

A social initiative of:



# Helping our Helpers



## Cervical cancer screenings, at no cost, for foreign domestic workers

Limited screenings available on a first-come, first-served basis

### Why cervical cancer?

Cervical cancer is almost entirely preventable with screening and vaccination.<sup>1</sup>

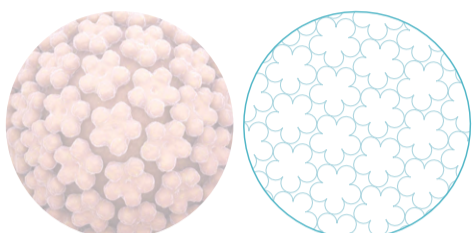
Globally, cervical cancer is the fourth most common cancer in women.<sup>2</sup> Cervical cancer is also the third biggest killer in the Philippines and the second biggest killer in Indonesia, India and Myanmar.<sup>3</sup>



### What causes cervical cancer?

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). By age 50, at least 4 out of 5 women will have been infected with HPV at one point in their lives - but many women think that HPV will not affect them.

While there are more than 100 strains of HPV, there are 14 that have a high risk of causing cervical cancer.<sup>5,6</sup> The high-risk HPV test looks for the presence of these HPV strains before changes occur in the cervix before cancer develops.



Most HPV infections are spread through sexual contact, but are cleared by the body naturally. However, persistent HPV infections can cause abnormal cervical cell growth which leads to cervical cancer.<sup>7</sup>

It does not matter if you have only had sexual contact with one person in your entire life; you could still be at risk.

### What is this screening for?

Screening and early detection is one of the best ways to protect yourself against cervical cancer.

There are two types of screening tests: Pap test and a high-risk HPV test.

A Pap test identifies changes that have occurred in the cervix. However, the high-risk HPV test can tell the doctor whether you are at risk of cervical cancer before anything abnormal shows on a Pap test.

**Look after yourself to look after your family.**



**Helping our Helpers** is a corporate social responsibility (CSR) initiative which offers cervical cancer screening at no cost for 500 foreign domestic workers in Singapore. The programme is open to helpers aged between 30 - 69 years old.

## Things to know

### As an employer:

- Please note that the Helping our Helpers programme provides a cervical cancer screening at no cost (including the consultation), using a high-risk HPV test for your helper.
- Please check your insurance policy for coverage of additional treatments if needed (please see FAQ for Employers)
- Six locations are available for the test: Bethesda Medical @ Ang Mo Kio, Beach Rd, Macpherson, Margaret, Toa Payoh, Yishun
- For more information, please see the FAQ for Employers

### As a participant:

- Your appointment with a healthcare professional will take approximately 30 minutes
- The screening can be carried out at one of the six Bethesda Medical clinics
- You should receive the results within 2 - 3 weeks after the test
- The healthcare provider will advise you on the next step if required
- For more information, please see the FAQ for Helpers

## Sign up for the Helping our Helpers programme today!

If you would like to be a part of Helping our Helpers programme, you can make an appointment at the clinics via the information below.

Please quote the "Helping our Helpers Programme" when making an appointment.

**Bethesda Medical @ Ang Mo Kio**  
Blk 709 Ang Mo Kio Ave 8 #01-2583 Lot A, S560709  
Tel: 6428 6084

**Bethesda Medical @ Beach Rd**  
152 Beach Rd, #03-08 Gateway East, S189721  
Tel: 6299 5398

**Bethesda Medical @ Macpherson**  
Grantral Mall, #01-03/04, 601 Macpherson Road, S368242  
Tel: 6904 6678

**Bethesda Medical @ Margaret**  
38 Margaret Drive #02-03, S141038  
Tel: 6322 3886

**Bethesda Medical @ Toa Payoh**  
Blk 500 Toa Payoh Lorong 6, #04-33, Toa Payoh Hub, S310500  
Tel: 6253 5600

**Bethesda Medical @ Yishun**  
Blk 293 Yishun St 22, #01-223, S760293  
Tel: 6428 6081

**Helping our Helpers clinic times: Every Thursday from 10:00am - 12:00pm**

**Limited screening available, on a first-come, first-served basis.**

References: 1. Centers for Disease Control and Prevention. Cervical Cancer is Preventable. Available at: <https://www.cdc.gov/vitalsigns/cervical-cancer/> [last accessed Apr, 2024] 2. World Health Organisation. Human papillomavirus (HPV) and cervical cancer. Available at: <https://www.who.int/news-room/fact-sheets/detail/cervical-cancer> [last accessed Apr, 2024]. 3. World Health Organisation. Population factsheets Retrieved 17 April 2024 from <https://gco.iarc.fr/today/en/fact-sheets-populations#countries> 4. Centers for Disease Control and Prevention. Basic Information about HPV and Cancer. Available at: [http://www.cdc.gov/cancer/hpv/basic\\_info/](http://www.cdc.gov/cancer/hpv/basic_info/) [last accessed Apr, 2024]. 5. Kari P Braaten, M. (2008). Human Papillomavirus (HPV), HPV-Related Disease, and the HPV Vaccine. Reviews in Obstetrics and Gynecology, [online] 1 (1), p.2. Available at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2492590/> [last accessed March, 2016]. 6. de Sanjose S, Quint WG, Alemany L, et al. Human papillomavirus genotype attribution in invasive cervical cancer: a retrospective cross-sectional worldwide study. Lancet Oncol 2010; 11:1048-1056. 7. American Cancer Society. Cancer Facts and Figures 2015. Available at: <http://www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-044552.pdf> [last accessed March, 2016].

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