

# CERVICAL DYSPLASIA

(Cervical Intraepithelial Neoplasia [CIN]; Squamous Intraepithelial Lesions [SIL])



## BASIC INFORMATION

### DESCRIPTION

Cervical dysplasia is the presence of abnormal cells on the lining of the cervix. It can range from mild to severe, depending on the spread of the abnormal cells. Depending on the severity, dysplasia can be considered a precancerous condition, but does not represent cancer of the cervix. Dysplasia occurs in females age 15 and over, and most often in those age 25 to 35.

### FREQUENT SIGNS AND SYMPTOMS

Usually no signs or symptoms occur. The suspected diagnosis results from a routine Pap smear evaluation.

### CAUSES

There is an association with human papillomavirus (genital warts) or similar viruses. The human papillomavirus (HPV) is usually acquired from sexual intercourse, but can, in rare instances, be acquired from skin-to-skin contact.

### RISK INCREASES WITH

- Repeated infections.
- Smoking.
- Immunosuppression.
- Diet which is lacking in folic acid.
- Multiple sexual partners.
- Pregnancy and the immunologic changes associated with pregnancy.
- Early age of first sexual intercourse (before age 18).
- Daughters of women who took DES during pregnancy.
- History of infection with the human papillomavirus (HPV), which causes genital warts.

### PREVENTIVE MEASURES

- Sexual monogamy of both partners.
- Yearly Pap smears (will not prevent dysplasia, but will aid in early diagnosis).
- Don't smoke. Avoid second-hand smoke.
- Use of a diaphragm by the female or a condom by the male for sexual intercourse.
- Eat foods that contain folic acid, such as black-eyed peas, chickpeas, chicken livers, oranges, brewer's yeast, and spinach.

### EXPECTED OUTCOME

- With early diagnosis and treatment, when necessary, the outlook is excellent.
- Spontaneous regression (reversal) occurs in a significant number of patients.

### POSSIBLE COMPLICATIONS

- Some severe dysplasia may progress to cancer of the cervix.
- Recurrence is possible, especially in the first two years following treatment. If a woman has completed childbearing, recurrent dysplasia can be treated with a hysterectomy.

- Rarely, complications can result from the treatment, such as excessive bleeding or infection.



## TREATMENT

### GENERAL MEASURES

- To confirm the diagnosis, a colposcopy (examination of the cervix with a colposcope, a slender optical instrument with a lighted tip) is usually performed and combined with a biopsy (removal of any tissue that appears abnormal).
- Treatment measures will vary depending on the degree and extent of the cervical dysplasia. Possibilities include cryotherapy (freezing), laser surgery, conization of the cervix and cone biopsy. Be sure you understand the treatment options and any risk factors involved.
- An office-based cone-like procedure for cervical dysplasia is the large excision electrosurgical procedure (LEEP). In LEEP, the physician uses a hand-held wire loop, activated by an electrosurgical generator, which makes a very precise and uniform cut across the cervix in very much the same way a laser would.
- Follow-up care will depend on the treatment method used.
- Follow-up Pap smears every 3 to 6 months, for 1 to 2 years, may be recommended to verify the success of treatment and to detect any recurrence. Thereafter, be sure to receive annual Pap smears.

### MEDICATION

- You may use nonprescription drugs, such as acetaminophen, for minor pain.
- Prescription pain medication may be prescribed depending on the treatment procedure performed.

### ACTIVITY

- If surgical treatment is performed, to help recovery and aid your well-being, resume daily activities, including work, as soon as you are able.
- Delay sexual relations until a follow-up medical examination determines that healing is complete.

### DIET

No special diet.



## NOTIFY OUR OFFICE IF

- Pain, swelling, redness, drainage or bleeding increases in the surgical area.
- You develop signs of infection, including headache, muscle aches, dizziness or a general ill feeling and fever.
- Vaginal discharge increases or begins to have an unpleasant odor.