

Cervical Cancer & the Importance of Early Detection



What is cervical cancer?

Cervical cancer is the cancer of cervix (lower part of the uterus) which is the most common cancer among Indian women. An estimated 182,027 new cases and 77,096 deaths due to cervical cancer occurred in India in 2010. Approximately eight women in India are dying every hour due to this cancer.

What are the risk factors for cervical cancer?

The major risk factor for cancer cervix is HPV (Human Papilloma Virus) infection and is compounded by other risk factors (poor genital hygiene among both women and their spouses, age more than 35 years, multiple deliveries, young age at first delivery (<17 years), smoking, HIV & AIDS, and family history of cervical cancer.

What are the warning signs of cervical cancer?

Abnormal vaginal bleeding such as bleeding after intercourse, bleeding after menopause, bleeding and spotting between periods, or heavier and longer menstrual periods. An unusual discharge from the vagina may occur between the periods or after menopause.

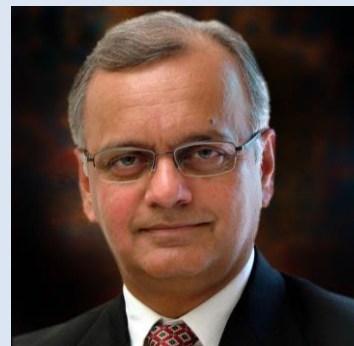
Is there any screening test for cervical cancer?

Yes, the Papanicolaou test (Pap smear) is a screening test used to detect potentially pre-cancerous and cancerous processes in the cervix. Females who are sexually active should seek regular Pap smear testing every three years.

- **Dr. Dharam Devi Varma**

Edited by Byron Dawson

A message from CMO Dr. Rohit Jaswal



Late summer in Delhi is always a time of year in which we see a high number of acute illnesses brought about by the changing weather conditions. Monsoons, standing water and polluted air contribute to the public health issues of the season.

Three categories of diseases are most prevalent at this time of year; vector-borne diseases (carried by mosquitos), water & food borne diseases and air-borne diseases. Vector borne diseases include tropical fevers like Malaria, Dengue and Chikungunya. Water and food borne diseases include Hepatitis, Cholera, Typhoid and Gastroenteritis. Among air-borne diseases prevalent at this time of year are the common cold, Influenza, and sore throat.

Remember, many of these conditions can quickly worsen and even become life-threatening, so if you feel like you might be getting sick, see your doctor today to help lessen your suffering and the spread of disease. Symptoms to watch out for include fever, rash, headache, abnormal bleeding, muscle soreness or cramps, joint pain, diarrhea, vomiting, bleeding gums,

Intermed is ready to help with any season health issues!

- **Dr. Rohit Jaswal**

In the Community

On 27 July, Intermed hosted a health camp at Gaur Green Avenue Apartments. It was a highly successful event with around 50 residents showing up to enjoy such free benefits as Blood Pressure Assessment, Body Mass Index calculation, Blood Sugar Check-Ups, Dental Check-Ups, Consultations with Intermed’s Dietician and Consultations with various members of the Intermed medical team.



A big thank you goes out to the Intermed support staff and medial team for making this event great. Look forward to more upcoming camps at local schools, churches and resident welfare associations. Stay up to date with all Intermed happenings, offers and health tips at facebook.com/IntermedHealthcare.



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In the News

PM Modi Wants Health Insurance for All

“The aim is to provide a basic minimum health insurance cover to all. The rate of the premium for the middle class could be dependent on one’s income.”

India's Home Healthcare Market Heats Up

“India may be more amenable to spending on intangible services than their Chinese counterpart.”

Health Myths Debunked

“Fluid intake will be dependent on a number of factors and eight glasses of water a day is not going to be a level which is suitable for everyone.”

Seasonal Health Tips

As monsoon season hits Delhi, there are a number of tropical fevers which are becoming major health issues. Intermed’s cross-specialty medical staff can handle any seasonal health issue.

Fevers have many causes
 Finding the right cause
 is important for the right treatment.



Take care of every
FEVER!

Vector borne (Mosquito)	Water & food borne	Air borne
<ul style="list-style-type: none"> • Malaria • Dengue • Chikungunya 	<ul style="list-style-type: none"> • Hepatitis (Jaundice) • Cholera • Typhoid • Gastroenteritis 	<ul style="list-style-type: none"> • Common cold • Viral illness like Flu • Sore throat

Drain any areas of standing water around your home and avoid standing water around the city. Wear long sleeves whenever possible to deter mosquito bites. Use bug repellents and make sure your home’s doors and windows are properly sealed. Most of all, if you or anyone in your family begins to show symptoms of a tropical fever, seek medical attention immediately as the disease can quickly become life threatening.