Cervical cancer screenings, at no cost, for foreign domestic workers

Limited screenings available on a first-come, first-served basis

Why cervical cancer?
Cervical cancer is almost entirely preventable with early detection and treatment. Globally, cervical cancer is the fourth most common cancer in women, and the second biggest killer in Indonesia, India, Myanmar and the Philippines.

What causes cervical cancer?
Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). By age 50, at least 4 out of 5 women will have been infected with HPV at one point in their lives.1 But many women think that HPV will not affect them. While there are more than 100 strains of HPV, there are 14 that have a high risk of causing cervical cancer.2 The high-risk HPV test looks for the presence of these HPV strains before changes occur in the cervix, and before cancer develops.

Most HPV infections are spread through sexual contact, but are cleared by the body naturally. However, persistent HPV infections can cause abnormal cervical cell growth which leads to cervical cancer.3 It does not matter if you have only had sexual contact with one person in your entire life; you could still be at risk.

What is this screening for?
Look after yourself to look after your family.
Screening and early detection is one of the best ways to protect yourself against cervical cancer.

There are two types of screening tests: Pap test and a high-risk HPV test. A Pap test identifies changes that have occurred in the cervix. However, the high-risk HPV test can tell the doctor whether you are at risk of cervical cancer before any abnormal changes show on a Pap smear.

As a participant:
• Your appointment with a healthcare professional will take approximately 30 minutes
• The screening can be carried out at either National University Cancer Institute, Singapore or at KK Women’s and Children’s Hospital
• You should receive the results within 2 - 3 weeks after the test
• The healthcare provider will advise you on the next step if required
• For more information, please see the FAQ for Employers

As an employer:
• Please note that the Helping our Helpers programme provides a cervical cancer screening at no cost (including the consultation), using a high-risk HPV test for your helper.
• Please check your insurance policy for coverage of additional treatments if needed (please see FAQ for Employers)
• Two locations are available for the test:
  • National University Cancer Institute, Singapore (located in NUH)
  • KK Women’s and Children’s Hospital
• For more information, please see the FAQ for Employers

Helping our Helpers clinic times:

- National University Cancer Institute, Singapore (NCIS)
  Opening hours: Mondays to Fridays, 8:30am to 5:00pm
  Tel: +65 6394 8803
  Email: cancerapptline@nuhs.edu.sg

- KK Women’s and Children’s Hospital
  Opening hours: Mondays to Fridays, 8:30am to 12:30pm
  Closed on Saturdays, Sundays & Public Holidays
  Tel: +65 6394 8803
  Email: helping@kkhospital.sg

Helping our Helpers clinic times:
Every Thursday from 10:00am - 12:00pm

Limited screening available, on a first-come, first-served basis.

References:
9. The Society for Colposcopy and Cervical Pathology of Singapore which offers cervical cancer screening at no cost for 200 foreign domestic workers in Singapore. The programme is open to helpers aged between 30 - 65 years old.

For more information, please see the FAQ for Employers