



Fact Sheet

Abnormal Cervical Smears

PAP Smears

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All women of reproductive age starting at age 25 should have annual cervical smear test and from time to time you may have an abnormal cervical smear. If you receive a borderline or inflammatory smear test result this indicates that slight changes have been detected in your cervical tissue cells. What this actually means is that the cells are not perfectly normal although they are not exactly abnormal. This can cause distress and worry for a lot of women so it's important to realise that in the majority of cases there is no need to worry. The changes are minor and over time will most likely return to normal.

The reason your smear test may have returned a borderline or inflammatory result is sometimes due to your cervix being a little irritated or due to an infection that your body was fighting when the smear was taken. You will be asked to return to the clinic for a re-test within three to six months time just to ensure everything is normal again. Assuming your re-test returns a normal smear result you will have another re-test again in six months time to ensure the cells are still normal. If they are then you can return to a normal schedule of cervical testing.

If however, the re-test still shows a borderline result you will be offered naturopathic treatment to eliminate the inflamed cells.

About 10% of women who have had a cervical smear test will be recalled for a repeat test. Reasons for recalls vary between an inadequate collection of cells to cell abnormalities. However around 90% cervical smear tests return a normal result.

If you have an abnormal test result you will be told what sorts of changes were detected.

1 in 20 test results will return with borderline changes or mild changes, known as CIN1. In many cases you will be advised to return for a further smear test in around 6-12 months and very often the cells will have returned to normal without the need for treatment within that time.

1 in 100 test results will return with moderate cell changes, known as CIN2. You will probably be offered a colposcopy or treatment.

1 in 200 test results will return with severe cell changes, known as CIN3. Again, it is most likely you will be offered a colposcopy and treatment.

Less than 1 in 1000 will return a result showing invasive cancer. If you receive this result you will be referred to a specialist for immediate treatment.

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Several terms are commonly used to describe precancerous, or pre-invasive, abnormalities.

The system used most frequently is known as cervical intra-epithelial neoplasia (CIN).

CIN is divided into grades. Grade 1 (mild), Grade 2 (moderate) and Grade 3 (severe). These grades are related to the risk of any cervical cell changes developing into cancer.

Several studies have illustrated that of the women who have CIN3 and don't receive adequate treatment, 36% will develop an invasive tumour 20 years later. Although women with CIN1 have 47 times the normal risk of developing cervical cancer, 50 per cent of the time the cells will revert back to normal if left untreated.

Our Female Healthcare Philosophy

At the Women's Natural Health Practice we specialise in providing comprehensive natural, reproductive, gynaecological, obstetric and general healthcare for females from adolescence to post-menopause. Our approach is to integrate techniques in both oriental and western medical diagnosis in order to formulate a naturally oriented treatment plan combining acupuncture, herbal medicine, nutritional therapy, exercise and lifestyle. Each treatment plan is tailored specifically to each individual woman maximising results.

Please email us at enquiries@naturalgynae.com with questions, we are more than happy to provide any information via email that will assist you in deciding which treatment approach would be best for you

For more information, contact details and appointments click here www.naturalgynae.com