

子宮頸癌是什麼？

子宮頸位於子宮的底部，由不正常的子宮頸細胞演化成癌前病變及癌症，過程一般長達數年，但亦可少於一年。

子宮頸癌有何病徵？

子宮頸的癌前病變和早期癌症通常沒有病徵，但病人也可出現以下一種或多種徵狀：

- 陰道異常出血
- 在行經期間出現輕微出血或血點
- 經期較長及經血較多
- 出現異常陰道分泌物
- 性交後出血
- 性交時疼痛

由於在其他情況下例如受到感染亦可導致以上病徵，假如當以上情況出現或有懷疑病徵，應盡快向醫生求助。

子宮頸癌在香港有多普遍？

子宮頸癌是香港婦女第五位最常見癌症，佔女性癌症新症總數百分之四，每年有超過400名女性被診斷患上此症，是婦女癌症的第八號殺手。*

罹患子宮頸癌的風險因素

「人類乳頭狀瘤病毒」感染 (Human Papillomavirus，簡稱 HPV)：HPV 是一種常見的病毒，根據其遺傳基因排序，可分成超過100種類型，其中約有40種會在人類的生殖器官引起感染，有機會影響任何曾有性行為的女性，但感染初期通常沒有明顯的病徵。

HPV 是構成子宮頸癌最重要的因素，好幾種高危型 HPV 包括 HPV-16, HPV-18, HPV-31, HPV-33 及 HPV-45 會導致子宮頸癌的形成，大約有70%的子宮頸癌和60%的癌前病變是由 HPV-16 和 HPV-18 所導致的。*

此外，其他的風險因素還有：

- 較早開始有性行為
- 自己或性伴侶有多個性伴侶
- 吸煙
- 受愛滋病毒病毒感染
- 衣原體感染
- 少吃蔬果
- 服用口服避孕藥
- 多次生育
- 年齡遞增

子宮頸癌可以預防嗎？

大部份的子宮頸癌都是可以預防的，透過接受疫苗注射和減低 HPV 感染的風險，可以預防癌前病變和子宮頸癌的形成。定期進行子宮頸癌檢查，亦可及早檢測出不正常細胞，有助治療癌前病變。

避免風險因素

- 避免太早開始性行為
- 避免有過多的性伴侶
- 避免與有濫交習慣的性伴侶進行性行為
- 使用安全套作適當的保護
- 戒煙
- 多吃水果和蔬菜



預防子宮頸癌疫苗

預防子宮頸癌疫苗已成功研製，該疫苗有效地預防由 HPV-6 及 HPV-11 (低危型) 導致的濕疣，俗稱「椰菜花」和 HPV-16 及 HPV-18 (高危型) 所引致的子宮頸細胞病變。該疫苗適用於預防 HPV 感染 (在子宮頸細胞塗片檢查出現異常前)，並不能治療已存在的感染。最理想的情況是女性應在有性行為前接受疫苗注射，因為疫苗對未感染任何該4類 HPV 的女性所給予的保障最大。疫苗對已有性接觸的女性仍然是有益處的，儘管她們可能已感染一類或更多疫苗相關的 HPV，疫苗仍可防止她們染上其餘疫苗所覆蓋的 HPV 類別。只有少數女性會同時染上全部4類 HPV。



但要留意的是該疫苗不能預防所有導致子宮頸癌的 HPV；所以作定期的子宮頸細胞塗片檢查是必須的。如能及早發現，子宮頸癌是其中一種最能成功治癒的癌症。

子宮頸細胞塗片檢查 (柏氏塗片檢查)

柏氏子宮頸細胞檢查 (柏氏塗片) 是檢驗子宮頸癌和前期細胞病變的最重要檢查。

柏氏塗片檢查報告顯示異常後的進一步測試

假如柏氏塗片檢查報告顯示異常，妳便需要接受進一步的檢查確定是否癌前細胞病變或已演化成癌症。

陰道鏡檢查：醫生利用陰道鏡可清楚檢查子宮頸的表面，協助診斷。

癌前病變的治療：治療目的是把癌前細胞還未轉化成癌症前殺死而道絕癌症的發生。

治療方法可包括：

- 子宮頸錐狀切除手術
- 電環切除手術
- 冷凍治療
- 激光燒灼治療

子宮頸癌的治療可包括：

- 放射療法
- 化學療法
- 子宮切除手術



UMP Medical Services
聯合醫務

查詢電話

3110 2785

網址：www.ump.com.hk

*以上內容引述自香港衛生防護中心及衛生署子宮頸普查計劃之網站資訊

預防子宮頸癌

CERVICAL CANCER PREVENTION

HPV 4合1子宮頸癌疫苗及細胞塗片檢查
Quadrivalent HPV Vaccine & Cervical Screening



What is Cervical Cancer?

The cervix is the lower part of the uterus. Cancer of the cervix begins in the lining of the cervix and developed from pre-cancerous state that turn into cancer. This process usually takes several years but sometimes can happen in less than a year.

Symptoms of Cervical Cancer

Cervical pre-cancers and early cancers usually show no symptom. However, some patients can have one or more symptoms as follows:

- Abnormal vaginal bleeding
- Blood spots or light bleeding occur between periods
- Heavier and longer menstrual bleeding
- An unusual vaginal discharge
- Bleeding following intercourse
- Pain during intercourse

However, there are other conditions like infection can also cause the above signs and symptoms. If you have any of these signs or other suspicious symptoms, you should see your doctor as early as possible.

Cervical Cancer in Hong Kong

It is the fifth most common cancer in women of Hong Kong. It contributes about 4 percent of all new cancers in women. About 400 women are diagnosed with this cancer annually. It ranks the eighth leading cause of death in women.*

What are the Risk Factors for Cervical Cancer?

Human papillomavirus (HPV) infection: HPV is a commonly seen virus. Based on its DNA sequence, it can be classified as many as over 100 sub-types. Among them, there are about 40 sub-types will cause genital infection in human without any symptom in early stage. It is the most important risk factor for cervical cancer. Certain types of HPV can cause cancer of the cervix include HPV- 16, HPV- 18, HPV- 31, HPV- 33, and HPV- 45, as well as some others. Among those, HPV -16 and HPV-18 cause about 70% of all cervical cancers and around 60% of precancerous lesion.*

Besides, there are also other risk factors including:

- Having sex at an early age
- Having many sexual partners or having sex with a partner who has had many partners
- Smoking
- Human immunodeficiency virus (HIV) infection
- Chlamydia infection
- Diet (Women with diets low in fruits and vegetables may be at increased risk)
- Using oral contraceptives (birth control pills)
- Multiple pregnancies
- Elderly

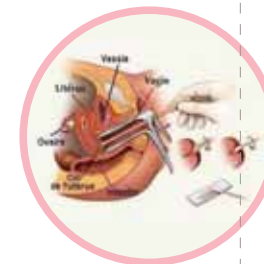


Can Cervical Cancer be Prevented?

Many cases of cervical cancer can be avoided by cervical cancer prevention vaccination and HPV risk reduction to prevent the development of pre-cancerous changes. Regular cervical smear testing can also help the finding of pre-cancers before they become cancerous.

Avoiding Risk Factors

- Delaying having sexual intercourse
- Limiting your number of sexual partners
- Avoiding sex with people who have had many other sexual partners lowers the risk of exposure to HPV
- Condoms to provide some protection
- Quit smoking
- Use more fruits and vegetable in diet



HPV Vaccines

Vaccines have been developed that can immunize people against HPV. So far, vaccines that protect against types 6, 11, 16 and 18 have been shown to be effective in preventing genital warts, mainly caused by types 6 and 11, and preventing the cervix cell changes, which mostly caused by types 16 and 18. This vaccine can only be used to prevent HPV infection – before an abnormal Pap test develops – and not to treat an existing infection. Ideally, females should get the vaccine before they are sexually active. This is because the vaccine is most effective in girls/women who have not yet acquired any of the four HPV types covered by the vaccine. Females who are sexually active may also benefit from the vaccine, even though they may have already infected by one or more vaccine-related HPV types. The vaccine can still protect them from infection caused by the remaining HPV types. Few young women are infected with all four of these HPV types. It is important to realize that the vaccine does not protect against all cancer-causing types of HPV, so Pap tests are still necessary. If it is detected early, cervical cancer is one of the most successfully treatable cancers.



The Papanicolaou (Pap) Test

The Pap test (Pap smear) is the main screening test for cervical cancer and pre-cancerous changes.

Further Tests for Women with Abnormal Pap Test Results

If you have an abnormal result, you will likely need to have other tests to find out whether a pre-cancerous change or cancer is present.

Colposcopy: With the colposcope, doctors can see the surface of the cervix closely and clearly to assist in diagnosis.

For pre-cancerous treatment: These treatments are almost always effective in destroying pre-cancers and preventing them from developing into true cancers.

- Cone biopsy (also known as conization)
- LEEP (LLETZ)
- Cryosurgery
- Laser surgery

Treating the cervical cancer

- Radiation therapy
- Chemotherapy
- Hysterectomy



For enquiry, please call

3110 2785

website: www.ump.com.hk

*Information obtained from the website of Centre of Health Protection and Cervical Screening Programme of Hong Kong Health Department