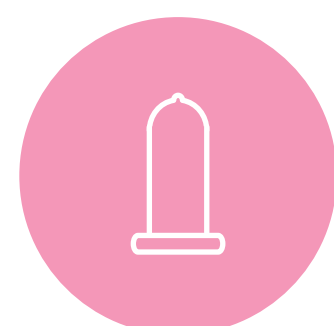
How to prevent cervical cancer?



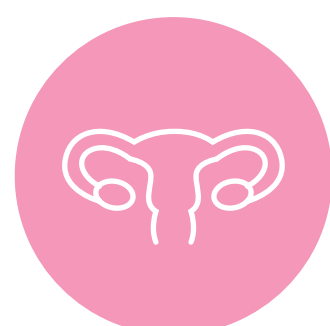
Visit your gynecologist once a year.



Get vaccinated (your gynecologist can recommend you a suitable vaccine both for you and your partner).



Use a condom - it lowers the risks of HPV transmission.



Don't underestimate your genital problems, visit your doctor.



Avoid the risks.

HPV infection

Smoking

Poor lifestyle

Immune disorders

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:



Test your knowledge at bit.ly/PreventionTest



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