

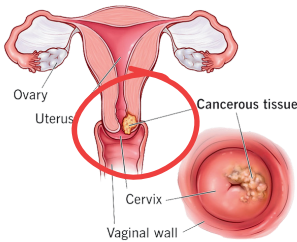
# CERVICAL CANCER



What is cervical cancer?

**2**<sup>ND</sup>

**Leading Cause of Cancer-Related Deaths Among Women in India**



Cervical cancer starts in the cervix, the lower part of the uterus.

**Factors that may increase the risk of cervical cancer:**



Human papillomavirus (HPV) infection



Being sexually active at a younger age



Having multiple sexual partners



Poor genital hygiene



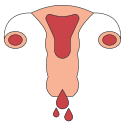
Smoking or tobacco use



Long-term use of oral contraceptives

## SIGNS TO WATCH FOR

*Early-stage cervical cancer may not show symptoms.*



Unusual bleeding before or after periods



White discharge with a foul smell



Pain in the lower abdomen



Pain during or after physical intimacy



Bleeding after menopause

## HOW CAN IT BE PREVENTED?



Good Genital Hygiene Habits



Human Papillomavirus (HPV) Vaccination



Pap Smear Test

**Early Detection Can Save Lives**

*If you notice any unusual change, do not ignore it. Consult a doctor.*

## HPV VACCINATION SCHEDULE

Age Group	Dose Schedule
9–14 years	2 doses (6–12 months apart)
15–26 years	3 doses (0, 2, and 6 months)
27–45 years	Can be taken after consulting a doctor

## WHAT IS HPV?



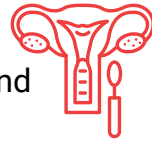
**Human Papillomavirus (HPV)** is a common virus that can increase the risk of cervical cancer. The HPV vaccine helps protect against this virus.

## HOW CAN IT BE DETECTED EARLY?

### PAP SMEAR TEST

A simple test to check the health of the cervix and detect early changes before cancer develops.

Safe, quick, and usually not painful.



**PREVENT. SCREEN. DETECT EARLY.**



Women aged 21–65 should get a regular Pap smear test **every 3 years** or as advised by a doctor.

# BREAST SELF-CHECK

*Check Early. Stay Aware.*

## WHY SELF-CHECK?

More than

**60%**

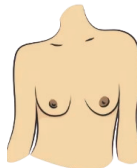
of breast cancer cases in India are diagnosed late. Early detection through regular self-checks and screening can improve treatment outcomes.

### STEP 1: LOOK

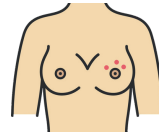
Remove your upper clothing, stand in front of a mirror in a private place, relax your shoulders, and check for these signs.



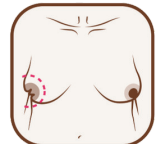
Swelling or lump



Changes in breast shape or size



Skin redness or rash



Nipple turning inward

### STEP 2: FEEL



You can lie down on a bed and use the flat part of the 4 fingers shown in the image.

Apply light to medium pressure and check the entire breast and underarm area.

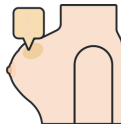


Use the flat part of 4 fingers and move gently in circular motions to feel for any unusual lump or thick area in your breast or underarm.

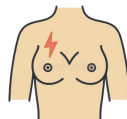
### STEP 3: NOTICE

A lump may feel hard, soft, or thick and may feel different from the surrounding area.

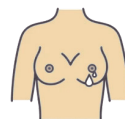
Some lumps may be painful, while others may not hurt at all.



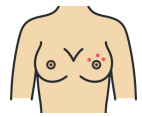
A lump or thick area near your breast or underarm



Pain in the breast or underarm



Gently press the nipple and check for any unusual discharge or fluid.



Skin redness, rash, or changes in the breast

**Early Detection Can Save Lives**

*If you notice any unusual change, do not ignore it. Consult a doctor.*

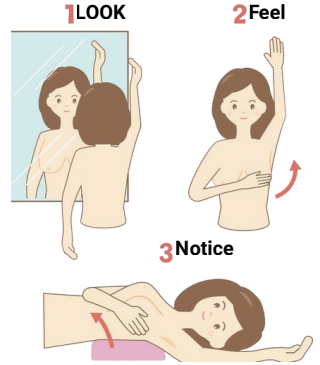
## DO A BREAST SELF-CHECK ONCE EVERY MONTH.

### If you get periods:

Do the self-check on the 3rd–5th day after your periods end.

### After menopause:

Choose one fixed date every month for your self-check.



This leaflet has been created for the purpose of awareness & education on Breast Self-Examination.

The images used in this leaflet are for illustrative purposes only and are intended to demonstrate the self-examination process.

## ABOUT MOC CANCER CARE FOUNDATION

MOC Cancer Care Foundation is a non-profit organization working towards early cancer detection and improving access to timely care for underserved communities through:



**OncoRaksha™**

Focused on cancer awareness, early detection, and preventive care through:



**Cancer Screening and Early Detection**



**Vaccination Initiatives**



**Cancer Awareness and Education Sessions**



**OncoSahara™**

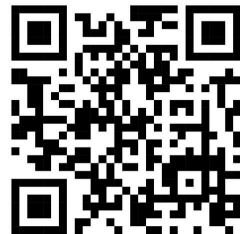
Focused on supporting individuals throughout their cancer care journey through:



**Patient Navigation and Support**



**Financial Assistance for Eligible Patients and Children**



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