

## Services Offered

- ✓ Well Woman Clinic
- ✓ Pre- Conception Care
- ✓ Conception & Fertility
- ✓ Antenatal Care
- ✓ Post Natal Care
- ✓ Family Planning
- ✓ Cervical Cancer Screening
- ✓ Breast Cancer Screening
- ✓ Post Menopause Care
- ✓ Youth/ Adolescent Reproductive Health Services
- ✓ Gynaecological check ups
- ✓ Delivery Services in major Hospitals
- ✓ Male Reproductive Health Care Services

## NAIROBI REPRODUCTIVE HEALTH SERVICES

### Cancer of the Cervix:

The Cervix is the lower part of the uterus that connects with the upper part of the womb (uterus) to the vagina. Cancer of the Cervix (also known as Cervical Cancer) is abnormal and uncontrollable growth of cells of the cervix. If untreated, the cancer spreads to the other body organs and systems including the kidneys, where it causes them to fail leading to death.

### The Burden of Cancer of the Cervix in Kenya:

Cancer of the Cervix is the second most frequent cancer among women and leading cause of cancer deaths in women in Kenya. It affects about 2,500 women and causes about 1,700 deaths every year in the country.

If effective preventive measures are not put in place, it is projected that by the year 2025, the number of new cases of cervical cancer in Kenya will reach about 4,300 every year, with about 3,000 annual deaths.

Despite the large burden of diseases in Kenya, cervical cancer is one of the most easily preventable cancers through HPV vaccination and screening accompanied by treatment if the disease is detected early.

### Cause of Cancer of the Cervix:

Infection of the cervix with human papillomavirus (HPV) causes cervical cancer. There are very many types of HPV but about 15 types are responsible for causing cervical cancer. Worldwide, types 16 and 18 cause 70% of all cases of cervical cancer. Everyone who has ever had sex, or is currently sexually active is at risk of HPV infection. HPV infects both men and women but causes cervical cancer only in women since men do not have a cervix. It can also spread through skin to

skin genital contact without penetrative sexual intercourse. Following infection with HPV, the body's immune system may clear the virus but if does not, normal cells begin to grow abnormally and turn into pre-cancerous lesions and eventually into cancer over a period of many years. Although women diagnosed with cervical cancer tend to be middle aged, the disease begins much earlier and can be prevented.

### Symptoms of Cancer of Cervix:

In the early stages, there are no symptoms. In later stages if the disease, symptoms may include abnormal vaginal bleeding, smelly vaginal discharge, lack of adequate blood level (anemia), pain during intercourse, pain in the lower abdomen, swelling in the abdomen, uncontrolled passing of urine and stool, among others



## Prevention of Cervical Cancer:

Prevention of HPV infection is possible through life-long sexual abstinence, through faithfulness to one faithful sexual partner, and through HPV vaccination to girls aged 9-13 years, to protect them from becoming infected with HPV later in life. Currently, there are vaccines against HPV types 16 and 18. If all girls are protected against these two types of HPV, the risk of cervical cancer will tremendously reduce as they grow older.

Screening and treatment of the pre-cancerous lesions interrupts progression of disease and reduces the risk of death from cervical cancer. Screening can be provided in the form of visual inspection with acetic acid, Pap smear or through HPV testing. It is recommended that all women aged above 25 years, who are or have been sexually active, need to go for regular check-ups for cancer of the cervix. For those with pre-cancerous disease, treatment in the form of a simple outpatient procedure using cold therapy (cryotherapy) or surgically removing the diseased part of the cervix using an electric current (loop electrosurgical excision procedure) is available. For those with advanced cancer, appropriate treatment is provided in the form of surgical removal of part of the cervix or the entire womb, radiotherapy, or chemotherapy singly or in combination.

## Cervical Cancer Screening:

Prevention is not only better than cure, it is also cheaper! Protect yourself and your loved ones; get your girl child vaccinated against cervical cancer. If you or your partner has not been screened, do so today.

## WORKING HOURS

**Monday - Friday**

3.30pm - 7.00pm

**Saturday**

8.30am - 3.00pm



Prof. Nelson Awori Centre  
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# Nairobi Reproductive Health Services



## HOSPITALS

(Rights of Admission to the following Hospitals)

NAIROBI HOSPITAL  
AGA KHAN HOSPITAL  
MATER HOSPITAL  
MP SHAH HOSPITAL  
AVENUE HOSPITAL  
NAIROBI WOMEN HOSPITAL  
NAIROBI WEST HOSPITAL  
SOUTH B HOSPITAL  
KNH PRIVATE WING

