

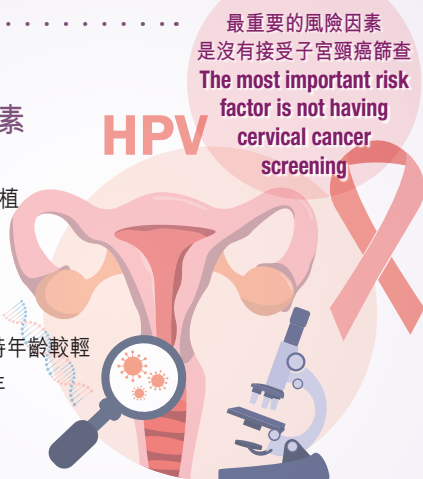
子宮頸癌是最可以預防的癌症之一。它是發生在子宮頸細胞的癌症。子宮頸是女性生殖系統的一部分，連接陰道和子宮腔。持續感染高危型人類乳頭瘤病毒 (HPV) 是子宮頸癌的主要成因。人類乳頭瘤病毒 (HPV) 是一種常見的性傳播感染，可影響皮膚、生殖器等。受感染通常沒有任何症狀。大多數情況下，人體免疫系統會自行清除人類乳頭瘤病毒。然而，未能清除的感染會增加患子宮頸癌的風險。

Cervical cancer is one of the most PREVENTABLE cancer. It is cancer in the cells of the cervix. The cervix is a part of the female reproductive system, it connects the vagina to the uterus (womb). Persistent infection with high-risk HPV is the main cause of cervical cancer.

Human papillomavirus (HPV) is a common sexually transmitted infection which can affect the skin, genital area and throat. Infection usually does not cause any symptoms. In most cases the immune system clears HPV from the body. HPV infections that do not clear can increase a person's risk for cervical cancer.

引致 HPV 感染或子宮頸癌的風險因素

- 同時感染性病
- 免疫能力減弱 (如器官移植接受者、HIV 感染者)
- 有多個性伴侶
- 過早開始有性行為
- 多次生育或第一次懷孕時年齡較輕
- 長期服用避孕丸超過五年
- 吸煙



Risk for persistent HPV infection or cervical cancer

- Co-infection with sexually transmitted infections (STIs)
- Chronic Immunosuppression (eg. recipients of organ transplant, HIV infection)
- Multiple sexual partners
- Early age of sexual intercourse
- High number of childbirths or young age at first pregnancy
- Long term use of oral contraceptive pills for more than 5 years
- Smoking

最重要的風險因素
是沒有接受子宮頸癌篩查
The most important risk
factor is not having
cervical cancer
screening



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

柴灣康民街 1 號 柴灣健康院 2 字樓
2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan

☎ 2855 1333

九龍賽馬會樂妍站

Jockey Club Women Wellness Satellite (Kowloon)

藍田啟田道 99 號 藍田分科診所 6 字樓
6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin

☎ 2855 1222

新界賽馬會樂妍站

Jockey Club Women Wellness Satellite (New Territories)

屯門屯利街 4 號 1 樓
1/F, 4 Tuen Lee Street, Tuen Mun

☎ 2851 1722

- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

- Note: 1. Please visit the website of [WWS](http://www.wws.org.hk) for the opening hours and service charges of each [WWS](http://www.wws.org.hk).
2. Women who are interested in receiving [WWS](http://www.wws.org.hk)'s services can approach [DHC/Es](http://www.dhc.gov.hk) for enquiries.
3. Please visit the website of [DHC](http://www.dhc.gov.hk) for the addresses and telephone numbers of the [DHC/Es](http://www.dhc.gov.hk).



樂妍站網址
www.wws.org.hk



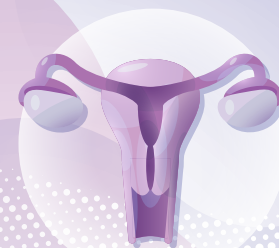
地區康健中心網址
www.dhc.gov.hk



樂妍站
Women Wellness Satellite



子宮頸癌篩查
保護您的健康
CERVICAL CANCER SCREENING
PROTECT YOUR HEALTH



子宮頸癌的症狀

Symptoms suggestive of cervical cancer



異常陰道出血：如月經之間出血、性交後出血、停經後出血
Abnormal vaginal bleeding: such as bleeding between menses, bleeding after having sex, bleeding after menopause



盆腔疼痛或性交時疼痛
Pelvic pain during intercourse



異常陰道分泌物
Abnormal vaginal discharge

這些症狀需要進一步檢查。它們並非子宮頸癌獨有，也可能由其他疾病引起。診斷這些症狀所需的檢查與常規子宮頸癌篩查不同。如出現上述任何症狀，即使你最近一次子宮頸癌篩查結果正常，也應及早求醫。

These are symptoms that need to be investigated. They are not specific to cervical cancer and could be caused by other conditions. The investigations necessary for work up are not the same as cervical cancer screening. If you have any of the above symptoms, seek medical attention promptly even your latest cervical cancer screening result was normal.

如何降低子宮頸癌風險

What you can do reduce the risk for cervical cancer

- 接種人類乳頭瘤病毒疫苗
- HPV vaccination
- 實踐安全性行為
- Practise safe sex
- 定期接受子宮頸癌篩查
- Regular cervical cancer screening
- 不吸煙
- Abstinence from smoking

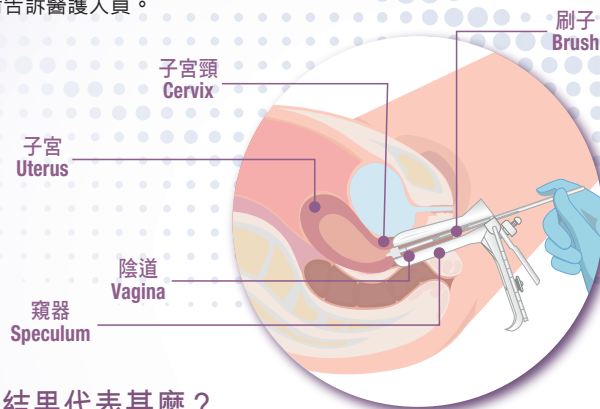
在香港，曾有性經驗的婦女並有子宮頸，應按下列建議定期接受子宮頸癌篩查：

In Hong Kong, if you have ever had sexual experience and possess a cervix, you should participate in regular cervical cancer screening as follows:

- 21-24 歲並有風險因數
- Aged 21-24 at increased risk
- 25-64 歲
- Aged 25-64 regardless of risk
- 65 歲或以上有風險因數，或從未接受過子宮頸癌篩查
- Aged 65 or above at increased risk, or who never had cervical cancer screening

子宮頸癌篩查概要

你可根據年齡選擇子宮頸細胞檢驗、人類乳頭瘤病毒 (HPV) 檢測或合併檢測 (兩者同時進行)。醫生或護士會輕輕將鴨嘴狀窺器放入陰道，然後用柔軟的刷子從子宮頸取樣。過程可能感到不適，如果你感到疼痛，請告訴醫護人員。



篩查結果代表甚麼？

醫護人員會通知你篩查結果

- 若檢查結果為陰性，即未發現異常細胞或人類乳頭瘤病毒，代表你患子宮頸癌的風險低，但仍需定期篩查。醫護人員會告知下次篩查日期。
請記住：如在兩次篩查之間出現任何症狀 (如異常出血、分泌物或疼痛)，應立即求醫，不要等待下次篩查。
- 若檢查結果顯示高危型人類乳頭瘤病毒或發現需要治療的異常細胞，醫生會轉介你到專科醫生 (通常是婦科醫生) 進行進一步檢查 (如陰道鏡檢查)。這並不代表你已患上子宮頸癌，但需要進一步評估。
- 你可能會被要求二至四個月後重做檢查，這通常是因為樣本細胞不足，並不代表有問題。

請記住，你仍然需要定期接受子宮頸癌篩查：
Remember, you still need regular cervical cancer screening even if you:

請與你的醫護人員商討子宮頸癌篩查的好處與風險，並根據個人情況共同決定是否適合接受篩查。

Talk to your healthcare provider about the benefits and risks of screening and decide with your healthcare provider whether screening is right for you.

What do I expect on a cervical cancer screening?

You can choose a cytology test, a HPV test or a co-test (both) for cervical cancer screening depending on your age.

The doctor or nurse will gently insert a speculum (a duck-bill-shaped device) into your vagina, to hold it open. They will then take a small sample from your cervix using a soft brush. It may feel uncomfortable, please tell your healthcare provider if you feel painful.

What does my screening result mean?

Your healthcare provider will tell you your results when they come back.

- If your test was negative, that means no abnormal cells or HPV was found in your test. Your risk of cervical cancer is low, but regular screening is still necessary. Your healthcare provider will tell you the next screening date.

Remember: If you notice any symptoms between cervical cancer screening tests, such as unusual bleeding, discharge or pain, you should see your doctor rather than waiting for your next cervical cancer screening test.

- If your test was positive for a type of HPV or abnormal cells that may need treatment were found, your doctor will make referral to specialists (usually a gynaecologist) for a colposcopy. This does not mean you have cervical cancer, but further assessment is needed.
- Sometimes you'll be asked to come back in 2-4 months to have the test again. It is because the results were unclear (an inadequate result). This does not mean there's anything wrong.

- 已接種 HPV 疫苗
- 只有一位性伴侶
- 長時間沒有性行為
- 處於長期單一性伴侶關係
- 已停經

- Had the HPV vaccine
- Only had one sexual partner
- Not been sexually active for a long time
- Been in a long-term monogamous relationship
- Been through menopause