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Incidence of Pap smear based cytological abnormalities in a low risk group of Pakistani women

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Cervical cancer is the second most common cancer among women worldwide, with 80% cases in the in developing countries. In Pakistan it is not considered to be a huge problem. This study was carried out to ascertain the incidence of abnormal Pap smears among Pakistani women, to objectively justify the need for a cervical cancer screening program in Pakistan. 525 patient case notes attending gynaecology out patients over 18 month's period were reviewed. Spatula and cytobrush samples were taken for all post menopausal women and in those where squamo-columnar junction was not visible. All patients with HSIL & ASC-H underwent colposcopy & biopsy. Endometrial sampling was performed if indicated

Results

Negative for intraepithelial lesions, 56 %

Inflammatory in 25.33 %

Atrophic in 4 %

Inadequate 1.33%

Cytological abnormalities were present in -13.34 %.

The incidence of cytological abnormalities among Pakistani women is significant .The progression of HSIL to invasive disease is well documented .This study highlights the urgent need for a national cervical pre-cancer screening program in Pakistan.

Conclusion

The incidence of cytological abnormalities among Pakistani women is significant .The women included in the study were asymptomatic and had no past history .This study highlights the desperate need for a cervical pre-cancer screening program in Pakistan.

Biography

Noreen Zafar holds FRCOG from the Royal College of Obstetricians and Gynaecologists, London .She is the first Pakistani practitioner to be granted The Certificate of Completion of Specialist Training from the Joint Committee of Medical Royal Colleges, UK. Presently working as Consultant Obstetrician and Gynecologist in Pakistan. Zafar was honored with "National Women Award" for recognition of extra – ordinary services in the field of girls and women health on 4th August 2007 in Lahore.She was awarded the first International Individual Achievement John Eisenberg Award by the Joint Commission and The National Quality Forum , USA , in Oct 2009 in recognition of her extra ordinary services to the cause of girls and women's health in Pakistan. She was given the 'The Woman Of Excellence Award ' by Barclays Bank PLC in March 2011. Zafar is the Founder and President of Girls & Women Health Initiative (GWHI, www.gwhi.org) , a not for profit, charitable venture, conceived to materialize the dream of empowering girls and women to take charge of their health and well being. (GWHI) is designed to reach out to the under privileged and poor population of girls and women. An important agenda is to de-myth gynaecology as a shameful topic, banned for discussions.

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