



Cervical Cancer Awareness

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Importance of Cervical Health

As we enter the New Year let's bring awareness to the importance of our own Health and Wellbeing. Starting with January being Cervical Health Awareness Month, join us in promoting a Healthier YOU in 2022!

Did you know that over 14,000 women in the United States are diagnosed with Invasive Cervical Cancer each year, per the National Cervical Cancer Coalition (NCCC) with HPV being the number one cause of Cervical Cancer to date.

The number one defense against Cervical Cancer is early detection and preventable measures such as being vaccinated for HPV for those individuals that are eligible.

While some HPV causes cervical cancer, other HPV infections will go away without treatment and are not linked to cancer. There are a group of more than 150 different types of HPV viruses and the majority of both men and women who have had sexual intercourse will develop an HPV infection at some point in their lives. Since HPV can be transmitted through sexual activity it is important for men and women to be screened. The CDC estimates that more than 20 million people around the world are currently infected with HPV.

Cervical Cancer remains the third most common cancer among women and as with all cancers, early detection is key. Well Woman Exam's help identify changes in our cervix, these screening offer the best chance to have Cervical Cancer found early when treatment can be most successful. While there are warning signs for cervical cancer they do not present themselves in the early stages. Cervical Cancer is referred to as the "Silent Killer" for this very reason. Some signs of cervical cancer include pelvic pain, abnormal bleeding, painful urination, unusual discharge, abnormal menstrual cycles, pain or bleeding after sex, anemia, urinary incontinence, and even back pain.



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We can prevent most cervical cancer's since it is usually caused by HPV. The best way to prevent against HPV is to get vaccinated. The HPV vaccine helps your immune system create an antibody response that protects your body against infection. This vaccination is administered in two or three shots over a six-month period to both males and females between the ages of 9-26. Data from the National Foundation for Cancer Research.

Since smoking weakens a person's immune system, if you smoke you are twice as likely to get cervical cancer. Family history can play a factor in your increased risks to cervical cancer as well as being overweight and long-term use of oral contraceptives.

When detected at its earliest stage, cervical cancer has a 5-year relative survival rate of approximately 91%.

Most if not all insurance plans will cover a Well Woman Exam at 100% as it is considered a preventative screening.

Resources:

National Foundation for Cancer Research

<https://www.nfcr.org/blog/cervical-cancer-awareness-the-silent-killer>

National Cervical Cancer Coalition (NCCC)

<https://www.nccc-online.org/cervical-health-awareness-month/>

Center for Disease Control (CDC)

<https://www.cdc.gov/cancer/cervical/>

CanSA

High risk HPV is estimated to cause...

- 70%** of cervical cancers of anal cancers
- 50%** of vaginal and vulvar cancers of penile cancers
- 20%** of head and neck cancers

MYTH vs FACT

<p>Cervical cancer can't be treated</p>		<p>Cervical cancer can be effectively treated if detected & diagnosed early</p>
<p>HPV infection is uncommon</p>		<p>HPV infection is common & is transmitted via skin-to-skin contact & body fluids</p>
<p>Older women don't need Pap smears</p>		<p>All women aged 25+ need regular Pap smears</p>
<p>Smoking is not linked to cervical cancer</p>		<p>Smoking increases the risk of cervical cancer</p>

QPIC Corner



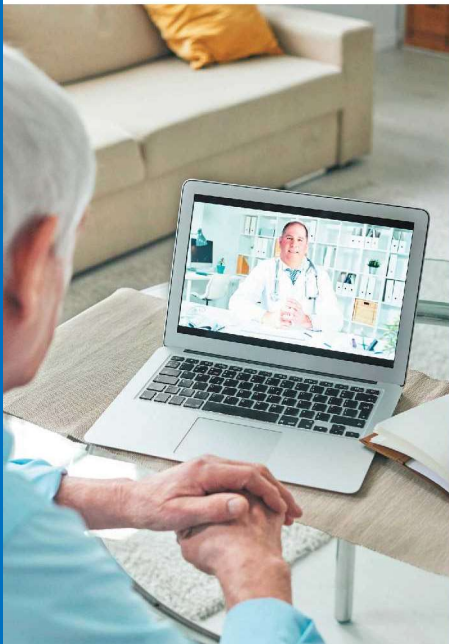
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5

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Healthy Corner Recipe
Immune Boosting Recipe
<https://www.oneingredientchef.com/immunity-bowl/>

By: Andrew Olson

The Immunity Bowl
5+ servings

Ingredients:

3 cups cooked brown rice
2 cups sliced mushrooms (any kind)
2 15 oz cans chickpeas
4 cups chopped kale
2 tsp ground ginger
3 cloves minced garlic
1+ tbsp. soy sauce
2 tsp sesame oil
Black pepper to taste
½ cup pumpkin seeds
1 c chopped fresh broccoli
1 sliced red bell pepper
5 sliced green onions
1 whole orange
1 avocado



Directions:

1. Begin cooking the brown rice (or any grain you'd like) You'll need about 3 cups cooked, so maybe start with 1 ¼ cups dry rice and follow package instructions.
2. In your large skillet or stockpot, add the sliced mushrooms with a few splashes of water and let them reduce by themselves over medium heat for 5 minutes. Drain the water and then add the chickpeas, 3 cups of kale (reserve one), grated (or dried) ginger, one of the cloves of garlic, a splash of soy sauce, a tiny drizzle of sesame oil, and a grind of black pepper. Stir occasionally and let this simmer anywhere between 10-20 minutes while the rice finishes.
3. In a large serving bowl, add the sliced green onions, the remaining two cloves of garlic, and the last cup of chopped kale. When the rice is cooked and still hot, dump it on top of these ingredients and toss with another splash of soy sauce, drizzle of sesame oil, and grind of black pepper.
4. While the veggies are sautéing, add the raw broccoli, bell pepper, and pumpkin seeds at the last minute. Give them about 5 minutes of light simmering just to slightly warm (to preserve the heat-sensitive compounds). A good rule of thumb is to watch the color of the broccoli. As it begins to warm, it will become much more green. As soon as that happens, pull it off the heat.
5. Finally, toss the rice mixture with the veggie mixture and add in fresh orange (sliced into small chunks). Serve with slices of avocado and another grind of black pepper for one deliciously healthy (and colorful) meal.

For the cooks notes visit: <https://www.oneingredientchef.com/immunity-bowl/>