



## Transforming Cancer Services Team for London (TCST)



### CERVICAL CANCER PREVENTION WEEK 20-26 January 2020

**Suggested Tweet:**

*Smear tests aren't always easy but they can prevent cervical cancer. This week join #SmearForSmear to help @JoTrust smear the myths and get the facts out: [jostrust.org.uk/smearfsmear](http://jostrust.org.uk/smearfsmear)*

To	<ul style="list-style-type: none"> <li>• London Cancer Alliances</li> <li>• CCG Cancer Clinical Leads, Commissioning Managers for Cancer, CCG Comms teams</li> <li>• GP Practices</li> <li>• STP Cancer Programme Leads, Cancer SROs</li> <li>• Public Health Leads</li> <li>• London Pharmacy Leads</li> <li>• HLP Communications Team</li> </ul>
Subject	TCST Cancer charity awareness campaigns briefing for information – January 2020

### Cervical Cancer Prevention Week 20-26 January 2020

This week is the annual cervical cancer prevention week and we encourage you to share information below about prevention of cervical cancer and how women can reduce their risk.

The lifetime risk of developing cervical cancer is 1/139 for women in the UK. Cervical cancer incidence decreased by nearly half between the late 1980s until the early 2000s, but the last decade has seen an increase in rates in younger women. The most effective form of prevention is regular screening along with HPV immunisation from age 12.

Cervical cancer can be prevented by:

- Attending [cervical screening](https://www.nhs.uk/conditions/cervical-screening/) when invited  
<https://www.nhs.uk/conditions/cervical-screening/>
- Knowing the signs and symptoms of cervical cancer and seeking medical advice if they experience:
  - Abnormal bleeding: during or after sexual intercourse, or between periods
  - Post-menopausal bleeding
  - Unusual vaginal discharge
  - Discomfort or pain during sexual intercourse
  - Lower back pain
- Receiving the [HPV vaccination](https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/) if aged 11-18  
<https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/>
- Knowing where to [find support](https://www.jostrust.org.uk/get-support) and further information  
<https://www.jostrust.org.uk/get-support>

**Cervical Screening**

Offered to women aged 25-49 every 3 years and to women aged 50-64 every 5 years.

Women can contact their GP practice for further information or to book an appointment

## NHS Cervical Screening

Cervical screening coverage in London in women aged 25-64 was 65.2% in 2017/18 (England 71.7%).  
The national target is 80%.

**HPV testing** is used to identify women with low grade or borderline results who might be at a higher risk of developing cervical cancer. Women who are HPV positive are referred to colposcopy. Those who test negative for HPV don't need treatment or follow up.

**HPV is common.** For most people it causes no symptoms and goes away on its own. Types 16 and 18 cause about 7 out of 10 cancers of the cervix. Most women with high risk HPV don't develop cervical cancer.

### Good Practice Screening Guide

<https://www.healthy london.org/resource/good-practice-screening-guide-breast-cervical-bowel/>

### Cervical screening for people who are transgender

Trans is a general term for people whose gender is different from the gender assigned to them at birth.

- ✓ Information for transgender people about screening is here:  
<https://www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people>
- ✓ **Trans men (born female) who still have a cervix should continue regular cervical screening:**
  - A trans man registered as female will receive invitations for cervical screening between the ages of 25 and 64
  - A trans man registered as male who remains eligible for screening will not receive automatic invitations and will need to request screening appointments at the practice.  
For people in this group, contact the screening laboratory directly, advising them of a sample being sent for a trans person with a cervix. Include on the request form "patient has a cervix."
- ✓ Trans women (born male) registered as female will receive invitations for cervical screening but will not be eligible. Discuss this with the woman and follow the guidance for excluding women without a cervix  
<https://www.csas.nhs.uk/support/>

### Cervical screening for people with additional needs

People with physical or learning disabilities or with mental health problems may find it difficult to access cancer screening. There are significant differences in cancer screening coverage between populations with a learning disability (LD) and non-LD populations in London.

Practices can support women with learning disabilities to access cervical screening:

- ✓ Arrange preliminary visits to the practice for women with special needs at a quiet time to familiarise them with the cervical screening room and equipment.
- ✓ Book longer cervical screening appointments for women with special or additional needs.
- ✓ Use pictorial guides designed to support people with learning disabilities.  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/790791/CS\\_P05\\_an\\_easy\\_guide\\_to\\_cervical\\_screening.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/790791/CS_P05_an_easy_guide_to_cervical_screening.pdf)

Guidance for women with learning disabilities to access cervical screening can be found at:

<https://www.gov.uk/government/publications/cervical-screening-supporting-women-with-learning-disabilities/supporting-women-with-learning-disabilities-to-access-cervical-screening>

The **Good Practice Screening Guide** has been updated and is available via the HLP website

<https://www.healthylondon.org/resource/good-practice-screening-guide-breast-cervical-bowel/>

The guide has been endorsed by the RCGP, has up to date information on the three cancer screening programmes, including the recent changes to bowel and cervical and provides primary care with practical evidence-based recommendations representing the current best practice in cancer screening.



**Good Practice Guide for Breast, Cervical and Bowel Cancer Screening in Primary Care**

4<sup>th</sup> Edition  
January 2020

Jo's Cervical Cancer Trust is raising awareness of cervical cancer prevention this week through their #SmearForSmear campaign:



## #SmearForSmear

Over the last few years Jo's Trust has asked you to smear your lipstick, this year they're doing something different...

Smear tests can prevent cervical cancer and Jo's Trust want as many people as possible to understand what the test is for, but they also want them to feel informed and comfortable when they get their results. That means knowing what HPV is.

This year they want to smear the stigma and myths that exist around smear tests and HPV. 80% of us will have HPV in our lives, and for something so common there shouldn't be so much shame, fear and confusion around it.

### How to get involved with the Jo's Trust campaign

Embarrassing, rare, dirty, scary. These are just some of the words people can associate with HPV. They want to smear the stigma and get the facts out.

During the campaign (20 – 26 January) you can share a lipstick smear, one of their graphics below or smear your own myths. Smear your makeup, paint, whatever you have - it's up to you! Just don't forget to use #SmearForSmear and tag us - [@JoTrust on Twitter](#) and [@JosCervicalCancerTrust on Instagram](#). You might want to share your own experience or a tip to help someone feeling nervous about their smear test.



- [Download Myth graphic for Twitter >](#)
- [Download Myth graphic for Instagram >](#)
- [Download Myth graphic for Instagram story >](#)
- [Download Stigma graphic for Twitter >](#)
- [Download Stigma graphic for Instagram >](#)
- [Download Stigma graphic for Instagram story >](#)

## Suggested posts

80% of us get HPV, so why is there so much stigma around the virus? Let's smear the myths and start again. Join #SmearForSmear to help @JoTrust share the facts: [jostrust.org.uk/smearforsmear](https://jostrust.org.uk/smearforsmear)

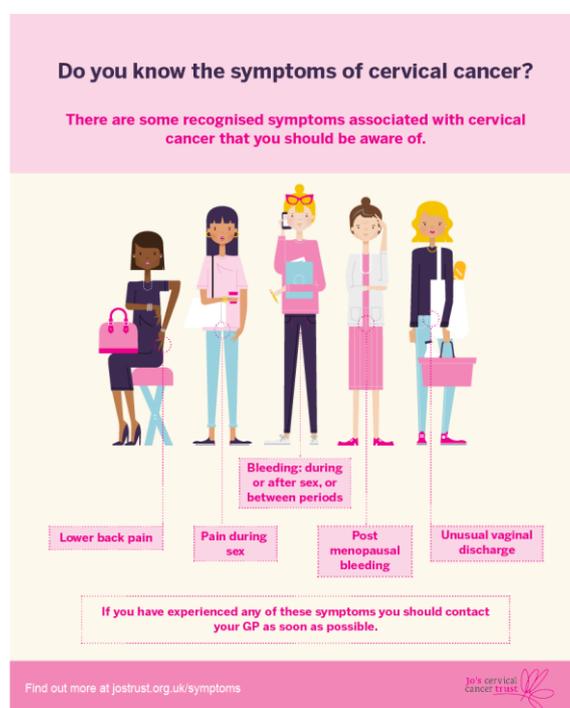
Let's smear the stigma around HPV!

Join #SmearForSmear and help @JoTrust share the facts. Smear a myth you've heard and post it with a HPV fact: [jostrust.org.uk/smearforsmear](https://jostrust.org.uk/smearforsmear)

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## Get the facts about HPV

- At some point in our lives, 4 out of 5 (80%) of us will get at least one type of HPV.
- In most cases the immune system will get rid of it. Around 90% of HPV infections clear within 2 years.
- HPV infections do not usually have any symptoms, so you may not even know you had it.
- HPV lives on our skin, so it is easy to get and difficult to completely protect against.
- You are at risk of getting HPV from your first sexual contact, whatever that is – it doesn't have to be penetrative sex.
- We can have HPV for a long time without knowing about it, so it is hard to know when we got HPV or who we got it from.
- Cervical screening (a smear test) can find a high-risk HPV virus and changes early, before it develops into cancer.
- For more information: <https://www.jostrust.org.uk/information/hpv>.



**Do you know the symptoms of cervical cancer?**

There are some recognised symptoms associated with cervical cancer that you should be aware of.

The infographic features five diverse women standing in a row. Below them are four callout boxes with symptoms: 'Lower back pain', 'Pain during sex', 'Bleeding: during or after sex, or between periods', and 'Post menopausal bleeding'. To the right, another callout box says 'Unusual vaginal discharge'. At the bottom, a box states: 'If you have experienced any of these symptoms you should contact your GP as soon as possible.' The footer includes the text 'Find out more at [jostrust.org.uk/symptoms](https://jostrust.org.uk/symptoms)' and the 'Jo's cervical cancer trust' logo.

**Does this briefing work for you?**

**[Click here to take our 3 minute survey](#)**