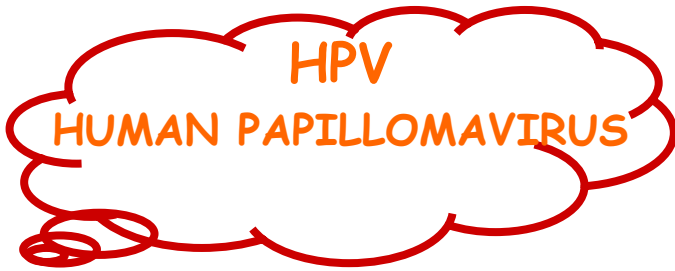


Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY

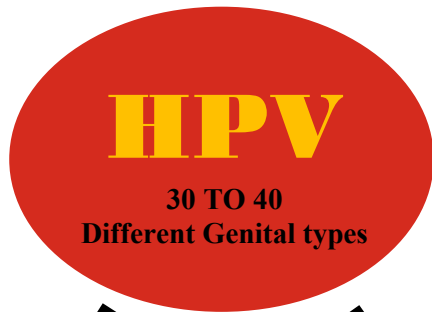


TO VACCINATE OR NOT TO VACCINATE?

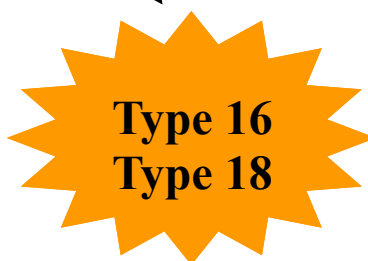
Research in women's health discovered that there is a direct relationship between the human papillomavirus (HPV) and cervical cancer.

In May 2013 the Zambian government introduced the Human papillomavirus vaccine as part of the national immunization programme. The vaccine was piloted in three districts; Lusaka, Chongwe and Kafue district. 50,000 girls aged between 9 years and 13 years were targeted. The vaccine is to be administered to school going girls as of 2014.

The HPV vaccine allows the body to produce antibodies against the HPV subtypes that are responsible for causing cervical cancer in Women, that is primarily spread by unprotected sex. It has been found that the vaccine is most effective when given before sexual activity begins, hence the age group targeted. It is still important to follow the basics of STI prevention Abstinence,



Causes 90% of Genital Warts



Causes 70% of Cervical Cancer

Cervical Cancer is the 2nd most common cancer among women

SYMPTOMS OF CERVICAL CANCER

Unfortunately signs symptoms of cervical appear when the disease has reached an advanced state.

- ⇒ Abnormal vaginal bleeding (bleeding between period and/or after sex)
- ⇒ Leg pain, pelvic pain and/or back pain that cannot be explained by any other ailment
- ⇒ Vaginal discomfort with bad smelling discharge
- ⇒ Weight loss & loss of appetite
- * Single swollen leg

The 990 Talkline is a confidential 24-hour health and social services helpline that is available toll free on the Airtel, MTN, and Zamtel networks throughout Zambia. It is staffed by trained counsellors at all times who respect the privacy and anonymity of callers and deal with issues in a non-judgmental manner

50% of women diagnosed with cervical cancer have NEVER had a PAP Smear Test!

www.champzambia.org

