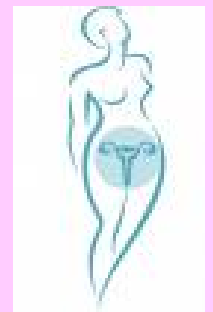




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Sexual Health and HPV

Non-profit union Emakas.ee
2010



What we will talk about?



1. About our union
2. What is a cervix?
3. What is HPV?
4. How you may be infected with HPV virus?
5. What is contributing to HPV?
6. Visiting gynecologist and getting a PAP-smear
7. How to live without cervical cancer?





Non-profit union Emakas.ee

I am member of the non-profit association Emakas.ee, that was created in Estonia by 8 active women in the spring of 2007. For example you all know Heti Tulse, Pille Minev, Reet Roos?

We are 8 active women.

The purpose of the movement is to increase the awareness of the society about the possibilities of the prevention and detection of the cancer of the cervix.

For 3 years we have been on a summer tour with the “Sing Along” team, visited more than 100 schools, given information through different channels of the media and the homepage www.emakas.ee, organized 2 social campaigns, etc.

Have you seen the TV clip with Taavi Eelmaa: “[Elusana oled sa ilusam](#)”?

The association’s main message is: Cervical cancer is preventable, visit your doctor regularly. And we want that you know how to prevent CC.



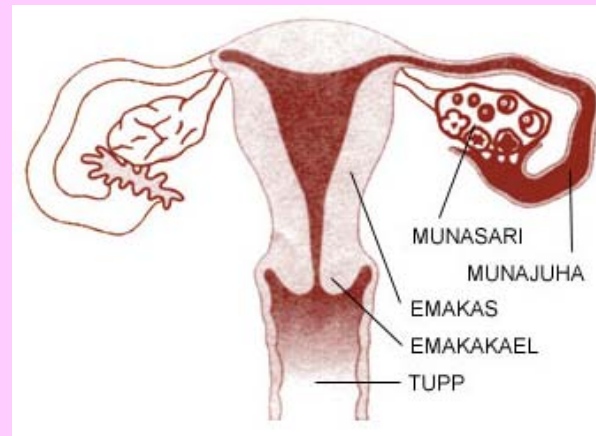
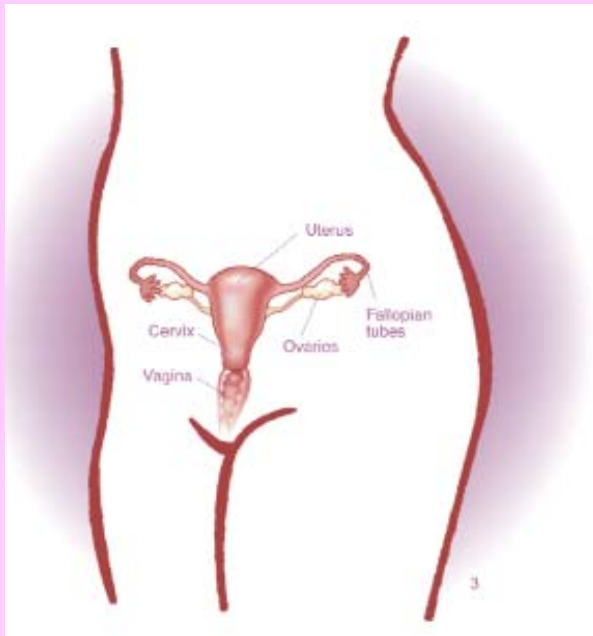
Some pictures about our mission





What is cervix?

Cervix is an organ inside women thanks to what women can get pregnant and give birth. The cervical canal is located in the lower part of the cervix.



Cervical cancer is a malignant tumor.



What is HPV?

Cervical cancer is caused by a virus named HPV (Human Papilloma Virus).

Over 100 types of Papilloma virus are known but all of them are not malignant.

Around fifteen of these cause cervical cancer.

HPV is transmitted mainly by sexual contact or intercourse - so men and boys are related also. They carry HPV from one woman to another.

In Estonia every year there are approx 170 - 190 new cervical cancer cases.

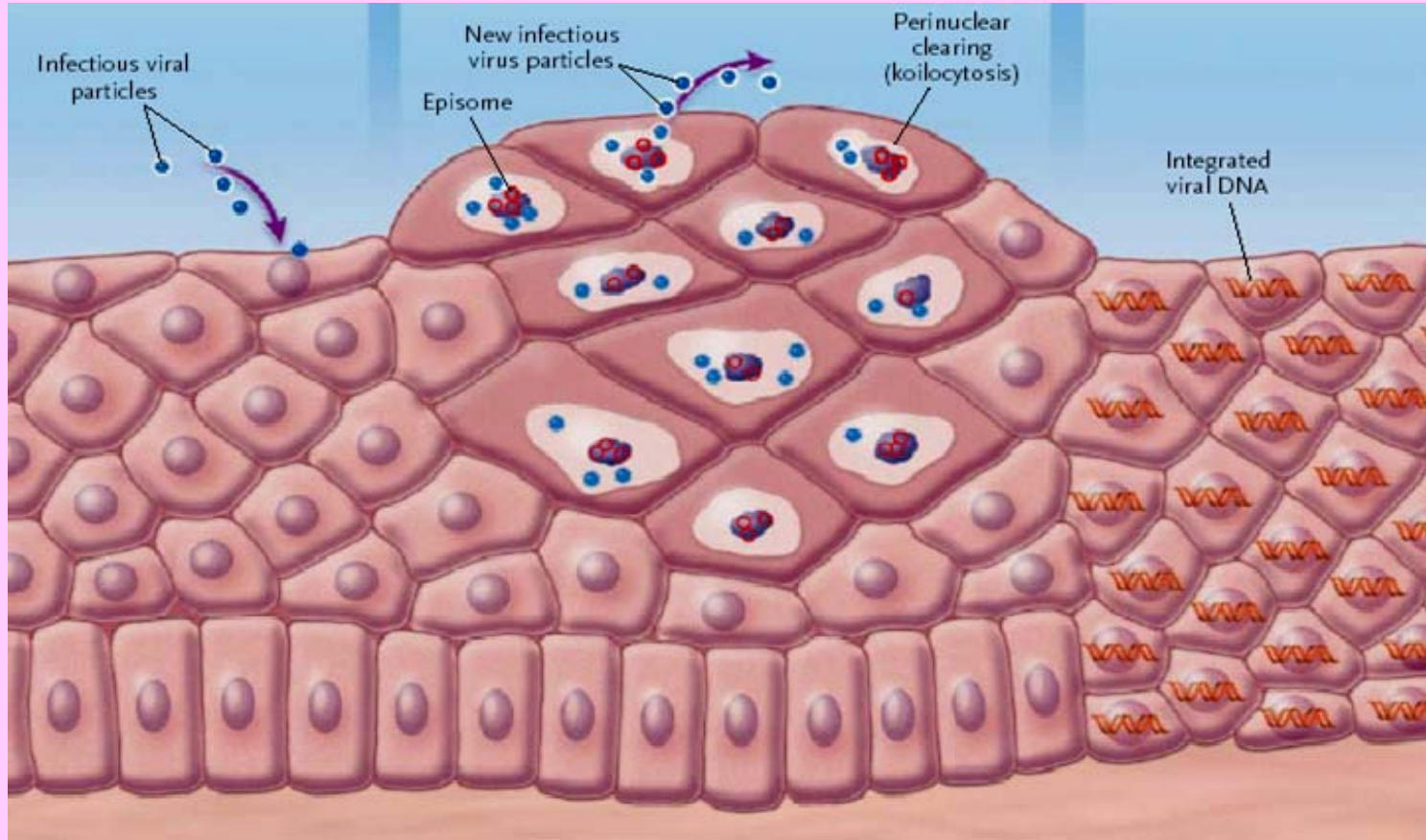
It kills about 75-85 women each year (population is 1,3 mil), this is the highest incidence rate compared to all other European countries.

Cervical cell

Normal

Defected with virus

Cervical cancer



How you may catch the infection ?

Around eight out of every ten sexually active persons will be exposed to HPV during their life.

In general, HPV infections are dormant and heal without leaving after-effects. But in 10% of cases, HPV infection persists.

The viruses become lodged in the cervical cells and can lead to precancerous lesions within two to five years, or cervical cancer within 15 to 20 years.

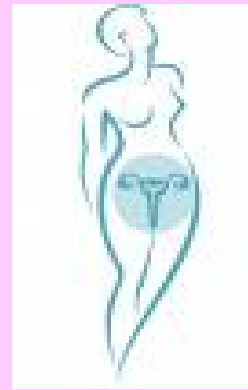
Mainly young, sexually active people will be infected. Both **girls** and **boys**.

Most often people will catch the infection within first 3 years after starting sexual life.



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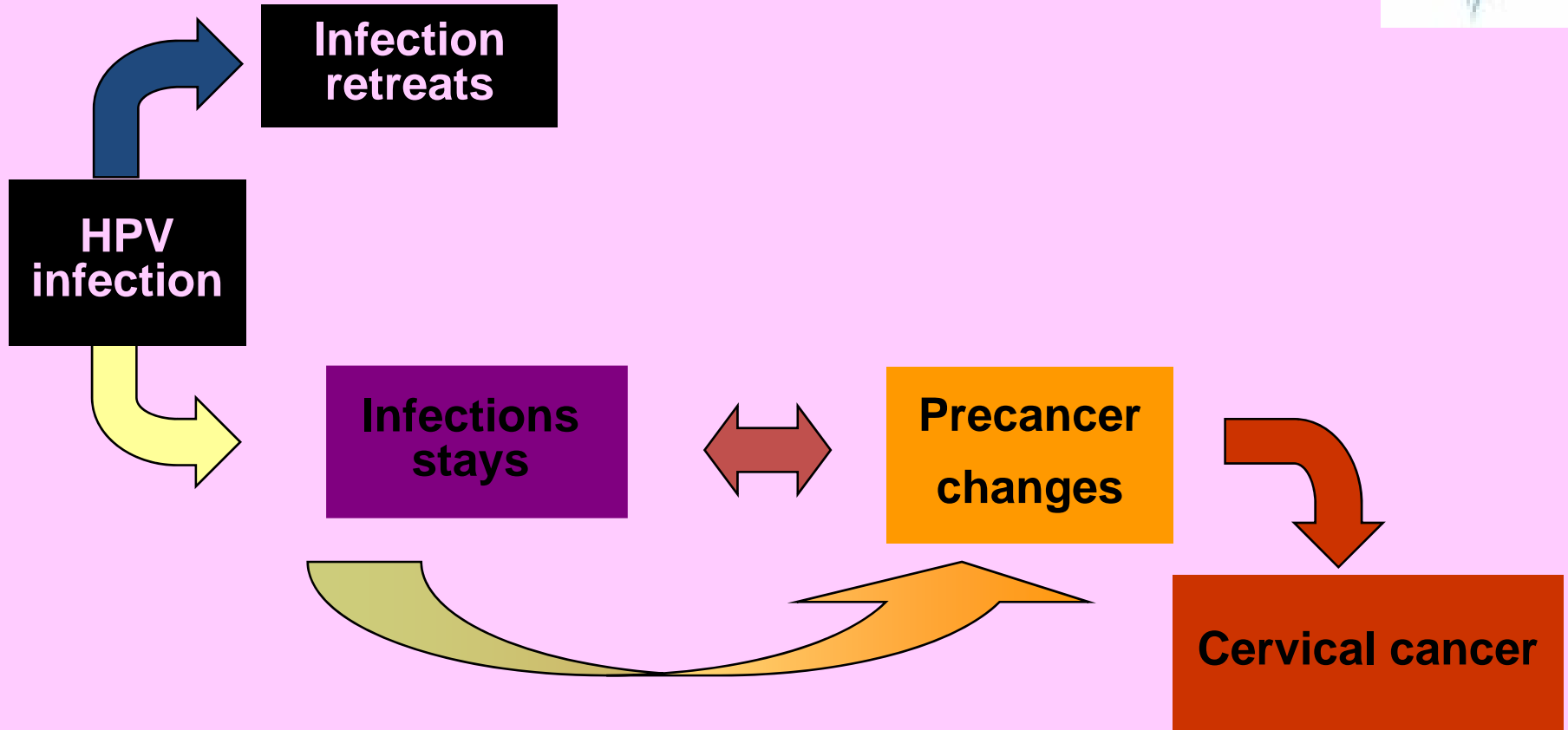
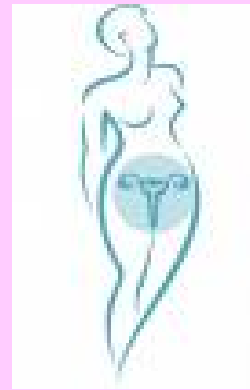
What contributes to HPV?



You catch the HPV infection during sexual contact.

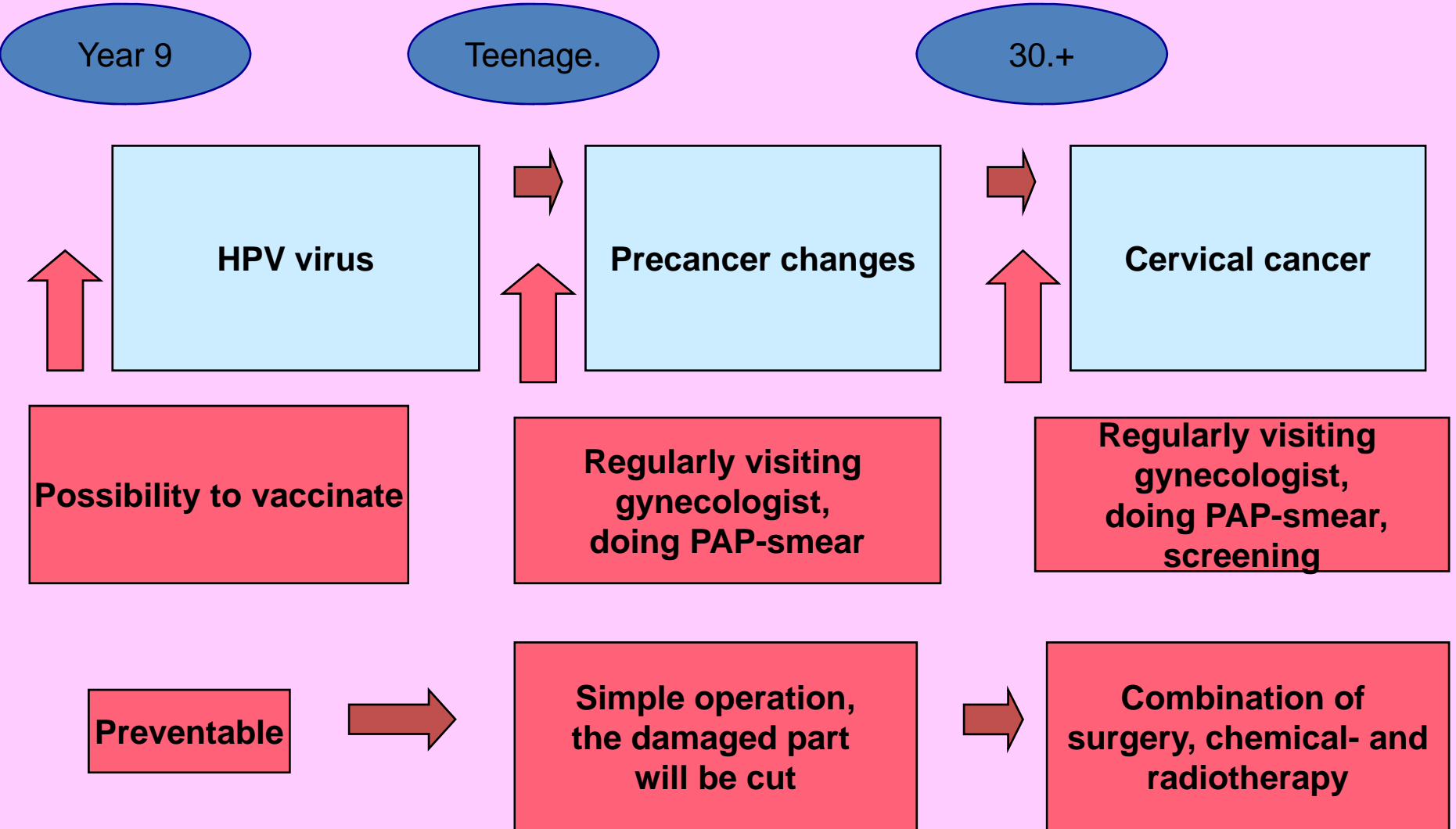
- Starting sexual life too early (before the age of 17)
- Too many partners
- Your partner has had too many partners
- Pregnancy and abortion
- Having other sexual diseases (Chlamydia, Gonorrhoea etc)
- Ureteritis
- Smoking, alcohol, lifestyle, parties (and the way they end).

How HPV evolves?



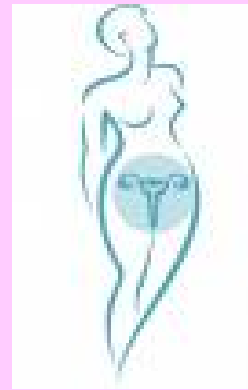


Time, CC involve, prevention and treatment





How you can understand you have HPV?

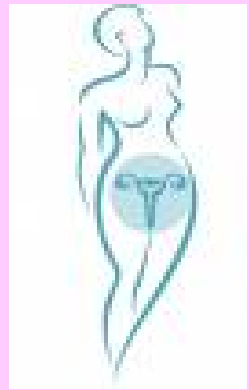


YOU DO NOT!!!!

HPV causes no complaints or symptoms.

Mostly people do not know they have HPV - so they will spread this to their sexual partner.

Visiting GP and PAP-smear



The first year after you have started sexual life, you should visit a gynecologist. And you should visit a gynecologist every year. During the visit the gynecologist does a PAP-smear. PAP-smear checks for changes on the cervical canal. So if your PAP-smear is negative, you do not have HPV that causes cervical cancer.

PAP-smear is normal and painless procedure, just a little bit uncomfortable.

If the PAP-smear is positive, then doctor will contact you and will perform an HPV test (shows what HPV type you have) or colposcopy.

When the doctor discovers cervical cancer in an early stage, it is curable.



Live without cervical cancer!

- Do not start your sexual life too early
- Use a condom



- Talk about it with your parents, doctor or people who know this topic.
- Women, when you start your sexual life, visit a gynecologist regularly!



Summary

Cervical cancer affects you also, already before sexual life.

Cervical cancer is caused by the HPV virus.
It is a preventable and treatable cancer.

You can prevent HPV:

1. by visiting a gynecologist every year after starting sexual
2. Talking about vaccination possibilities with your doctor



Talk about prevention with your mother, school or family doctor, a gynecologist or with somebody who knows about the tonic.

Read more or ask questions at www.emakas.ee



Avaldajad | Emakakaevähi | Ennetamine | Ravi | Naistlikumissid | Uudised | Galerii | Kontakt

Elusana
oled sa ilusam!

Kersti Kreemman
patroon

emakas.ee

Emlust? Aga teistest?

Mis on emakakaevähi?

Emakakaevähi on esimene vähi, millel on leida kindel põhjustaja - HPV (inimese Papilloomiviruse) viirus, mis levib inimeselt inimesele. HPV-4 on 100 kuni 1000 korda rohkem levinud kui HPV-16 ja 18.

Näiteks on HPV viiruse poolt tekitatud ka soolakuivad. Eestis avastatakse igal aastal ca 170 uut emakakaevähi juhtumit ning ligikaudu 70 naist sureb sellele 1000 aastat.

Ligikaudu Emakakaevähi on igi 10-aastane peiteaeg, mil on võimalik seda veel edukalt ravida.

Kes me oleme?

Oleme naised, kes on vabatahtlikult oma suhtemeeskonnas võtnud rasked etteotsad, et olla tervemad ja õnnelikumad. Oleme naised, kes on võtnud enda kätte vastutuse oma tervise eest ja soovime jagada oma kogemusi teistega.

Oleme kolme tegevusastme jooksul korraldanud teaduskonferentsid, töötamise kampaaniaid ja õppusi, mille käigus oleme suutnud kummitada tundeid. Eestis naistega.



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Thank you!

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