

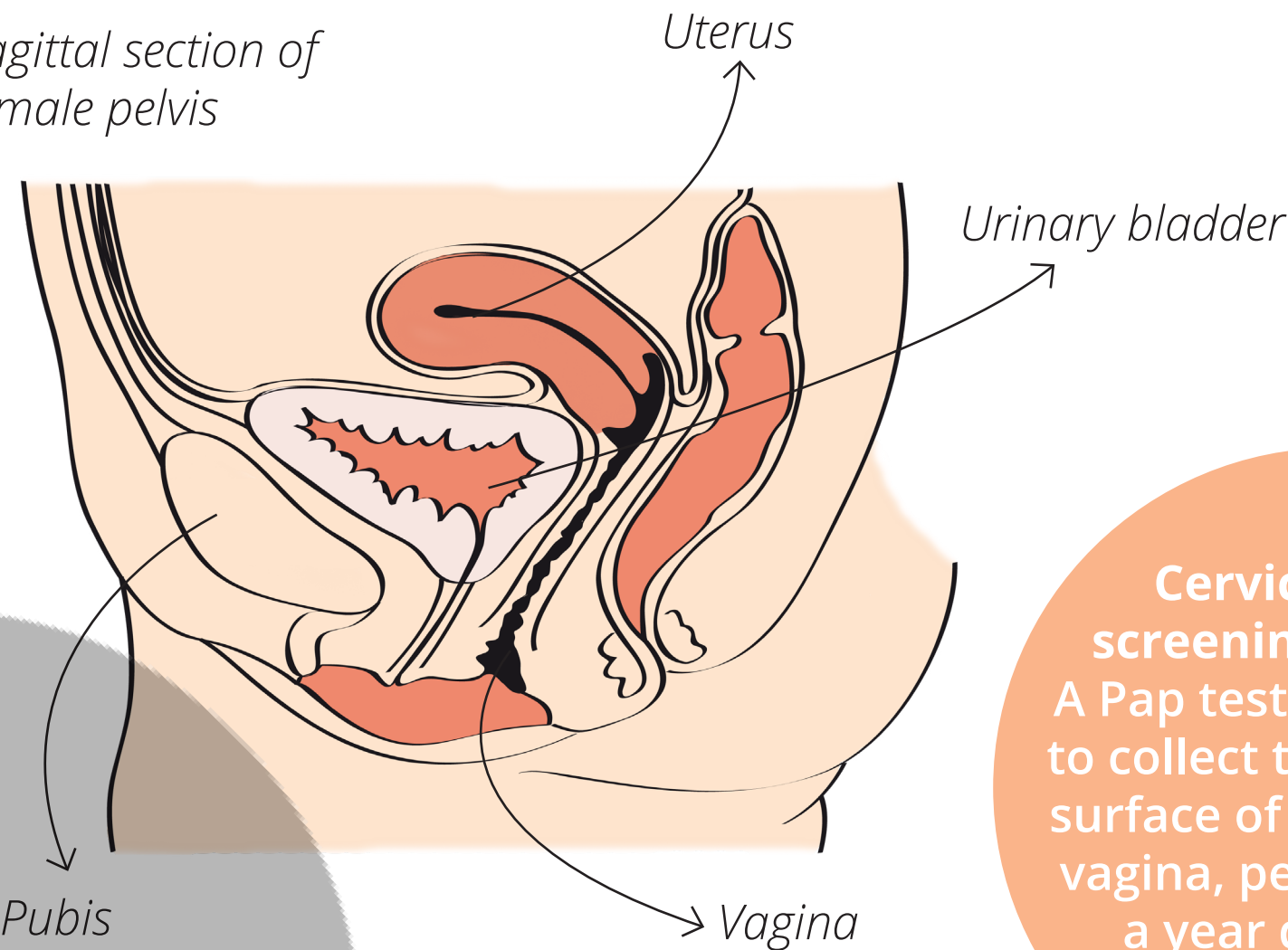
Women's health

Do you know how to take good care of your health?
Learn with us how to prevent and detect cervical, uterine or ovarian cancer in time.

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.

Sagittal section of female pelvis



Uterus and ovaries

Ovaries are mainly responsible for the production of female sex hormones - estrogens and progesterones. Apart from that, ovaries serve as a reservoir for female sex cells - eggs. If the eggs are fertilized, they implant into the thickened walls of the uterus, which then serves as a small "incubator" for babies.

How does cancer of women genital area manifest itself?

Bleeding after menopause

Irregular periods

Bloody discharge

No symptoms*

*Ovarian cancer can really be asymptomatic. It should give you an unambiguous reason not to skip annual gynecological exams - your gynecologist will perform an ultrasonography of your ovaries.

Uterine cancer affects mainly women around the age of 60.

What to do 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

Annual gynecological exam

Once a year (it only takes 20 min)

What will happen during the exam?

- Talk about your family and personal history
- Colposcopy on the chair
- Cervical smear (cytology)
- Ultrasonography (vaginal or abdominal)
- Breast examination (if you want one)

Want to know more?

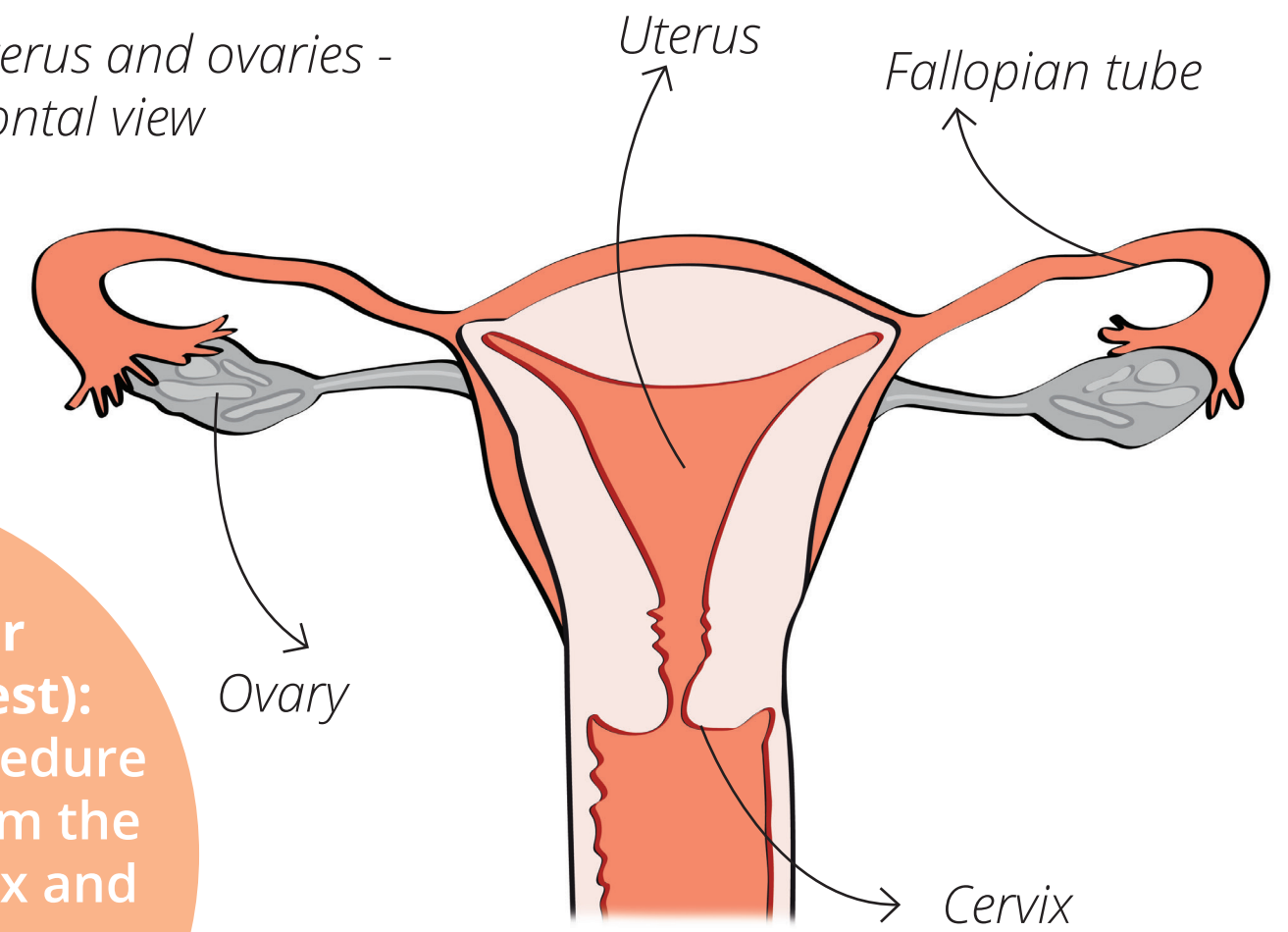
More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:



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Uterus and ovaries - frontal view



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

Healthy cervix

Cancer

Mild (low - grade) changes:
in this case, the cervical smear (or Pap smear) is repeated after 6 months.

Moderate to severe (high - grade) changes:
in this case, conization of the cervix is needed in order to prevent cancer (conization is a mild surgery during which the doctor gets a small sample of the tissue).

How does cervical cancer manifest itself?

Bloody discharge

Bleeding after sex

Lower abdominal pain

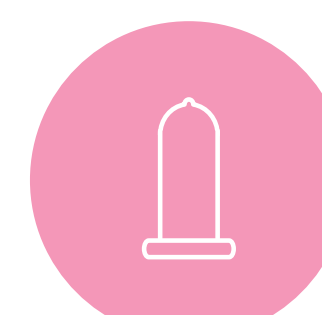
How to prevent cervical cancer?



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.

Test your knowledge at bit.ly/PreventionTest



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