

# Are Younger People at a Greater Risk of Cervical Cancer?

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## INTRODUCTION

Cervical cancer is a type of cancer that begins in the cervix, which is the entrance between the uterus and the vaginal canal. Certain forms of the human papillomavirus cause cervical cancer (HPV). Sexual activity and skin-to-skin contact are also ways for this virus to spread.

HPV infections usually go away on their own without causing concerns. However, the infection can sometimes lead to cancer in the future. Cervical cancer is the fourth most frequent malignancy among women worldwide, according to study. This article discusses the prevalence of cervical cancer at various ages. Find out how to avoid getting infected with the virus that causes cervical cancer [1,2].

## Is Cervical Cancer more Common in Particular Age Groups?

Cervical cancer is most commonly diagnosed between the ages of 35 and 44, according to the National Cancer Institute. It can strike anyone in their 20s, but it is uncommon. Because cervical cancer cells might take years to mature, this is the case.

Here's how frequent cervical cancer is in the United States up to the age of 64, according to National Cancer Institute statistics.

## Is there Still a Risk of Cervical Cancer as you get Older?

According to research, women over the age of 65 account for roughly 20% of cervical cancer cases. This statistic worries some researchers because many healthcare providers stop screening for cervical cancer around the age of 65. Cervical cancer in elderly women may go undetected without routine screening, increasing the risk of worse outcomes. Because the HPV virus is so ubiquitous, it's difficult to entirely reduce your risk of developing HPV or cervical cancer. You may, however, take precautions to protect yourself and reduce your risk. Let's take a closer look at these elements [3].

## Obtain the vaccination.

In the United States, Gardasil 9 is the only FDA-approved HPV vaccine in use. It lets your body to fight a variety of HPV strains, including:

HPV 16 and 18, which are responsible for over 70% of cervical malignancies,

HPV 31, 33, 45, 52, and 58 are the viruses that cause 10 to 20% of cervical malignancies.

Gardasil and Cervarix, two more vaccines, are available in different regions of the world. They guard against HPV types 16 and 18, which are the most common causes of cervical cancer.

Children should be vaccinated between the ages of 11 and 12 to ensure that they are protected before becoming sexually active, according to the CDC. By the age of 26, everyone can be vaccinated, according to the CDC. Unless there are exceptional conditions, the immunisation is not typically advised for people aged 27 to 45. Because many persons in this age group have previously been exposed to the HPV virus, this is the case [4].

## Routinely Conduct Screenings

Women between the ages of 21 and 65 should be screened for cervical cancer on a regular basis, according to the CDC. Cervical cancer is not prevented by screenings. However, if a test reveals the presence of pre-cancerous cells, you can begin therapy to prevent the cells from turning malignant.

There are two types of tests to think about. A Pap test, for example, detects pre-cancerous and malignant cells. Cervical cancer is easier to treat the sooner it is discovered. The second test is an HPV test, which can find HPV in your cervical cells. This test may be able to detect an HPV infection in your cervix prior to the development of precancerous cells [5].

An HPV test can be done separately (a primary HPV test) or in conjunction with a Pap smear (a co-test). A co-test will appear to be the same as a regular Pap smear. Both HPV and aberrant cell alterations will be checked on the cells taken.

## CONCLUSION

Cervical cancer takes years to develop, so developing it in your twenties is unusual. The majority of instances are discovered between the ages of 35 and 44. Cervical cancer is diagnosed in about 20% of women over the age of 65. You can get the HPV vaccine to reduce your risk of cervical cancer. Cervical

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cancer screenings, which can monitor your cervix for indicators of cancer development, are very vital. Early detection almost always indicates a better chance of treatment effectiveness and survival.

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