Screening for cervical cancer

Result
Results

This brochure gives information about the different results of the screening and HPV.

Read the information about the result you received. Do you still have questions after reading the information in this brochure? Please contact your family doctor or visit:

www.bevolkingsonderzoek-baarmoederhalskanker.nl

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What is HPV?

HPV is the abbreviation for human papilloma virus. It is the virus that may cause cervical cancer. HPV occurs frequently. Nearly everyone has HPV at one point in time. The body is usually able to clean up the virus on its own within two years.

How do you get it?
The virus is transmitted through sexual contact. The virus is located in the pubic area. You can also get it by skin-to-skin contact at the lower part of the body.

Is there medication against HPV?
No, there is no medication against HPV. The body is nearly always able to clean up the virus on its own.

How contagious is HPV?
HPV is very contagious. Everyone who has sexual contact can get HPV. 8 out of 10 men and women have HPV at some point in their lives. You cannot actually prevent it.

Can I become pregnant when I have HPV?
HPV does not prevent you from becoming pregnant. In very few cases, HPV is transmitted from mother to child at birth, but this is rare.

Should I tell my partner or ex-partner that I have HPV?
Nearly everyone gets HPV at one point in time. It is nothing serious, because the body usually clean up the virus again on its own. Therefore, you do not have to tell your partner or ex-partner that you have it.
HPV

• Nearly everyone is infected with HPV at one point in time.
• You will not notice when you are infected with HPV.
• Usually, the body is able to clean up HPV again within two years.
• HPV cannot be treated. There is no medication against it.
• It is difficult to know by whom and when you were infected by HPV. It may be more than 10 years ago that you were infected with the virus.
• HPV may change cells in the cervix. This may develop into a preliminary stage and finally into cervical cancer.

Cervical cancer

• Cervical cancer is not hereditary.
• Cervical cancer is caused by a long-lasting HPV infection.
• It takes a long time before HPV can develop into cervical cancer, usually at least 15 years.
• The cervical cancer remains in a preliminary stage for a long time. Treatment at this stage can prevent the development of cervical cancer.
HPV infection

HPV occurs frequently. In 8 out of 10 women, the body is able to clear the HPV infection on its own.

Usually, the body is able to clean up the virus on its own

Sometimes, the body does not clean up the virus in the cells

The body is able to clean up mildly or moderately abnormal cells on its own.

Mildly to moderately abnormal cells

Moderately to severely abnormal cells

Cervical cancer may develop in about 15 years

Cervical cancer

The HPV enters the cells

HPV may change the cells in the cervix

Usually, the body is able to clean up the virus on its own within two years

Magnification of healthy cells in the cervix

Cervix & opening of uterus

HPV Abnormal cell

Vagina

Ovaries

Opening of uterus

Uterus

Magnification of healthy cells in the cervix

Cervix & opening of uterus

HPV

Abnormal cell
**HPV detected, no abnormal cells**

**Your result is:**
HPV (human papilloma virus) has been detected, but no abnormal cells.

No abnormal cells have been detected. This means that there are no indications that you have cervical cancer or a preliminary stage of it.

HPV has been detected. Usually, the body is able to clean up this virus on its own. If this does not happen, the cells in your cervix may change. To check this, it is therefore important that you have a smear test performed again in six months.

5 out of 100 women get this result.

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**Control smear test in six months**

You will receive an invitation for a smear test at the general practice in six months. We will then check whether the cells still look normal. This is the case in most women. In that case, further examination is not necessary. You will receive an invitation for the screening again in five years.

Sometimes, however, abnormal cells are detected in the control smear test. In that case, further examination at the gynaecologist is necessary.

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**The subsequent steps:**
**A control smear test**

- HPV detected, no abnormal cells
- Control smear test in six months
- No abnormal cells
- Abnormal cells detected
- Further examination by gynaecologist
- New invitation in five years
HPV and mildly abnormal cells detected

Your result is:
HPV (human papilloma virus) has been detected. The smear test also detected mildly abnormal cells.

As a result of the HPV, mildly abnormal cells have developed in your cervix. There are no indications that you have cervical cancer. It is important to have the gynaecologist examine you further. The gynaecologist will use a colposcope (a kind of microscope) to examine whether there are no abnormalities in the cervix. This will show whether treatment is necessary.

The gynaecologist usually recommends returning after 6 or 12 months for a control smear test to check whether the cells in the cervix are normal again. Sometimes, it is necessary to treat the abnormal cells. The gynaecologist will tell you more about this.

Fewer than 2 out of 100 women get this result.

• Contact your family doctor about this result.
• The family doctor will refer you to the gynaecologist.
• Write down any questions you have.

The subsequent steps:
Examination at the gynaecologist (see pages 16 and 17)

Further examination required at the gynaecologist (see pages 16 and 17)

Under the gynaecologist’s supervision
HPV and abnormal cells detected

Your result is:
HPV (human papilloma virus) has been detected. The smear test also detected abnormal cells.

As a result of the HPV, abnormal cells have developed in your cervix. You may be worried about this. This is often a preliminary stage of cervical cancer. A preliminary stage is not yet cervical cancer, and can usually be treated well and easily. Treatment may prevent the development of cervical cancer.

In very few cases, it is cervical cancer. Early detection often enables better treatment of cervical cancer. The consequences are usually less serious. Your family doctor can tell you more about the result.

1%
Fewer than 1 out of 100 women get this result.

If you received this result, it is important that you go to a gynaecologist for further examination. The gynaecologist will use a colposcope (a kind of microscope) to determine how severe the abnormalities in the cervix are. They will then decide which treatment is necessary.

- The family doctor will refer you to the gynaecologist.
  Write down any questions you have.

The subsequent steps:
Examination at the gynaecologist
(see pages 16 and 17)

- Result: HPV and mildly abnormal cells detected
- Further examination required at the gynaecologist
  (see pages 16 and 17)
- Under supervision or further treatment at the gynaecologist
Further examination at the gynaecologist

The gynaecologist will examine the cervix to gain a better insight into what is going on. A kind of microscope (a colposcope) will be used to enable closer examination of the cervix tissue.

Removing tissue (a biopsy)
If the gynaecologist sees any abnormalities, a sample of tissue will be taken for further examination. The tissue will be examined further to determine how severe the abnormal cells are. And to decide whether further treatment is necessary.

Treatment
You may be treated immediately at your first appointment. Or a follow-up appointment will be made. During the treatment, the abnormal tissue is removed. This is usually done under local anaesthesia. Further treatment is usually no longer necessary. You will continue to be supervised at the gynaecologist.

Sometimes, however, further treatment is necessary. This depends on the severity of the abnormalities. The gynaecologist furthermore takes the following into consideration:
• The size of the abnormal cells
• Your age
• Whether you wish to become pregnant in the short term

AT THE GYNAECOLOGIST
The gynaecologist will give you a more detailed explanation of the examination.

EXAMINATION
Colposcope
The gynaecologist will use a kind of microscope to examine the tissue of the cervix.

If the gynaecologist sees abnormalities, a sample of tissue will be taken for further examination.
More information

For more information about the screening, HPV, and cervical cancer please visit www.bevolkingsonderzoekbaarmoederhalskanker.nl

It is best to put any medical questions to your family doctor or gynaecologist. You can call the screening organisation’s information line for practical questions. You will find the contact details of the screening organisation in your region in your letter with the result.

Websites to consult
www.thuisarts.nl
www.nvog.nl
www.olijf.nl
www.kwf.nl
www.bevolkingsonderzoekbaarmoederhalskanker.nl

Some of the figures in this brochure are estimations based on screenings in previous years and studies. These figures are adjusted annually on the basis of recent calculations.

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Information in other languages

You can read this information in English/Turkish/Arabic at:
This information is available in English at:
Bu bilgiyi Türkçe olarak şu internet sitesinde okuyabilirsiniz:

يمكنكم قراءة هذه المعلومات باللغة العربية على الموقع:

www.bevolkingsonderzoekbaarmoederhalskanker.nl

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