

CERVICAL CANCER CAUSES AND PREVENTION METHODS

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Annotation

Cervical cancer and the virus that causes it are very dangerous. But you can protect yourself from this disease by following simple rules. The main causes of the disease. The causes that cause cervical cancer include: trauma to body parts, inflammations in the reproductive system, abortion, early sexual intercourse life and dangerous infections. However, in about 99 percent of cases, the main cause is the human papillomavirus (HPV).

Keywords: OPV, papilloma, VPCH, vagina, virus, vaccine, HPV, cancer. DNA test Pap test, . Visual tests.

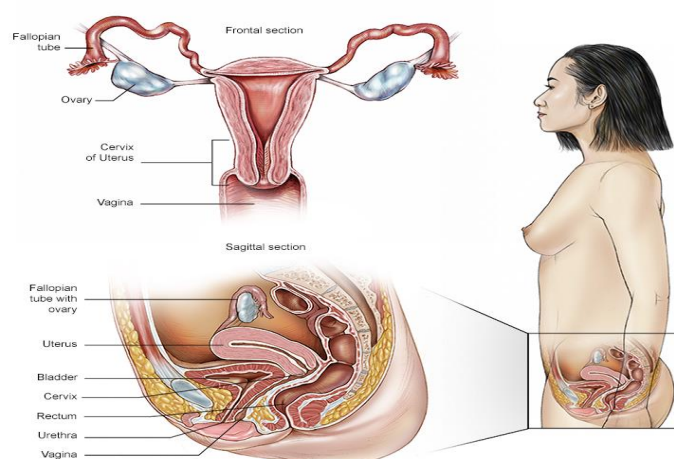


Figure 1. Structure of a healthy uterus

1) uterine tube; 2) ovary; 3) cervical canal; 4) cervix.

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Habits that cause an increase in the risk of cancer in the body pose a great risk to the body. Even protective equipment cannot protect against OPV. With the help of protective equipment, you can protect yourself from many dangerous diseases. Unfortunately, it is not possible to be 100% protected from OPV in this way, but it reduces the risk of infection. OPV is an incurable disease. Unfortunately, to date, there are no drugs with proven effectiveness that can completely cure OPV infection. But in most cases, the virus can disappear on its own. The infection and the disease can pass without symptoms.

One of the main manifestations of OPV is characterized by the appearance of papillomas and warts. But in some cases, the virus can develop latently for a long time and be a carrier without symptoms. Cervical cancer can be prevented. Cancer symptoms. Cervical cancer does not show any symptoms in the initial stages. As the cancer grows, the following symptoms may appear: Intermittent bleeding: Bleeding between periods. Bleeding after menopause. Watery and bloody discharge from the vagina.

1. Bad smell from the vagina 2. Abdominal pain in the lower part. 3. Lower back pain. 4. Heavier and longer menstrual bleeding.

In 2020, the National Health Organization of Russia launched a strategy to eliminate cervical cancer worldwide, which will provide countries with access to screening, OPV vaccination and high-tech treatment. The strategy specifically calls for increasing OPV vaccination coverage to 90 percent and screening programs to 70 percent. According to WHO experts, this could significantly reduce new cases of cervical cancer and prevent more than 5 million deaths by 2050. Persistent infections with HPV strains are a common cause of cervical cancer. In addition to HPV infection, there are other causes:

HIV

Suppressed immunity

Use of birth control pills (long-term)

Quit smoking.



A number of studies confirm that the risk of cervical cancer is higher in those who started smoking at an early age, and especially in those who are infected with oncogenic OPV.

All women should regularly undergo preventive examinations - once every six months, and at the very least, at least once a year. Oncological disease can be detected at an early stage due to timely referral to a doctor, which significantly increases the effectiveness of treatment. If a papilloma is detected, it is recommended to conduct a test for the detection of OPV or cryodestruction of neoplasms is prescribed. The main danger of the virus is that it penetrates into the deepest layers of the skin and mucous membranes, and it may not be felt for a long time.

Vaccination is the most effective preventive measure. Today, there are two vaccines against cervical cancer. Vaccination is the most effective way to prevent the disease. Every year in Uzbekistan, more than 42 percent of the two thousand women who are diagnosed with cervical cancer die. Cancer is diagnosed. Unfortunately, every year more than 585 women die from cervical cancer in the country. However, many of these cases were preventable. Human papillomavirus (HPV) is a common virus that causes almost 6 types of cancer in the next lifetime. It takes years, often decades, for cancer to develop after a person is infected with HPV. There is no way to predict whether someone with HPV will develop cancer or other health problems. HPV vaccines have been introduced in dozens of countries of all income groups for 20 years. HPV vaccination is very safe. The World Health Organization and the Ministry of Health of the Republic of Uzbekistan recommend two doses of HPV vaccine for 9-year-old girls.

In August 2019, the Ministry of Health, with the support of UNICEF, organized orientation meetings for the main group of trainers who train school teachers and medical workers in all regions of the country. UNICEF Uzbekistan

"Starting this fall, all nine-year-old girls, including those from disadvantaged groups, have had the opportunity to be vaccinated with the HPV vaccine, based on the principle of "leaving no girl behind." The vaccination campaign was held in schools and polyclinics. Mobile vaccination groups have been operating in all regions and districts of Uzbekistan to vaccinate girls who cannot come to schools or polyclinics for any reason. Important information for school teachers and medical staff, parents



and the public about HPV and the vaccine trainings were held to ensure that they deliver information.

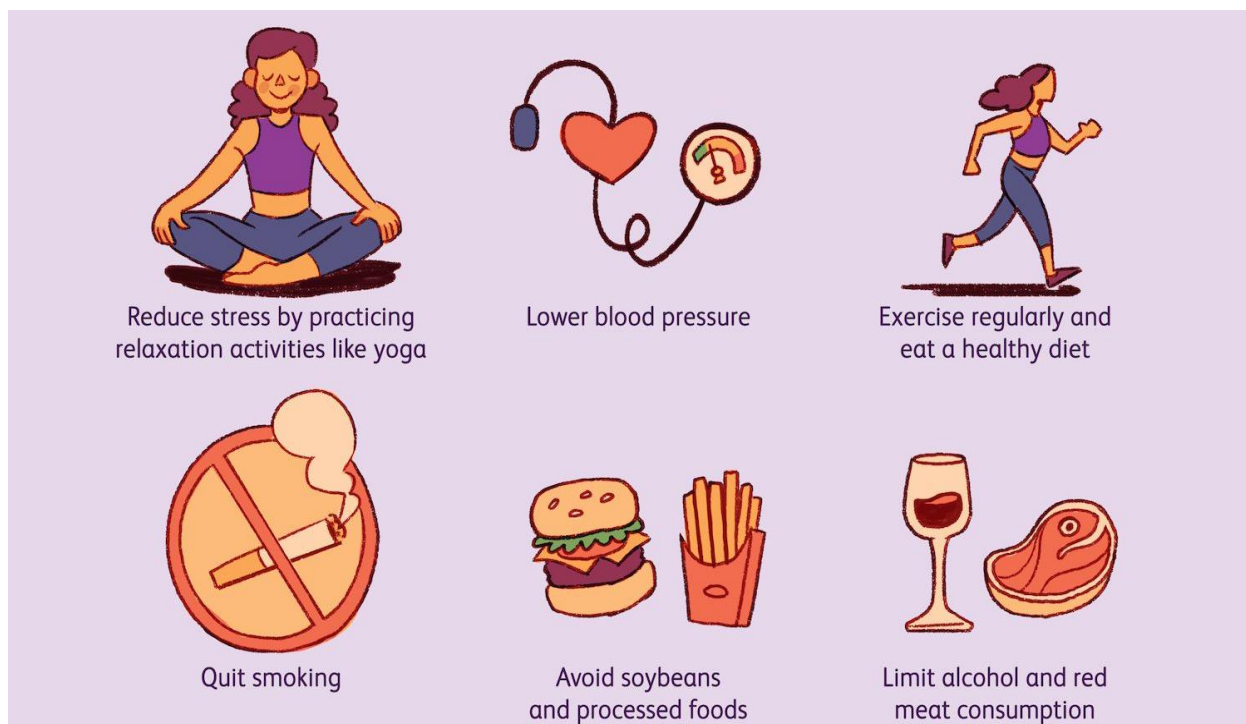


Figure 2. Prevention

Nargiza received her first vaccine against the human papilloma virus (HPV) at the age of 16 when she was studying at school in Tashkent.

Women between the ages of 21 and 29 should be screened for cervical cancer every 3 years. Women between the ages of 30 and 65 should be examined every 3-5 years, according to the gynecologist's recommendations. Women over the age of 65 may not require an examination if the test results have been negative in recent years. A gynecologist examines abnormalities in the cervix, uterus, and ovaries.

On November 17, Director General of the World Health Organization (WHO) Tedros Ghebreyesus spoke with world stars, patients who have experienced cervical disease, as well as representatives of non-governmental and scientific organizations in the effort to eliminate this serious disease. -called for mobilization of action. As in the case of the coronavirus, the essential tools needed to fight cervical cancer are limited: women and girls living in poor countries receive medical examinations differently than those living in rich countries, human papilloma virus (HPV) does not have the opportunity for vaccination and necessary treatment. This inequality is

evidenced by the fact that 9 out of 10 deaths from this type of cancer occur in low- and middle-income countries. only 13% of girls received the vaccine.

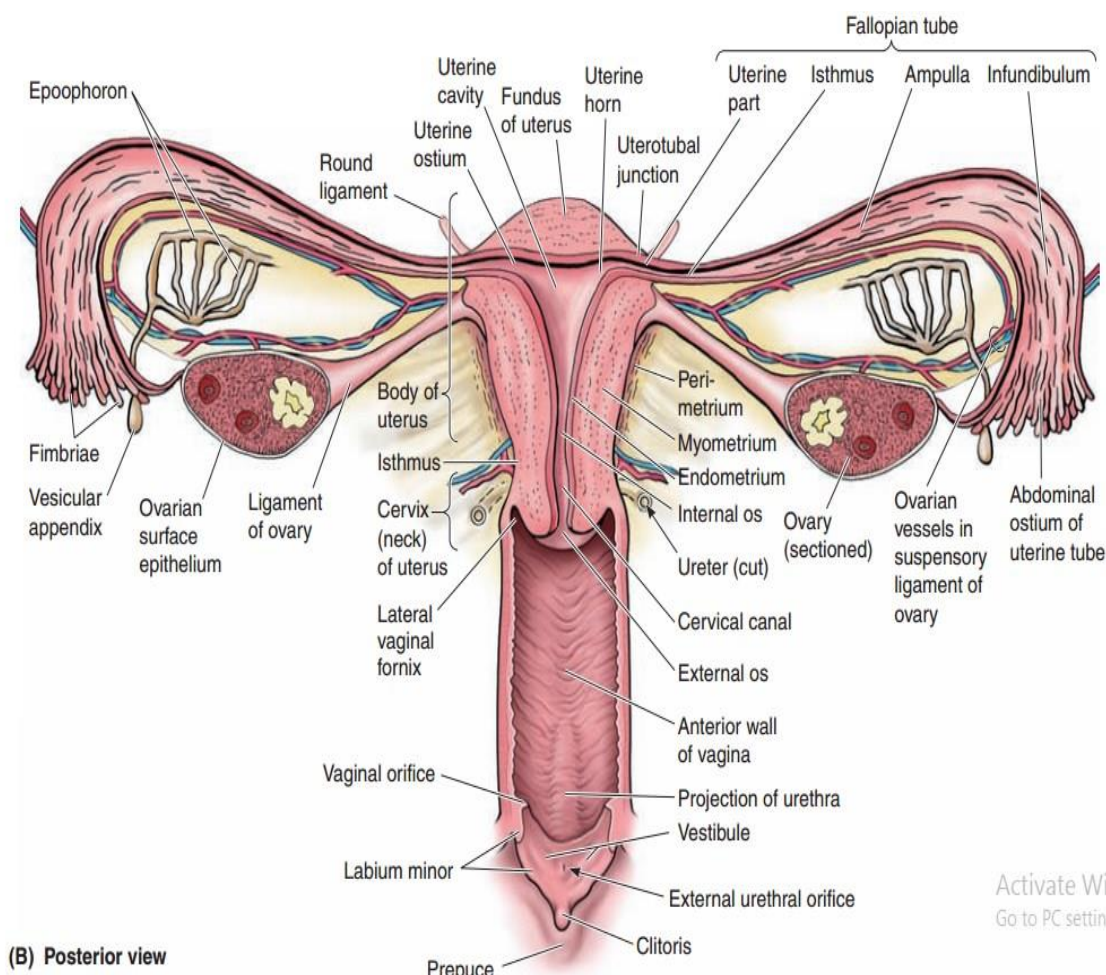


Figure 3. View of the damaged uterus:

About 80 countries, which account for almost two-thirds of the global disease burden, have not been vaccinated at all. "Cervical cancer is a serious disease, but it can be prevented with early detection. It is one of the types of cancer that can be successfully treated. "We have all the tools to make cervical cancer a thing of the past, but everyone who needs it should get it," said the WHO director general.

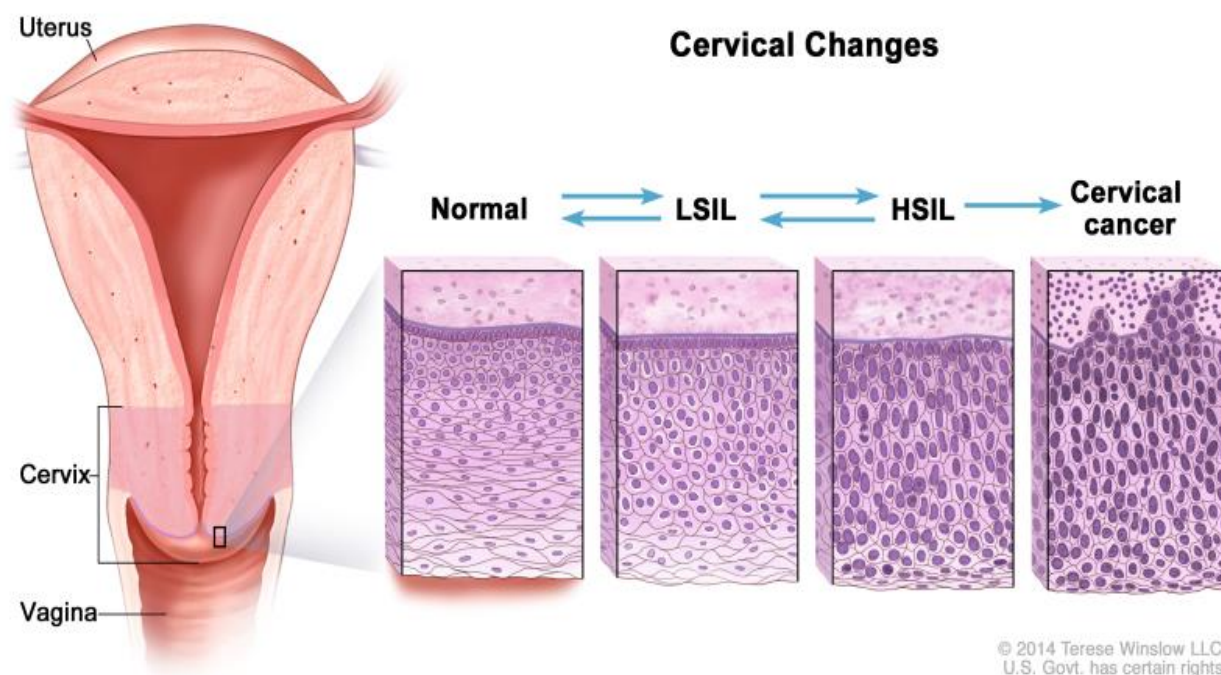


Fig. 4. Appearance of the virus under a microscope.

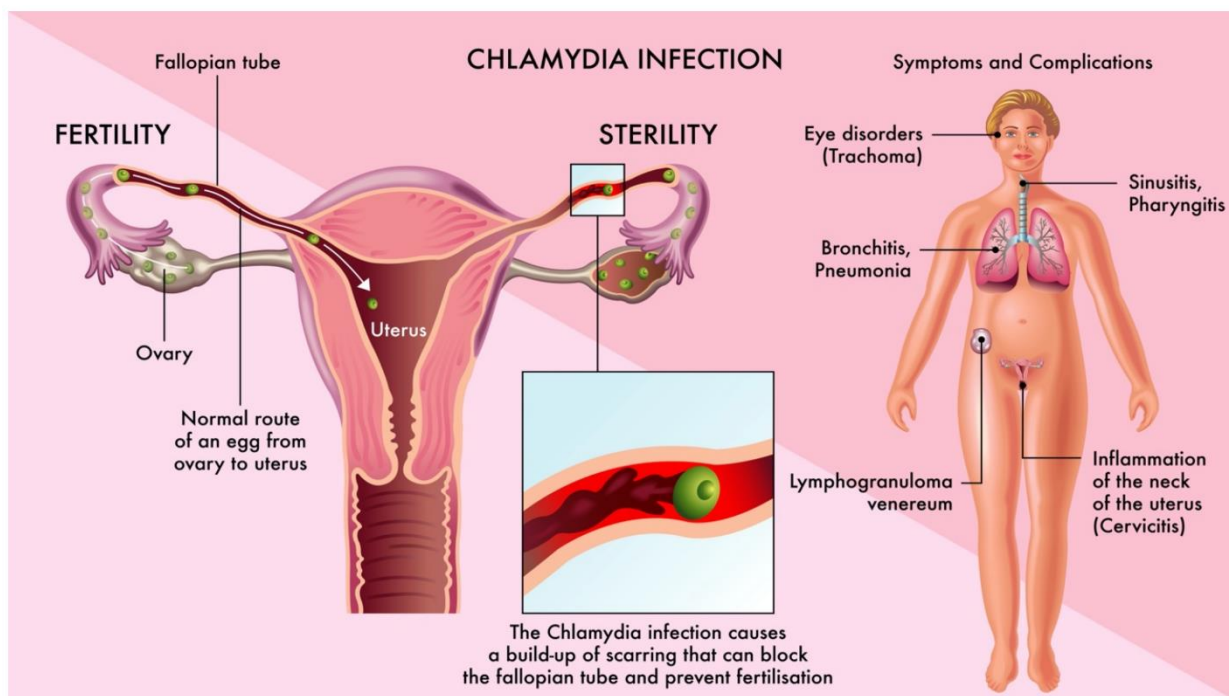


Fig. 5. The virus passes through the uterine tract and damages the uterus.

Research purpose: Cervical cancer is one of the serious diseases that threaten women's health. In 2018, there were about 570,000 new cases of cervical cancer in the world. More than 311,000 women die from this disease every year. Given the above, there are proven and effective strategies for the prevention of this type of cancer, including early adoption and prevention of cervical cancer. One of them is timely vaccination against human papilloma virus (OPV) and being careful. Uzbekistan has taken the first step in this regard, that is, from November of this year, 9-year-old girls will be vaccinated against this disease.

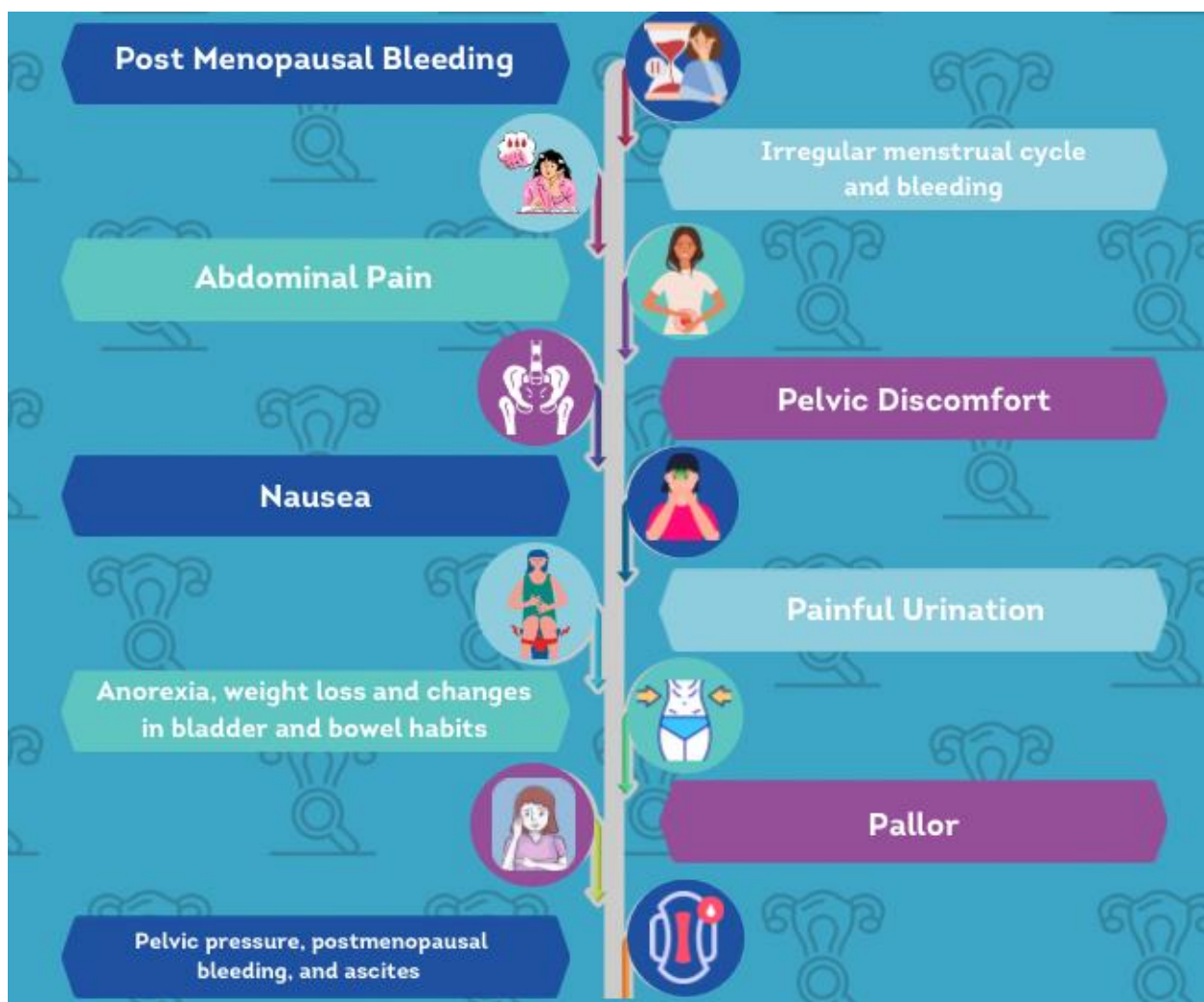


Figure 6. Complications.

Research materials and results: . DNA testing is one of the most effective ways to prevent and early detect cervical cancer in women and identify dangerous types of OPV. It is not recommended to take it before the age of 30. If the test is negative, you will need to have a Pap test every 3 years or a DNA and Pap test every 5 years. to bring back to life is to prolong life.

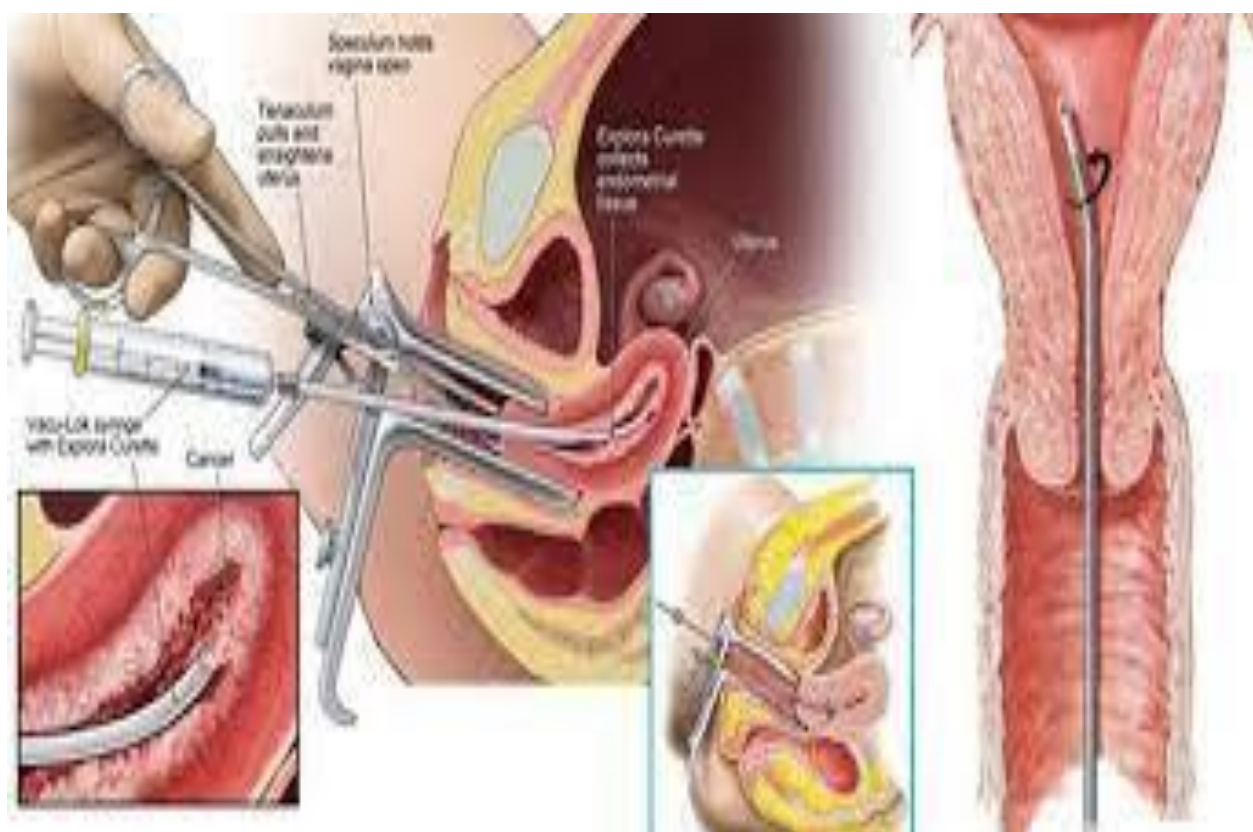


Figure 7. Test results.

Conclusion:

Writing this article, I came to the conclusion that. . First of all, knowing that this condition is very serious. Learn about the causes of cervical cancer and preventive measures. Cervical cancer is a serious disease, but it can be prevented by early detection. It is one of the types of cancer that can be successfully treated. We have the tools to make cervical cancer a thing of the past, but everyone who needs it should get it.

The main preventive measure of the disease includes early detection of cervical cancer and oncological screening. The examination should be carried out after reaching sexual maturity, but no later than 21 years of age. Taking an oncological smear from the cervix every year it is recommended to submit it once every 2-3 years if there is a negative result.

In addition, in the prevention of the disease, it is necessary not to engage in irregular sexual intercourse, to prevent sexually transmitted diseases, and to use contraceptives. It is recommended for women to undergo a gynecological examination at least twice a year. Young girls from 9 to 26 years old. Cervical cancer vaccination is one of the measures to prevent cancer

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