



PHILA MA

CERVICAL CANCER SCREENING

HEALTH

KwaZulu-Natal

VISION

To provide effective screening and treatment of pre-malignant lesions to all women age 30 years and older thus reducing morbidity and mortality among women in Kwa-Zulu Natal.

What is Cervical cancer?

Cervical cancer is the most common cancer in women accounting for 18.5% of all cancers. It is the leading cause of cancer deaths in South African women.

Risk factors

A woman is at risk of developing cervical cancer if:

- Multiple sexual partners without a condom
- Having sexual relation before the age of 18
- Smoking
- Weakened immune system
- Vaginal douching
- Chemical exposure

Symptoms of cervical cancer

- Abnormal vaginal discharge
- Heavier long lasting period
- Unusual vaginal bleeding
- Pelvic pain

Abnormal bleeding may occur

- Between menstrual period
- After menopause
- After intercourse
- After a pelvic examination

Treatment

The main types of cervical cancer treatment are:

- Surgery, which include total hysterectomy
- Radiation therapy
- Chemotherapy

Prevention is better than cure

- Cervical cancer is preventable, treatable if detected early

The Department of Health encourages all young women of child bearing age to visit their health facilities in order to be checked as regularly as possible.

COME AND HAVE A PAP SMEAR

- Pap smear is a simple, quick vaginal examination to check the cervix is healthy
- A special instrument called a speculum is used to hold the vagina opening so that the doctor or nurse can see the cervix
- Some cells are gently wiped off the cervix and sent to a laboratory for testing
- The results of this test will be sent back to your clinic. Remember to go back for your results.

Why should a woman go for a pap smear?

- Pap smears detect abnormal cells that may later become cancer of the cervix

Your health right

- You are entitled to 3 free Pap smears in your life time, one every 10 years starting at 30 years,
- If HIV positive you are entitled to a free pap smear every year
- To be treated with dignity, respect and privacy when going for your pap smear
- Ask the health care provider to explain the procedure to you

YOUR RESPONSIBILITIES

- You must take responsibility for your own health
- You must go back for the results of your pap smear
- You must go for any follow up treatment if advised to do so
- You must give correct contact details to the health service provider so that they can find you if you need further treatment



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UKUHLOLA UMDLAVUZA WESIBELETHO

HEALTH

KwaZulu-Natal

UMBONO

Ukuhlola abesifazane ngokusezingeni eliphezulu nokwelapha izimpawu ezingaholela ukuthi owesifazane abe nomdlavuza kuwo wonke umuntu wesifazane kusukela eminyakeni engu-30 nangaphezulu ukuze silwe nezifo nokufa kwabantu besifazane KwaZulu-Natal.

Yini umdlavuza womlomo wesibelesho?

Lolu hlobo lomdlavuza lujwayelekile kwabesifazane futhi lingamaphesenti ayi 18.5 uma liqhathaniswa neminye imidlavuza. Yilolu hlobo lomdlavuza oluhamba phambili ekubulaleni abesifazane base Ningizimu Afrika

Izinto ezenza amathuba okuhlaselela wumdlavuza wesibelesho abe maningi kwabesifazane

Maningi amathuba okuthi umuntu wesifazane abe nomdlavuza uma:

- Eya ocansini nabantu abanengi ngaphandle kwejazi lomkhenkheni
- Uzimbandakanya ocansini ngaphambili kokuba neminyaka engu 18
- Ukubhema
- Amasosha akho omzimba ephansi
- Ufaka izitaputapu esithweni sangasese
- Usebenza ngamakhemikhali

Izimpawu zomdlavuza wesibelesho

- Ukuphuma koketshezi esithweni sangasese okungajwayelekile
- Ukopha kakhulu izinsuku eziningi uma uya esikhathini
- Ukopha okungajwayelekile esithweni sangasese
- Ubuhlungu besibelesho

Ukopha okungajwayelekile kungenzeka

- Ngemuva kokuba ubusudelele ukuya esikhathini
- Ukopha ukade usavaleka ukuya esikhathini
- Ngemuva kokuya ocansini
- Ngemuva kokuhlola isibelesho

Ukwelashwa

Izindlela okujwayeleke ukwelashwa ngazo umdlavuza wesibelesho yilezi:

- Ukuhlinzwa
- Ukushiswa komdlavuza

UmNyango wezeMpilo ugququzela bonke abantu besifazane abasezingeni lokuthola abantwana ukuthi bavakashele izikhungo zezempilo eziseduzane ukuze bahlolwe ngokufanele.

UKUVIKELA KUNGCONO
KUNOKWELAPHA

Umdlavuza womlomo wesibelesho ungavikeleka, uyalapheka uma usheshe wabonakala

Woza uzokwenza iPap smear

- IPap smear indlela elula yokuthi kuxilonga isitho sangasese ukuze kubhekwe ukuthi awukho yini umdlavuza nokuthi isibelesho siphille yini
- Umhlangikazi noma udokotela ushutheka isipopo esibizwa ngespeculum esithweni sangasese somuntu wesifazane ukuze akwazi ukubona umlomo wesibelesho
- Kwengulwa ingxenye yontwentsomi kwesibelesho oluthunyelwa kohlolwa esikhungweni sokucwaninga ukuthi ubungakhlaselela yini umdlavuza
- Impumela yakho kuhlolwa ithunyelwa emuva emtholampilo lapho ubuhlolwa khona umdlavuza. Khumbula ukubuyela kulo mtholampilo uyolanda impumela yocwaningo

Kungani kufanele umuntu wesifazane aye kokwenza iPap smear?

- IPap smear ivunza lezo zindawo ezonakele nezingaphenduka umdlavuza womlomo wesibelesho ngokuhamba kwesikhathi
- Ilungelo lakho lezempilo
- Kuvumelekile ukuthi wenziwe iPap smear kathathu mahhala ekuphileni kwakho, uhlolwa kanye eminyakeni eyi 10 kusukela uneminyaka engama 30
- Uma unegciwane lesandulela-nculazi, unelungelo lokuhlolwa njalo ngonyaka
- Unelungelo lokwelashwa ngesizotha ngenhlonipho futhi kwenzelwe endaweni esekusitheni uma wenza iPap smear
- Cela udokotela noma umhlangikazi akuchazele ngazokwenza uma enza iPap smear.

Okungumthwalo wakho

- Kumele unakekele impilo yakho
- Kumele uyolanda impumela emva kokuhlola umdlavuza wesibelesho
- Kufanele ubuyele emtholampilo yokwelashwa uma welulekwe kanjalo
- Kumele uhlinzeka abasebenzi bezempilo ngeminyangwane egondile ukuze bakwazi ukuxhumana nawe uma kukhona okunye

**TOLL FREE NUMBER
0800 00 5133**

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