

If you're thinking that it is time for a cervical health screen, Breakspear offers choices for women of all ages:



At-home HPV Testing Kit

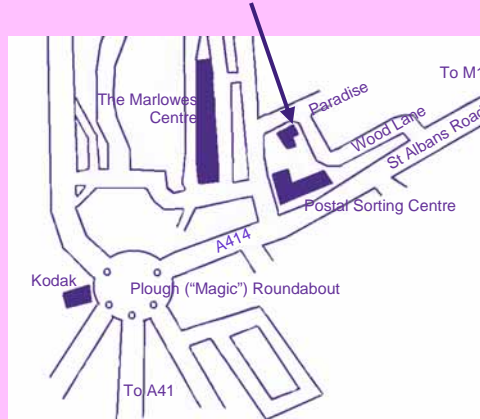
To order an at-home HPV testing kit, please complete and return our pink "Order Form for at-home HPV Testing Kit 1".

Complete Cervical Screen

For a complete cervical screen appointment, including an HPV check, telephone our first floor reception directly +44 (0) 1442 867 280, between 9am and 5pm Monday to Saturday.

For more information on our services for women, see inside this leaflet.

Breakspear Hospital
Hemel Hempstead, Hertfordshire



Breakspear Medical Group Ltd

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Breakspear Pathology
(for at-home HPV kits):
+44 (0)1442 867 286

Cervical Health Screening
Appointment Line:
+44 (0)1442 867 280

Main Switchboard:
+44 (0)1442 261 333

www.breakspearmedical.com



Breakspear
Medical Group Ltd

Time for a
cervical health
screen?



At-home kits
available

We also provide faster and more extensive cervical screen results than most NHS smear services

You have options

You can test for HPV at home or at our hospital

Unlike most cancers, cervical cancer can be prevented if detected early. The human papilloma virus (HPV) test detects the virus that causes abnormal cells, which is the cause of almost all cases of cervical cancer.

We offer an at-home HPV testing kit for you to administer in your own home when it is convenient for you.

We also offer full cervical health screens, performed by female medical professionals, with thorough examinations and fast, accurate results. Our full cervical smears test for HPV, a precursor to the development of cancer, along with other abnormalities. Most NHS smears do not look for HPV and look only for abnormal cells most likely to be caused by HPV.

For more information on HPV and the importance of cervical screens, see inside this leaflet.

At-home

We offer our at-home cervical viral (HPV) testing kit for the price of £45.00* and the results will be available to you in less than 14 days.

Breakspear Hospital now offers a discreet, easy to use at-home human papilloma virus (HPV) testing kit. The HPV Testing Kit 1 is a basic screen that will show whether you have HPV, which can be a precursor to the development of cervical cancer. Detecting and treating HPV early can prevent cervical cancer.



The at-home kit uses a tampon-like swab that you insert when you are not menstruating. The swab stays in for 2 hours and then you remove it and place it in a culture tube. Post the package as soon as you can in the pre-addressed and pre-paid envelope and the results will be returned within 14 days. The results

will include a letter that will detail whether or not you tested positive for HPV. (See inside this leaflet for more information about the connection between HPV and cervical cancer.)

If HPV is present, we would recommend an additional test called HPV Testing Kit 2. We separated the kits into two distinct tests so that if HPV Testing Kit 1 results were negative, you would be spared the expense of further investigations.

The test results will show whether the levels of HPV are at high-risk levels for development of cervical cancer.

For accurate analysis of positive results, both Kits 1 and 2 must be completed. If the result of the second test is positive, you may then wish to make an appointment to have a full cervical screening with us, your GP or gynaecologist.

There are many different types of HPV and the different types are identified by the DNA they contain. With the home kit, we are looking for early detection of HPV DNA. (NHS cervical screens do not usually look for this.) Strains of this virus that are considered to be high-risk are: 16, 18, 31, 33 and 45.

When HPV becomes aggressive (oncogenic), the expression of the HPV shows a genetic component called mRNA e6/7, which can be measured using a testing kit called HPV Testing Kit 2. With this test, we can measure the HPV, DNA and mRNA present in your second at-home testing kit sample. The test results will show whether the levels of HPV are at high-risk levels for development of cervical cancer.

The at-home kits do not test for Candida, trichomonas and other vaginal abnormalities. Under normal circumstances, we recommend a comprehensive cervical screen routinely every 3 years. If you have any irregular bleeding or concerns, an immediate full cervical screen is recommended.

At our hospital

We also offer a comprehensive cervical screening at our hospital for the price of £135* and the results will be available to you in less than 3 weeks.

Breakspear Hospital offers a smear test for abnormal cells, gonorrhoea and Chlamydia, together with a check for the virus responsible for cancer of the cervix (HPV). Most NHS smears are only looking for abnormal cells, which are often the result of HPV.



From the tests performed, it can be determined whether a woman has the virus and whether she has any abnormal cells that indicate an early change in the cervix. We will provide guidance and support throughout the programme.

We also offer a high-profile vaginal swab that identifies all abnormal vaginal infections...

This comprehensive cervical screen is available at the price of £135* and the results will be available to you in less than 3 weeks.

We also offer a high profile vaginal swab that identifies all abnormal vaginal infections such as Candida, trichomonas and others. (This optional swab is an additional £52*.)

About Breakspear Hospital



Breakspear Hospital is a private day clinic, located in Hemel Hempstead, Hertfordshire, that specialises in treating allergy and environmental illnesses.

Our Healthcare Commission registration number is 1020000037. We have over 45 staff members including doctors, nurses, laboratory technicians, and administrative personnel.

Breakspear is a family owned and run business that has treated over 14,000 patients since 1982. Visit www.breakspearmedical.com for more information on the treatments and services available at Breakspear Hospital.

Facts about Cervical Health

Cervical health screening is testing to check the wellbeing of your cervix. Your cervix is the narrow neck-like passage forming the lower end of the womb.

According to the National Health Service, tests in 1 in 10 women show changes in the cells of the cervix, which may be caused by many things. Fortunately most of these changes will not lead to cervical cancer.

Though cervical cancer can often be prevented, approximately 1500 women die from it in the UK every year. Cervical cancer is not limited to any particular age group. National Statistics show that the highest number of cases occur in the 15-39 age group but cases also occur in the 80-99 age range. Women who are no longer sexually active should continue to be screened for cervical cancer. Regular cervical screens can save your life.

Women of all ages who have been sexually active at any time in their life should be regularly tested for human papilloma virus (HPV). HPV causes cervical cell changes and is sexually transmitted. NHS cervical screens do not usually look for HPV, which is what often causes cancer; their screens look for abnormal cells which are usually caused by HPV in the first place.

At Breakspear, we offer at-home kits to test for HPV.

Breakspear also offers comprehensive cervical screens which look for any cervical cell changes and HPV DNA, as well as testing for Chlamydia, gonorrhoea and bacterial vaginal infections. These screens are discreetly performed by a qualified member of our medical team.

The best time for a cervical health screen is usually two weeks after menstruation.

We use the most advanced technology to collect cervical cells with the Thin Prep PAP Test, which is liquid-based cytology and may not be available through the NHS. We also offer a high-profile vaginal swab which will identify all vaginal infections including Candida, trichomonas and others. These swabs may be undertaken independently of a screen if desired.

The test we use involves collecting cervical cells in a similar way to the conventional smear. We use only a disposable plastic speculum, which is incinerated after

use. There is no risk of cross infection with our single-use speculum.

The procedure should be painless although some patients experience some discomfort. Relaxation exercises can help.

The NHS states that about 1 in 10 of its tests has to be taken again due to a variety of reasons, including insufficient cells being taken in the sample. Since Breakspear started offering screens in 2003, our experienced medical staff have not had a single unsuccessful sample returned.

The sample is placed in a special container with preservative liquid and sent to a leading independent laboratory for analysis.

As part of each cervical health screen, we also offer a manual breast examination and can advise on self-examination techniques. Breast cancer is the most common cancer in England and Wales. According to National Statistics, around 11,500 women died from breast cancer in England and Wales in 2002, a

rate of 30 per 100,000 women.

At the microbiology laboratory, specially trained cytoscreeners and cytopathologists analyse your cervical sample. In addition to looking for any cervical cell changes, these experts are looking for the HPV DNA, which, if present, is detectable and other abnormalities. Most NHS screens are looking only for cervical cell changes and do not investigate for the presence of HPV DNA, which if treated early enough, may prevent the development of cervical cancer.

The results are swiftly returned to Breakspear Hospital and one of our qualified physicians will then examine the results and advise you accordingly in writing. If there are infections to deal with, along with prescribing any required medication, we can develop your personalised nutritional programme to achieve and maintain a strong immunity state. Nutrition is important in helping to improve the production of protective mucous membranes and is an effective treatment for many patients with positive HPV DNA smears.

We will provide you with guidance and support throughout the whole programme.



Frequently Asked Questions

My smear was done on the NHS and it was negative. Can I assume that the HPV test was also done?

It is not standard in the NHS cervical health screens to run the HPV test. Unless you were told that the test was completed, the test was not performed. Detecting HPV is important because HPV is the virus that may cause cell abnormalities. Clearing the HPV virus could prevent development of cervical cancer.

If the HPV is detected, what treatment does Breakspear offer?

In most people, the body's immune system fights the virus before it causes problems. If the results show positive for HPV DNA, we would recommend a programme to improve immunity.

Breakspear Hospital has been specialising in building immunity in patients for over two decades. We have means of investigating the body's own resilience and immunity to viruses. Immunity can be improved and maintained in an improved state using nutrition, which is important in raising efficacy of immunity-protecting mucous membranes. We offer treatment programmes to help clear any existing irregularities and can help prevent infections occurring in the future.

Often the HPV test results will become negative after completion of our treatment programme. Should operative treatments be required, which may include a loop or cone biopsy or other operative interventions, we will refer you, with the results and doctor's letter, to a gynaecologist immediately.

How often should a smear be repeated if a previous smear was negative but HPV was detected?

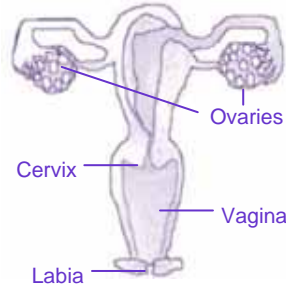
If the histology is abnormal, HPV tests should be taken every 3 to 6 months. Once the HPV has been cleared, the cervical health screens may resume annually.

More on HPV or Genital Warts

There are many different types of human papilloma virus (HPV) and the different types are identified by the DNA they contain.

Genital warts caused by HPV are often found in cervical cells as the virus has been incorporated into the DNA, causing cell changes. These changes may be classified into high-risk or low-risk numbers, as determined by a specialist laboratory.

HPV is very common in men and women. In most people, the body's immune system fights off the virus



before it causes problems. HPV can be spread person-to-person through sex or intimate skin-to-skin contact.

Many men are found to have genital wart virus infections of the penis and not all cases have visible warts. A woman's vulnerable area is on the cervix where the soft, columnar cells change into hard squamous (characterised by scales) cells.

HPV can become what is known as "oncogenic", which means 'likely to be cancer-inducing'. If this cell-changing virus is treated and eliminated, the risk of cervical cancer is significantly reduced.

Breakspear Hospital's Commitment to Women



Dr Jean Monro
Medical Director

We are exceptionally pleased to be able to offer at-home HPV Testing Kits to women of all ages. Our easy-to-use, do-it-yourself HPV Testing Kits can provide every woman with HPV test results within 2 weeks, which may prevent the development of cervical cancer.

We also offer very extensive cervical health testing to woman of all ages and ensure an excellent technique is used by our experienced medical staff. We provide accurate results within 3 weeks. Rapid results allow earlier treatment if it is required.

We have one patient, Sarah Smyth (*name changed to protect identity*) who is only 22 years old and had had three cervical smear screens done at her GP's surgery. All of the tests came back stating "Unsatisfactory result", due to a lack of endocervical cells, which are indicators of cervical cancer. Understandably Sarah had become very anxious and frustrated. She refused to go to her GP for another smear but at the same time, worried that there was something wrong with her.

Sarah then came to Breakspear where she was provided with fast, accurate cervical health screen results. In her results, HPV DNA was detected and we began treatment immediately. Three months later, her follow-up cervical health screen showed that HPV DNA was "Not detected". With our at-home HPV Testing Kit, Sarah can now monitor herself regularly at her convenience and follow our suggested nutritional programme which will build her immunity and help prevent HPV from invading again.

Most women feel uncomfortable with the idea of having a cervical smear taken. At Breakspear, we understand the reluctance of many women to book an appointment unless absolutely necessary. That is why we created our at-home HPV Testing Kit for women who wish to find out if they have HPV. We wish to emphasize the importance of early detection of the HPV DNA in the prevention of this avoidable disease. It is only a few minutes of minimal apprehension that could save your life.

If I have the HPV, can it be cured with treatment or will it just stay dormant in the body?

It is not known for certain if it can be totally cleared but if it is not found in subsequent tests, then permanent preventative nutritional management is recommended.

Why are there different treatments for positive standard cervical smears?

Specialists may use different treatments such as cone biopsy, hysterectomy or total hysterectomy, because cancer of the cervix can be invasive locally but rarely spreads elsewhere. If the infection is extensive, then operation and perhaps radiotherapy would be advised. In this case, we would refer you with the results and doctor's letter to a gynaecologist immediately.

What is a colposcopy/cone biopsy?

Colposcopy is an investigation looking into the vagina. Cone biopsy is the removal of a cone-shaped piece of tissue from the cervix. Should operative treatments be required, which may include a loop or cone biopsy or other operative interventions, we will refer you with the results and doctor's letter to a gynaecologist immediately.

How often should I have a cervical smear if my results are negative? Is once every 3 years too long between screenings?

If there is any pain, spotting or bleeding between periods, have a screen completed immediately. If you have a change in partners or unprotected sexual contact, an annual screen is recommended. Under normal circumstances, when a woman is not experiencing any discomfort and is not at risk because of different partners, once every 3 years is fine.