

GYNAECOLOGY

Women's Preventive Health Guide

Cervical screening, HPV prevention and well-woman care

Original patient handbook | Evidence-aligned educational content

Prepared for patients of

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Important: This handbook provides general information. It cannot diagnose a condition, recommend individual treatment or replace emergency assessment.

How to use this handbook

Use this guide to prepare questions and recognise situations that need medical attention. Your clinician may advise differently based on your history, examination, test results and local clinical protocols.

Three principles

1. Keep scheduled follow-up.
2. Bring complete records.
3. Seek urgent care for warning symptoms.

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1. Preventive care across life stages

- Preventive visits can cover menstrual health, contraception, pregnancy planning, sexual health, vaccination, blood pressure, metabolic risk, bone health and mental wellbeing.
- The right screening plan depends on age, history and risk.

Prepare for your consultation

Write down the symptom timeline, medicines and supplements, previous reports and the three questions most important to you.

2. Cervical screening

- Screening may use HPV testing, cervical cytology or both. Starting age and interval vary by national guidance and prior results.
- An abnormal screening result does not automatically mean cancer, but recommended follow-up is important.

3. HPV vaccination

- HPV vaccination reduces risk from important cancer-associated HPV types.
- Vaccinated people still need cervical screening because vaccines do not cover every high-risk type.

4. Symptoms are different from screening

- Screening is designed for people without symptoms.
- Bleeding after sex, bleeding between periods, persistent unusual discharge or any bleeding after menopause needs clinical evaluation even after a recent normal screen.

Urgent care

Do not rely on a website or PDF during an emergency. Severe or rapidly worsening symptoms require direct assessment.

Consultation checklist

Item	Ready
Date and result of last cervical screen	■
HPV vaccination record	■
Menstrual and bleeding history	■
Family cancer history	■
Contraception and pregnancy plans	■
Blood pressure and metabolic screening	■

Questions to ask

Frequently asked questions

Does an abnormal Pap test mean cancer?

Usually not. It may reflect HPV infection or cell changes that need risk-based follow-up.

Do I need screening after HPV vaccination?

Yes, according to applicable guidance.

Can I screen during symptoms?

Symptoms require diagnostic evaluation; a routine screen alone may not be sufficient.

Remember

Online information is most useful when it helps you communicate clearly with your own clinical team.

References and clinical framework

This handbook is original educational content informed by the following authoritative guidance. Recommendations may change and local protocols may differ.

ACOG - Cervical Cancer Screening

<https://www.acog.org/womens-health/faqs/cervical-cancer-screening>

WHO guideline for cervical cancer screening and treatment

<https://www.who.int/publications/i/item/9789240030824>



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Medical disclaimer: This document is for general patient education only. It is not a diagnosis, prescription or personalised care plan. Do not start, stop or change medicines based on this guide. Emergency symptoms require direct emergency assessment. The website is not monitored for emergencies.

Publishing note: Final medical review and approval by Dr. Akрати Jain is required before public distribution.