

Cervical Cancer

Disease Report

REPORT CATEGORIES —



REPRODUCTIVE
HEALTH



CANCER

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Cervical cancer originates in the cells of the cervix, which is the lower part of the uterus that connects to the vagina. This type of cancer can occur in the squamous cells that line the outer part of the cervix as well as in the glandular cells that line the cervical canal [\[R\]](#).

Cervical cancer is divided into subtypes based on the type of cell in which the cancer begins:

- Squamous cell carcinoma: This type begins in the thin, flat cells that line the outer part of the cervix (squamous cells). Most cervical cancers belong to this type.
- Adenocarcinoma: This type begins in the column-shaped gland cells that line the cervical canal.

Sometimes, both types of cells are involved in cervical cancer. Very rarely, cancer occurs in other cells in the cervix.

Early cervical cancer may not cause noticeable symptoms, but as it progresses, symptoms may include [\[R\]](#):

- Abnormal vaginal bleeding (e.g., between periods, after intercourse, or post-menopause)
- Unusual vaginal discharge (which may be watery, pink, or foul-smelling)
- Pelvic pain or pain during intercourse
- Increased vaginal discharge

Risk Factors and Treatment

Several factors can increase the risk of developing cervical cancer, including [\[R\]](#):

- **HPV infection:** Persistent infection with high-risk HPV types is the most common cause of cervical cancer.
- **Smoking:** Tobacco use is linked to a higher risk of cervical cancer. When HPV infections happen in people who smoke, the infections tend to last longer and are less likely to go away.
- **Immunosuppression:** Conditions or medications that weaken the immune system increase the risk of cervical cancer in people with HPV infection.
- **Multiple sexual partners:** Having many sexual partners increases the risk of HPV infection.
- **Early sexual activity:** Beginning sexual activity at a young age increases the risk of HPV infection.
- **Other sexually transmitted infections:** having herpes, chlamydia, gonorrhea, syphilis or HIV/AIDS increases the risk of HPV infection.
- Long-term use of oral contraceptives
- Family history

Several strategies can help prevent cervical cancer:

- **HPV vaccination:** Vaccines like Gardasil and Cervarix can protect against the types of HPV most commonly associated with cervical cancer.
- **Regular screening:** Pap smears (Pap tests) and HPV tests can detect pre-cancerous changes and HPV infections before cancer develops. Guidelines for screening vary but often recommend starting Pap smears around age 21 or within a few years of becoming sexually active.
- **Safe sexual practices:** Using condoms and reducing the number of sexual partners can lower the risk of HPV infection.

Treatment options depend on the cancer's stage and may include [\[R\]](#):

- **Surgery:** Options range from removing precancerous cells (loop electrosurgical excision procedure, or LEEP) to more extensive procedures like a hysterectomy.



TYPICAL LIKELIHOOD

Typical likelihood of cervical cancer based on 838,781 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs116149201	GG
HLA-C	rs114115115	TT
/	rs9272050	GG
LTA	rs2239704	AA
HLA-B	rs3132461	AG
HLA-DQA2	rs9276435	CC
PAX8	rs10175462	GG
ELF1	rs9532669	AT
BAG6	rs2242660	GG
MICA	rs2523496	CT
MICB	rs3131631	CG
/	rs183652081	GG
ATF6B	rs2856437	GG
GABRB1	rs4396968	CC
LRRC28	rs11637339	TT
SLCO5A1	rs4738017	TT
HLA-DPB1	rs3130218	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

- Radiation therapy: Often used in combination with chemotherapy for more advanced cases.
- Chemotherapy: Medications that target and kill cancer cells, often used in advanced stages or in combination with radiation.

The prognosis for cervical cancer depends largely on the stage at diagnosis. Early-stage cervical cancer has a good prognosis with appropriate treatment, while advanced stages may require more intensive treatment and have a more variable outlook.

Treatment options for cervical cancer depend on various factors, including the stage of the disease, and may include surgery, radiation therapy, chemotherapy, or a combination of these approaches. Early-stage cervical cancer can often be treated successfully, highlighting the importance of regular screenings for women's health.

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn't test for hereditary cancer syndromes or 'cancer genes'. These are usually caused by rare mutations that can't be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Secondhand Smoke	2	Methylfolate400 mcg
3	Aerobic Exercise (Cardio)1 hour	4	Avoid Air Pollution
5	Limit Calorie Intake	6	Mediterranean Diet
7	Vitamin C2000 mg	8	Curcumin500 mg
9	Green Tea400 mg	10	Turmeric
11	Indole-3-Carbinol200 mg	12	Echinacea240 mg
13	Art Therapy1 hour	14	Dietary Vitamin C
15	Vegetables	16	Cruciferous Vegetables
17	Walking30 minutes	18	Stress Management Therapy1 hour
19	Soy	20	Fruits And Vegetables
21	Tomato	22	Dietary Antioxidants
23	Dietary Folate	24	Yoga30 minutes
25	Probiotic Yogurt	26	Safer Sex Practices
27	Leafy Green Vegetables	28	Podophyllotoxin

1



Avoid Secondhand Smoke

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

Smokers may have a 2-fold higher risk of cervical cancer. The risk may sharply increase in those smoking 10 or more cigarettes per day. Former smokers may also be at increased risk [\[R\]](#), [\[R\]](#), [\[R\]](#).

Secondhand exposure to cigarette smoke may also increase the risk (by ~70%) [\[R\]](#), [\[R\]](#).

2



Methylfolate

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

A meta-analysis of studies on serum folate levels and cervical cancer risk, involving 2383 participants, found significantly higher risk associated with deficient serum folate levels, particularly among Asians. Another meta-analysis, including 2113 cases and 2804 controls, revealed elevated cervical cancer risk in Asians with MTHFR C677T polymorphism, but no significant association in other populations. Subgroup analyses indicated ethnicity as a key factor influencing results. Additionally, MTHFR A1298C polymorphism showed increased cervical cancer risk, particularly among Asians in population-based studies [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

3



Aerobic Exercise (Cardio)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise helps improve overall immune function and can alleviate treatment side effects such as fatigue and anxiety. Regular cardiovascular activity supports better physical and mental health.

4



Avoid Air Pollution

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) ^[R].

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

A meta-analysis of 18 case-control studies found that household air pollution was associated with cervical neoplasia and upper aero-digestive tract cancers. The associations remained even after accounting for HPV infection and smoking [\[R\]](#).

5



Limit Calorie Intake

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R, R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R, R, R, R, R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Maintaining a lower body fat percentage helps reduce the risk of several cancers, including cervical cancer. Excess body fat can lead to increased levels of inflammation and hormones that can contribute to cancer risk.

Calorie reduction may be a useful aid in cancer prevention, especially for people struggling with excess weight.

6



Mediterranean Diet

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

An anti-inflammatory diet like Mediterranean diet includes foods that reduce inflammation, which can help support the immune system and potentially inhibit cancer progression. It often focuses on fruits, vegetables, whole grains, and healthy fats.

7



Vitamin C

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Analysis of 12 studies shows vitamin C intake is inversely related to cervical neoplasia risk, with a dose-dependent association and no publication bias found [\[R\]](#).

Meta-analysis of 22 studies shows vitamins B12, C, E, and beta-carotene may help prevent cervical neoplasm, with significant evidence supporting their protective effects [\[R\]](#).

8



Curcumin

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, found in turmeric, has been shown to have anti-cancer properties. It can reduce cancer cell proliferation and induce apoptosis (cell death) in cervical cancer cells. Studies suggest that curcumin may inhibit HPV infection which is a major cause of cervical cancer.

9



Green Tea

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Green tea contains compounds called catechins, which have been found to suppress the growth of cervical cancer cells and potentially lead to their destruction.

10



Turmeric

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound with anti-inflammatory properties which may help in preventing or slowing down the progression of cervical neoplasia by inhibiting the growth of cancerous cells.

11



Indole-3-Carbinol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an indole-3-carbinol supplement with a glass of water, preferably with meals to enhance absorption. Dosages typically range from 200 to 400 mg per day, divided into two doses. Continue daily for as long as recommended by your healthcare provider, which can vary based on the specific condition being addressed.

TYPICAL STARTING DOSE

200 mg

Description

Indole-3-carbinol is a compound found in cruciferous vegetables that may support hormonal balance and has been studied for its potential to reduce the risk of certain cancers.

How it helps

In a placebo-controlled trial of 30 patients with biopsy-proven cervical intraepithelial neoplasia, supplementation with indole-3-carbinol (400 mg/day for 12 weeks) caused a statistically significant regression of these lesions [\[R\]](#).

Indole-3-carbinol may help by promoting the breakdown and removal of estrogen from the body. This can lead to a reduction in the growth of estrogen-responsive cancer cells.

12



Echinacea

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an echinacea supplement of 240 mg to 480 mg per day, divided into 2 to 3 doses, for up to 8 weeks to support immune function. It is available in various forms such as capsules, tinctures, or teas.

TYPICAL STARTING DOSE
240 mg

Description

Echinacea is an herbal remedy believed to boost the immune system and reduce the severity and duration of colds and respiratory infections. Some studies suggest that it may have immune-stimulating properties, but the evidence is mixed, and its effectiveness varies among individuals.

[Echinacea](#) (*Echinacea angustifolia*), also known as purple coneflower, is a herb traditionally used for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Common cold and flu
- Anxiety
- Infections

How it helps

In a placebo-controlled trial of 153 women with cervical low-grade squamous intraepithelial lesions, supplementation with echinacea extracts for 12 months boosted HPV lesion clearance, reducing the overall amount of diagnosis, histological, colposcopic and vaginal parameters [\[R\]](#).

13



Art Therapy

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

In an uncontrolled trial of 16 patients with gynecological cancers (including cervical cancer), receiving 5 sessions of art therapy during chemotherapy prevented a decline in quality of life [\[R\]](#).

14



Dietary Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in Vitamin C into your daily diet, such as oranges, strawberries, red peppers, kale, and broccoli. Aim to consume 5 servings of fruits and vegetables per day to meet the recommended dietary allowance of Vitamin C, which is 90 mg for adult men and 75 mg for adult women.

Description

Vitamin C is an antioxidant that supports the immune system, collagen production, and wound healing. It also enhances iron absorption from plant-based foods and contributes to overall health.

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C, a powerful antioxidant, plays a role in immune function and skin health. Research suggests that higher intake of vitamin C through diet may lower the risk of developing cervical neoplasia by boosting the body's ability to fight HPV, the virus often linked to cervical cancer, and by reducing oxidative stress.

15



Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

A diet high in vegetables provides essential vitamins, minerals, and antioxidants that could have a protective effect against the development of cervical cancer. Consuming a variety of vegetables may help improve immune function and reduce the risk of cervical neoplasia.

16



Cruciferous Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, kale, or cabbage, into at least one meal each day. A serving size is about a half cup cooked or one cup raw. Try to maintain this habit consistently over time for the best health outcomes.

Description

Cruciferous vegetables like broccoli, cauliflower, and kale are rich in vitamins, fiber, and antioxidants. Including them in your diet can promote overall health and may offer cancer-protective properties.

Cruciferous vegetables are a group of vegetables that belong to the Brassicaceae family. They are rich in fiber, vitamins, minerals, and other nutrients.

Some common cruciferous vegetables include broccoli, cauliflower, cabbage, kale, and brussels sprouts.

How it helps

Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts contain compounds like sulforaphane that have been shown to have anti-cancer properties.

17



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Regular walking can help improve physical fitness, reduce fatigue, and enhance overall quality of life in cancer patients.

18

Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Reducing stress can help improve immune function and overall well-being, which can be beneficial for those undergoing treatment for cervical cancer.

19



Soy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It’s a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soy foods contain isoflavones, which have been shown to inhibit cancer cell growth and may reduce the risk of cervical cancer.

20



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

A diet high in fruits and vegetables may reduce the risk of cervical cancer. These foods are rich in vitamins, minerals, and antioxidants which help to protect cells from harmful mutations.

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Tomato

IMPACT

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EVIDENCE

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How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomato is an important source of [\[R\]](#):

- [Vitamin C](#)
- Potassium
- Antioxidants (e.g., [lycopene](#))
- Vitamin B9 ([folate](#))

Tomato is traditionally used for [\[R\]](#), [\[R\]](#):

- High cholesterol
- High blood pressure

How it helps

Tomatoes are high in lycopene, an antioxidant that has been studied for its potential to reduce the risk of cervical cancer. Lycopene can help protect cells from damage and may inhibit the growth of cancer cells. Eating tomatoes and tomato-based products could contribute to cervical cancer prevention.

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Dietary Antioxidants

IMPACT

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EVIDENCE

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How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Dietary antioxidants help neutralize harmful free radicals in the body, which can damage cells and contribute to the development of cervical neoplasia and other cancers. Consuming foods rich in antioxidants may help reduce the risk and progression of cervical neoplasia by protecting cells from oxidative stress.

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Dietary Folate

IMPACT

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EVIDENCE

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How to implement

Increase your intake of folate-rich foods such as leafy green vegetables, fruits, nuts, and legumes. Aim to consume these foods daily, incorporating them into various meals throughout the day to meet the recommended dietary allowance of 400 micrograms for adults.

Description

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

Rich sources of folate include [\[R\]](#), [\[R\]](#):

- Beef liver
- Spinach
- Black-eyed peas
- Asparagus
- Citrus fruits

While folate deficiency is rare, it can happen in people who don’t eat enough fruits and vegetables. Alcoholics and lactating women may also be at increased risk [\[R\]](#).

Adults should get **400 micrograms (mcg)** of folate per day. Pregnant or breastfeeding women should get **500-600 mcg per day**. Supplements are usually in the form of *folic acid* or [L-methylfolate](#) (5-MTHF) [\[R\]](#), [\[R\]](#).

How it helps

Folate, found in leafy greens and legumes, is important for DNA synthesis and repair. Adequate folate intake has been linked to a reduced risk of cervical cancer.

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Yoga

IMPACT

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EVIDENCE

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How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga can help reduce stress, improve mood, and enhance physical strength and flexibility, which can aid in coping with the physical and emotional challenges of cervical cancer.

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Probiotic Yogurt

IMPACT

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EVIDENCE

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How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains beneficial bacteria that can boost the immune system and may help in maintaining healthier cell functions, potentially reducing cancer risks.

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Safer Sex Practices

IMPACT

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EVIDENCE

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How to implement

Use latex condoms every time you have vaginal, anal, or oral sex. Reduce the number of sexual partners you have, and get tested regularly for sexually transmitted infections (STIs), ideally every 3 to 6 months if you're sexually active with new or multiple partners.

Description

Safer sex practices refer to using barrier methods like condoms or dental dams during sexual activity to reduce the risk of sexually transmitted infections (STIs) and unintended pregnancies. They are essential for promoting sexual health and preventing the transmission of STIs.

Safer sex practices help reduce the risk of chlamydia and other STDs. They include [\[R\]](#), [\[R\]](#):

- Using a condom for all types of sex
- Limiting the number of sex partners (ideally to one)
- Discussing past partners, STDs, and drug use
- Avoiding alcohol and drug use
- Avoiding douching after intercourse
- Getting regular screenings

Using a condom helps prevent chlamydia in men and women. A **combination of male and female condoms** may be the safest option [\[R\]](#), [\[R\]](#).

Women using **birth control pills** may have **3 times higher** risk of chlamydia compared to those using condoms [\[R\]](#).

In men who have sex with men, using **pre-exposure prophylaxis (PrEP) for HIV** may be linked to **11 times higher** risk of chlamydia. Reduced condom use may be one of the reasons for this rise [\[R\]](#), [\[R\]](#), [\[R\]](#).

Men who go to sex workers may have a **2.5 times higher** risk of chlamydia [\[R\]](#).

How it helps

Practicing safer sex (e.g., using condoms) reduces the risk of human papillomavirus (HPV) infection, which is the main cause of cervical cancer. Preventing HPV or other sexually transmitted infections can significantly lower the risk of developing cervical cancer.

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Leafy Green Vegetables

IMPACT

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EVIDENCE

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How to implement

Incorporate at least one serving of leafy green vegetables, such as spinach, kale, or Swiss chard, into your diet daily. This can be done by adding them to salads, smoothies, or as a side dish to your meals.

Description

Leafy green vegetables like spinach and kale are packed with vitamins, minerals, and antioxidants. Incorporating them into your diet can promote overall health by providing essential nutrients, supporting digestion, and reducing the risk of chronic diseases like heart disease and certain cancers.

Leafy green vegetables, also called leafy greens, or greens, are edible plant leaves, which can include stalks and shoots as well. Common examples include: lettuce, spinach, kale, chard, endive, and fennel.

Leafy greens contain a host of vitamins and minerals, as well as fiber. Most of them are a particularly good source of vitamin K.

How it helps

Leafy green vegetables are rich in vitamins, minerals, and antioxidants that support overall health and may have protective effects against various types of cancer, including cervical cancer.

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Podophyllotoxin

IMPACT

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EVIDENCE

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How to implement

Apply a small amount of podophyllotoxin solution or cream directly to the affected area using the applicator provided or a cotton swab. Use it twice a day for 3 days, followed by 4 days without treatment. This one-week cycle may be repeated up to 4 times, or as directed by a healthcare professional. Avoid contact with healthy skin around the area and do not cover with a bandage unless instructed by a doctor.

Description

Podophyllotoxin is a natural compound derived from certain plant species, including the Mayapple plant (*Podophyllum peltatum*). It has been used in topical medications to treat warts, due to its potential antiviral properties.

Podophyllotoxin (PPT) is a substance extracted from the roots of *Podophyllum* plants. It is the active ingredient in medical creams and solutions used to treat **external warts** caused by HPV infection [\[R\]](#).

How it helps

Podophyllotoxin is derived from the roots of the podophyllum plant and has been shown to effectively treat genital warts, which are caused by certain strains of HPV. These strains can also cause cervical neoplasia. Topical application of podophyllotoxin works by targeting the cell division process of these HPV-infected cells, inhibiting their growth and eliminating the warts. This action can help reduce the risk or severity of cervical neoplasia by directly attacking one of its potential causes.