

Cervical cancer screening

- Cervical cancer is the fourth most common cancer in women.
- Screening should be carried out every five years, between the ages of 25 and 65.
- In 2018, around 570,000 women were diagnosed with cervical cancer worldwide and around 311,000 women died from this cancer.
- Pregnancy and post-natal check-ups are a good opportunity to carry out screening.

ASK FOR AN APPOINTMENT WITH YOUR FAMILY DOCTOR



References:

- <https://www.dgs.pt/em-destaque/programa-nacional-para-a-vigilancia-da-gravidez-de-baixo-risco-pdf11.aspx>
- https://www.who.int/elena/titles/guidance_summaries/daily_iron_pregnancy/en/
- <https://www.dgs.pt/directrizes-da-dgs/orientacoes-e-circulares-informativas/orientacao-n-0112013-de-26082013-png.aspx>
- <https://www.nhs.uk/start4life/pregnancy/vitamins-and-supplements-pregnancy/>
- https://www.who.int/health-topics/cervical-cancer#tab=tab_1



Useful contacts:

UCSP Odemira: 283 320 130

ULSLA: 269 818 100

To make an appointment at the

ULSLA: 213 189 300

csodemira@ulsla.min-saude.pt

SUB – Basic Emergency Service: 283 322 133

National emergency number 112

Prevention is essential in a vulnerable population such as women of childbearing age. An unplanned pregnancy can put both mother and baby at risk.

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WOMEN'S HEALTH

Maternal Health and Cervical Cancer Screening



Pre-conception Check-up

When you decide you are ready to get pregnant, the first thing you should do is make an appointment with the doctor for both of you to check that you are in good health. The doctor will order lab tests and prescribe folic acid and iodine supplements for the future mother.

FOLIC ACID: Taken daily during the first three months of pregnancy, it can help prevent foetal neural tube defects, including spina bifida.

IODINE: Essential for good thyroid functioning and normal foetal development. It is known that, in Portugal, iodine intake during pregnancy and breast-feeding is insufficient.

IRON: Helps prevent maternal anaemia, puerperal sepsis, low foetal weight and pre-term birth. Expectant mothers should take daily iron supplements in the last two trimesters of pregnancy.



Pre-natal check-ups

Once you know that there is a baby on the way, you should make an appointment to see the doctor and nurse as soon as possible, ideally before 12 weeks of pregnancy (3 months). You should have at least one check-up per month during pregnancy and a post-natal check-up no later than six weeks after the baby is born.

Lab tests

The following lab tests are recommended during pregnancy:

- Before 13 weeks of pregnancy
- Between 18 and 20 weeks of pregnancy (if you are not immune to rubella)
- Between 24 and 28 weeks of pregnancy
- Between 32 and 34 weeks of pregnancy
- Between 35 and 37 weeks of pregnancy (vaginal and anal discharges will be checked for streptococcus b)



Obstetric Ultrasound

Ultrasounds are recommended at the following times:

- Between 11 and 13 weeks + 6 days
- Between 20 and 22 weeks + 6 days
- Between 30 and 32 weeks + 6 days



ASK YOUR DOCTOR AND NURSE FOR DETAILS

Final weeks of pregnancy

- A partir das 35 semanas, a grávida deve registar movimentos do bebé no livro da gravidez
- A partir das 37 semanas, deverá fazer o Cardiotocograma (CTG) 1 vez por semana no Centro de Saúde de Odemira.



Warning signs

Seek urgent medical assistance if you notice any of the following:

- Bleeding or fluids leaking from your vagina;
- Vomiting or excessive diarrhoea;
- Fever or chills;
- Pain or burning when urinating;
- A reduction in your baby's movements from the 28th week of pregnancy onwards;
- Suddenly blurred or diminished vision;
- Severe or unusual abdominal or back pain;
- Frequent, severe and/or constant headache;
- Contractions (very hard belly) before 37 weeks, occurring every 10 minutes or more frequently.
- Thinking about harming yourself or your baby