Baaritaanada Pap ee Baaritaanka Kansarka Ilmo-galeenka

Haweenka da’da 21 ila 29, waxan kula talinaynnaa baaritaanka unug ka soo qaashada ilmo galeenka ee Pap test 3 sanno oo kasta. Laga bilaabo da’da 30, inta ugu badan haweenku waa inay helaan baaritaanka co-test 5 sanno oo kasta taas oo ay ku jiraan baaritaanada Pap iyo HPV. Kadib da’da 65, inta ugu badan haweenka looma baahan doono inay sii wadaan si ay u helaan baaritaanada Pap tests. Tallaladan waxay kala mid yihiin ururada kale ee waddanka oo dhan, oo ay ka mid yihiin American Cancer Society iyo College of Obstetricians and Gynecologists.

Maxaayeyiisa kansarka ilmo-galeenku waa kansar saamigiisu si yar u kordhaco, daraasado ayaa muujimayaa in baaritaanka raacitaanka jadwalka xagga sare uu bixiyo waqti ku filan si loo ogaad oo loo daaweeyo kahor intaanay sababin dhibaato. Waxa laga yaabaa inay u helaan baaritaanada Pap iyo HPV. Cadib da’da 30, inta ugu badan haweenku waa inay helaan baaritaanada Pap tests. Tallaladan waxay kale mid yihiin ururada kale ee waddanka oo dhan, oo ay ka mid yihiin American Cancer Society iyo College of Obstetricians and Gynecologists.

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Pap Tests for Cervical Cancer Screening

For women aged 21 through 29, we recommend a Pap test every 3 years. Starting at age 30, most women should get a co-test every 5 years that includes Pap and HPV screening. After age 65, most women will not need to continue to get Pap tests. This recommendation is the same as other organizations across the country, including the American Cancer Society and the American College of Obstetricians and Gynecologists.

Because cervical cancer is a relatively slow growing cancer, studies show that getting Paps following the schedule above gives enough time to find and treat any changes before they cause problems. You might think you should have a Pap test more often, but doing so doesn't add much benefit. And it can even lead to treatments for problems that might clear up without any treatment.

More about HPV
HPV (human papillomavirus) is a sexually transmitted infection (STI). You can get genital HPV through any form of sexual contact. Genital HPV is very common. Some types of HPV cause genital warts, while others HPV infections go unnoticed. Most of the time, the body's immune system fights the infection and it goes away on its own.

Why is there concern about genital HPV?
There are two types of HPV - low-risk and high-risk. Both types of HPV may cause abnormal cell changes on the cervix. The changes caused by some types of high-risk HPV, if left untreated, can develop into cervical cancer.

Why is it helpful to find changes early?
Abnormal cell changes of the cervix caused by HPV can be found during a routine Pap test. It usually takes at least 5 years for abnormal cell changes of the cervix to develop into cancer. For this reason, Kaiser Permanente recommends that most women have a Pap test every 3 years through age 29, than every 5 years starting at age 30 with a co-test that includes HPV screening. Finding and treating abnormal cell changes early can prevent cervical cancer from developing.

What are the symptoms of genital HPV?
In most cases, genital HPV does not have any symptoms. Some types of low-risk HPV may cause genital warts. Genital warts can differ in size, shape, and color. They may cause itching or irritation, but are not painful.

What is the treatment for genital HPV?
There is no treatment that will cure an HPV infection. Most of the time, genital HPV goes away because the immune system clears it. To keep your immune system strong, don't smoke. Smoking can weaken your immune system, making it hard to clear genital HPV from the body.

How can you protect yourself?
If you've ever had sexual contact, you should have a Pap test every 3 or 5 years depending on your age and Pap history. This gives us a chance to find and treat changes in the cervix before they can develop into cervical cancer. Practicing safer sex by using condoms can prevent some STIs. However, condoms have not been proven to protect against genital HPV. A vaccine to prevent HPV infection is available for people 9-26 years of age.