

Cervical cancer screenings, at no cost, for foreign domestic workers
Limited screenings available on a first-come, first-served basis

FAQs for employers

Why is it important for my helper to join this programme?

Cervical cancer is almost entirely preventable with early detection and treatment.

As busy women, helpers may tend to overlook their own health. However, by taking care of themselves and participating in programmes such as Helping our Helpers, they can ensure they can continue to take care of their families.

Cervical cancer is the second most common cancer in women in the Philippines, India, Indonesia and Myanmar.¹

How can we make an appointment?

The clinic for this programme at National University Cancer Institute, Singapore (NCIS) is open on Thursdays from 10.00am to 12.00pm. There will also be clinic sessions on the last Thursday of every month at KK Women's and Children's Hospital (KKH) from 2.00pm to 5.00pm. Please inform the Appointment Centre staff that you are participating in the Helping our Helpers programme.

- Cancer Centre National University Cancer Institute, Singapore (located in NUH)

NUH Medical Center, Level 10
1 Lower Kent Ridge Road, Singapore 119082

Mondays to Fridays: 8:30am to 5:30pm

Saturdays: 8:30am to 12:30pm

(Closed on Sundays & Public Holidays)

Tel: +65 6773 7888

Email: cancerapptline@nuhs.edu.sg

- Colposcopy Suite KK Women's and Children's Hospital

100 Bukit Timah Road, 229899

Mondays to Fridays, 8:30am to 5:00pm

(Closed on Saturdays, Sundays & Public Holidays)

Tel: +65 6394 8803

Do I need to accompany my helper to the appointment?

There is no need to go with your helper to the appointment unless you would like to do so.

If my helper tests positive for HPV, does this mean she is sexually active?

Not necessarily. Human papillomavirus (HPV) can live in the body for more than 10 years with no symptoms until cervical pre-cancer develops and advances, so one could have the virus even if it has been many years since sexual contact.²

Is this covered under the maid insurance? If not, how much will I have to pay if treatment is necessary?

The HPV test (including the consultation) at NCIS or KKH is at no cost under the Helping our Helpers programme. However, the cost of any additional test or treatment will not be covered by this programme so it is important to check your insurance coverage, and the limits to the coverage, before participating in this programme.

Are subsequent tests covered under this programme?

No, subsequent tests are not covered under this programme.

If my helper tests negative, does she need another test?

No, however, it is important to go for routine check-ups every 3 - 5 years.

What does it mean if my helper is positive for high-risk HPV?

It is important to remember that most women with HPV do not develop cancer. There are more than 100 strains of HPV, of which 14 have a high risk of causing cervical cancer.^{3,4} The high-risk HPV test looks for the presence of these HPV strains before changes occur in the cells of the cervix, and before cancer develops.

What are the treatment options for my helper if she tests positive for high-risk HPV types?

Sometimes only monitoring is required if your helper is positive for HPV. If any cells have changed, there may be a need for further treatment, which could take place at NCIS or KKH. Most treatment options are simple outpatient procedures. However, as treatment is not covered under this programme, please take note of your coverage.

What is the range of costs if my helper needs treatment?

If your helper needs further investigations or preventative treatment for cervical cancer, below are some estimated costs as a guide.

- Cancer Centre National University Cancer Institute, Singapore (located in NUH)

Costs for further investigation range from
S\$300.00 to approximately S\$3,500.00.

- Colposcopy Suite KK Women's and Children's Hospital

Cost for further investigations start from **S\$300.00.**

Can we get a second opinion? Where?

Yes, you may consider performing a second test at a clinic of your choice. The cost of any additional test will not be covered by this programme.

How do we know if our helper has cervical cancer?

You will need to consult the doctor to find out if further tests are required to determine if your helper has cervical cancer.

What is the outlook?

The doctor will be able to advise on the diagnosis, treatment options and prognosis if cervical cancer is detected.

Should we repatriate her for treatment?

You do not have to repatriate your helper. Treatments are available at our participating hospitals. However, please note that the cost of any additional test or treatment will not be covered under this programme.

If further treatment is needed, at which location will it be at?

If further treatment is needed, you can go to NCIS, KKH or any other healthcare institution of your choice.

References: 1. Prevalence Worldwide in 2012. Retrieved 14 December 2017 from http://globocan.iarc.fr/Pages/fact_sheets_cancer.aspx 2. Centers for Disease Control and Prevention. Basic Information about HPV and Cancer. Available at: http://www.cdc.gov/cancer/hpv/basic_info/ [last accessed March, 2016]. 4. Centers for Disease Control and Prevention. Making Sense of Your Pap & HPV Test Results. Available at: <http://www.cdc.gov/std/hpv/pap/> [last accessed March, 2016] 3. Kari P Braaten, M. (2008). Human Papillomavirus (HPV), HPV-Related Disease, and the HPV Vaccine. Reviews in Obstetrics and Gynecology, [online] 1 (1), p.2. Available at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2492590/> [last accessed March, 2016]. 4. de Sanjose S, Quint WG, Alemany L, et al. Human papillomavirus genotype attribution in invasive cervical cancer: a retrospective cross-sectional worldwide study. Lancet Oncol 2010; 11:1048-1056.