

Cervical Cancer in Young Females: A Short Communication

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The lower portion of the uterus that links to the vagina, or the cervix, is where the cells of the cervical cancer develop [1]. The fourth most frequent type of cancer and the fourth most common reason for cancer-related death in women globally is cervical cancer [2]. While cervical cancer can affect women of any age, it is typically detected in younger females between the ages of 30 and 49 [3]. Due to anti-Human Papillomavirus (HPV) vaccines and population-based cervical cancer screening programmes, the incidence and mortality rates of cervical cancer have decreased during the past few decades. Epidemiological research, however, indicates a rise in the prevalence of cervical cancer among young women [2].

In comparison to women without Human Immunodeficiency Virus (HIV), women living with HIV have a 6 times higher risk of developing cervical cancer and an estimated 5% of cervical cancer cases are related to HIV. Furthermore, in every part of the world, younger women are disproportionately affected by HIV's link to cervical cancer. Programs are in place in high-income nations so that women may have regular screenings and treatment, and girls can receive the HPV vaccine. Pre-cancerous lesions can be found through screening at an early stage when they are still treatable. There is limited availability to these prevention methods in low and middle-income countries, and cervical cancer is frequently not discovered until it has progressed and symptoms appear. Additionally, these nations may have restricted access to treatments for malignant lesions (such as cancer surgery, radiation, and chemotherapy), which would increase the mortality risk from cervical cancer [4].

Reasons for the growth of cervical cancer among women over 30 are: (1) Young adult sexual behavior i.e. sexual activity at a young age is a result of cultural change. Young women's immature cervix epithelium presents a weak barrier and is more likely to be colonized by the HPV virus, which, if it persists, is the cause of precancerous and cancerous cervix lesions," (2) Multiple partners i.e. in younger women, having multiple partners and a higher rate of Sexually Transmitted Diseases (STDs) increases the risk of developing cervical cancer. Certain lifestyle choices may increase a young woman's risk of developing cervical cancer. (3) Another risk factor for cervical cancer is smoking, which is once more extremely common among young people. (4) Lack of awareness i.e. another extremely crucial factor,

according to the expert, is that even urban educated women are not fully aware of the importance of cervical cancer screening and immunization [5].

How can the cervical cancer in young women be prevented: Don't engage in risky sexual behaviour i.e. young people can be educated to abstain from hazardous sexual behaviours and encouraged to seek medical attention for the early diagnosis and treatment of STDs. Additionally, adopting a barrier type of contraception does offer security, another preventative measure is to stop smoking, cervical cancer screening with Pap tests, LBCs, and HPV DNA tests provides the opportunity to identify and treat precancerous conditions before they develop into cancer, If given between 9 and 14 years of age, and even during the catch-up period up to 25 years of age, the cervical cancer vaccine protects against cervical cancer to an extent of 95 to 98 percent [5].

The global strategy to hasten cervical cancer's abolition as a public health issue was approved by the World Health Assembly. A nation meeting the requirement of fewer than 4 instances of cervical cancer per 100000 women per year is considered to have eliminated cervical cancer. The World Health Organization (WHO) has established the 90-70-90 targets to be met by 2030 and to be maintained in order to attain this threshold by the end of the twenty-first century (WHA 73.2). 90% of girls are fully protected against HPV by the age of 15; 70% of women are subjected to high-performance screening by the ages of 35 and 45; approximately 90% of women who are diagnosed with cervical disease receive treatment (90% of pre-cancer patients receive care; 90% of invasive cancer patients receive care) [4].

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