



Cervical Cancer Vaccination



Cancer prevention may not be a top priority for teenagers, but it may be beneficial to consider being protected against one of the most common cancers among women in Singapore.

Cancer of the cervix, or better known as cervical cancer, impacts a

significant number of women globally. It develops when atypical cells in the lining of the cervix start to multiply abnormally and become cancerous.

Young women can be protected from cervical cancer through vaccination and regular screening tests.

What causes cervical cancer?

The Human Papillomavirus (HPV) is a primary cause of cervical cancers. Various types of HPV exist, with some being harmless while others can lead to genital diseases.

The latter may result in common, plantar, and genital warts, pre-cancerous changes, or even cancerous growths in the cervix, depending on the specific HPV type.

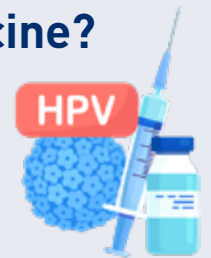
Transmission of HPV causing cervical cancer occurs through sexual contact. There is no direct treatment for HPV infections; it is cleared by the body's immune system.



Who is eligible for the HPV vaccine?

Although the vaccines are more effective when given at a younger age between 9 and 14 years old, males and females up to 26 years old are advised to be vaccinated. It is also ideal for the vaccine to be administered before the first sexual contact. This will allow the immune system to be activated before one contracts HPV.

There are three recommended types of vaccines available: Cervarix, Gardasil and Gardasil-9*.



*Gardasil-9 is approved to be administered in both males and females up to 45 years old in Singapore and United States of America.

How is the vaccine administered?

The HPV vaccine is given over three injections within six months. Cervarix is administered at 0, 1 and 6 months interval while Gardasil and Gardasil-9 at 0, 2 and 6 months.

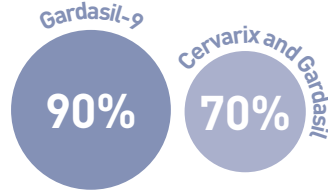
Is the vaccine safe?

The vaccine has been proven to be safe. There are only common minor side effects such as soreness at the site of injection.



Will I be fully protected from all cervical cancers after being vaccinated?

No. Cervarix and Gardasil only provide protection against the two major HPV virus types that cause 70% of all cervical cancers while Gardasil-9 protects against 90%. Routine screening through Pap smear and HPV tests remains important.

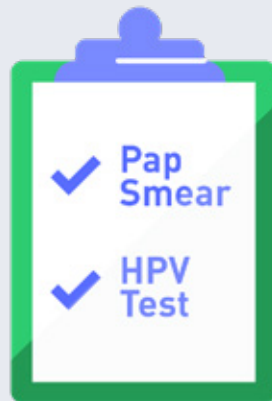


What screening tests are available for cervical cancer?

A Pap smear is a simple test whereby cells from the surface of the cervix are collected and examined for abnormalities under the microscope. It is recommended for sexually active women between 25 and 29 years old.

An HPV test detects the presence of HPV infection. It is advised for women aged between 30 and 69 years old to be tested every 5 years.

Any abnormal Pap or HPV test results will require further investigations.



Notes

Notes

About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System’s (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1
Contact +65 6772 5000

Women’s Clinic – Emerald/Ruby

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-06
Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)
Email appointment@nuhs.edu.sg

Women’s Clinic – Sapphire

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-03
Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)
Email appointment@nuhs.edu.sg

Women’s Clinic – Jade [Former Clinic G]

Location NUH Kent Ridge Wing, Zone C, Level 3, C03-02
Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri)
Email appointment@nuhs.edu.sg

Fetal Care Centre

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-04
Operating Hours 8am – 5.30pm (Mon to Thu), 8am – 5pm (Fri)
Email appointment@nuhs.edu.sg

Clinic for Human Reproduction

Location NUH Kent Ridge Wing, Zone D, Level 4, D04-02
Operating Hours 8am – 5pm (Mon to Fri), 8.30am – 12.30pm (Sat)

Women’s Clinic @ JMC

Location Jurong Medical Centre, Level 2
Operating Hours 8.50am – 11.30pm (Tue & Thu), 2pm – 5pm (Mon & Fri)

Jurong Clinic for Women

Location 130 Jurong Gateway, #01-231
Operating Hours 9am – 12pm, 2pm – 5pm (Mon to Sat), 6pm – 9pm (Mon to Thu)
General Enquiry +65 6665 4277
Appointment Line +65 6908 2222
Email appointment@nuhs.edu.sg

GS @ NTFGH

Location Ng Teng Fong General Hospital, Tower A – Specialist Outpatient Clinics, Level 7
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
Appointment Line +65 6908 2222
Email appointment@nuhs.edu.sg

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital &
Jurong Community Hospital
Alexandra Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



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OneNUHS Hotline: (65) 6908 2222
OneNUHS General Enquiries: contactus@nuhs.edu.sg
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