

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 early detection and treatment.

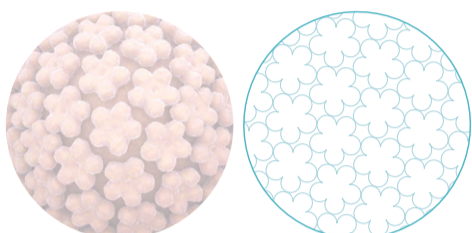
Globally, cervical cancer is the fourth most common cancer in women,¹ and the second biggest killer in Indonesia, India, Myanmar and the Philippines.²



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.³ 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.^{4,5} The high-risk HPV test looks for the presence of these HPV strains before changes occur in the cervix, and 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.⁶

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?

Look after yourself to look after your family.

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 smear.



Helping our Helpers is a pilot programme run by the Society for Colposcopy and Cervical Pathology of Singapore which offers cervical cancer screening at no cost for 200 foreign domestic workers in Singapore. The programme is open to helpers aged between 30 - 65 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)
- Two locations are available for the test:
 - National University Cancer Institute, Singapore (located in NUH)
 - KK Women's and Children's Hospital
- 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 either National University Cancer Institute, Singapore or at KK Women's and Children's Hospital
- 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 "Help our Helpers Programme" when making an appointment.

**Cancer Centre
National University Cancer Institute,
Singapore (NCIS)**

NUH Medical Center, Level 10
1 Lower Kent Ridge Road, 119082

Opening hours:

Mondays to Fridays: 8:30am to 5:30pm
Saturdays: 8:30am to 12:30pm
(Closed on Sundays & Public Holidays)

Tel: +65 6773 7888

Email: cancerpptline@nuhs.edu.sg

Helping our Helpers clinic times:

Every Thursday from 10:00am - 12:00pm

**Colposcopy Suite
KK Women's and Children's Hospital**

100 Bukit Timah Road, 229899

Opening hours:

Mondays to Fridays, 8:30am to 5:00pm
(Closed on Saturdays, Sundays & Public Holidays)

Tel: +65 6394 8803

Helping our Helpers clinic times:

Last Thursday of every month from 2:00pm - 5:00pm

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

References: 1. World Health Organisation. Human papillomavirus (HPV) and cervical cancer. Available at: <http://www.who.int/mediacentre/factsheets/fs380/en/> [last accessed March, 2016]. 2. Prevalence Worldwide in 2012. Retrieved 14 December 2017 from http://globocan.iarc.fr/Pages/fact_sheets_cancer.aspx 3. Centers for Disease Control and Prevention. Basic Information about HPV and Cancer. Available at: http://www.cdc.gov/cancer/hpv/basic_info/ [last accessed March, 2016]. 4. 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]. 5. 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. 6. 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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In partnership with:



Helping Our Helpers programme is run by The Society for Colposcopy and Cervical Pathology of Singapore, in partnership with National University Cancer Institute, Singapore (NCIS), KK Women's and Children's Hospital, Humanitarian Organization for Migration Economics and Roche Diagnostics.