



# CONSERVATIVE MANAGEMENT OF HIGH-GRADE CERVICAL DYSPLASIA IN YOUNG WOMEN



**A FOLLOW-UP APPOINTMENT USUALLY HAPPENS SIX MONTHS AFTER YOUR LEEP TREATMENT. HIGH-GRADE CERVICAL CHANGES ARE OFTEN FOUND ON COLPOSCOPIES OF YOUNG WOMEN UNDER THE AGE OF 25, BUT CERVICAL CANCER IN THIS AGE GROUP IS EXTREMELY RARE.**

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# WHAT IS THE BEST OPTION FOR ME?

The best management options will depend on your current health, values and beliefs, and risk tolerance. Speak to your health care provider to get more information about your options.



**I AM A YOUNG WOMAN UNDER THE AGE OF 25 WHO HAS BEEN DIAGNOSED WITH HIGH-GRADE, CERVICAL DYSPLASIA (CHANGES). WHAT OPTIONS ARE AVAILABLE TO ME?**

**There are two options once you have been diagnosed after your colposcopy and biopsy (tissue sample): monitoring or treatment.**



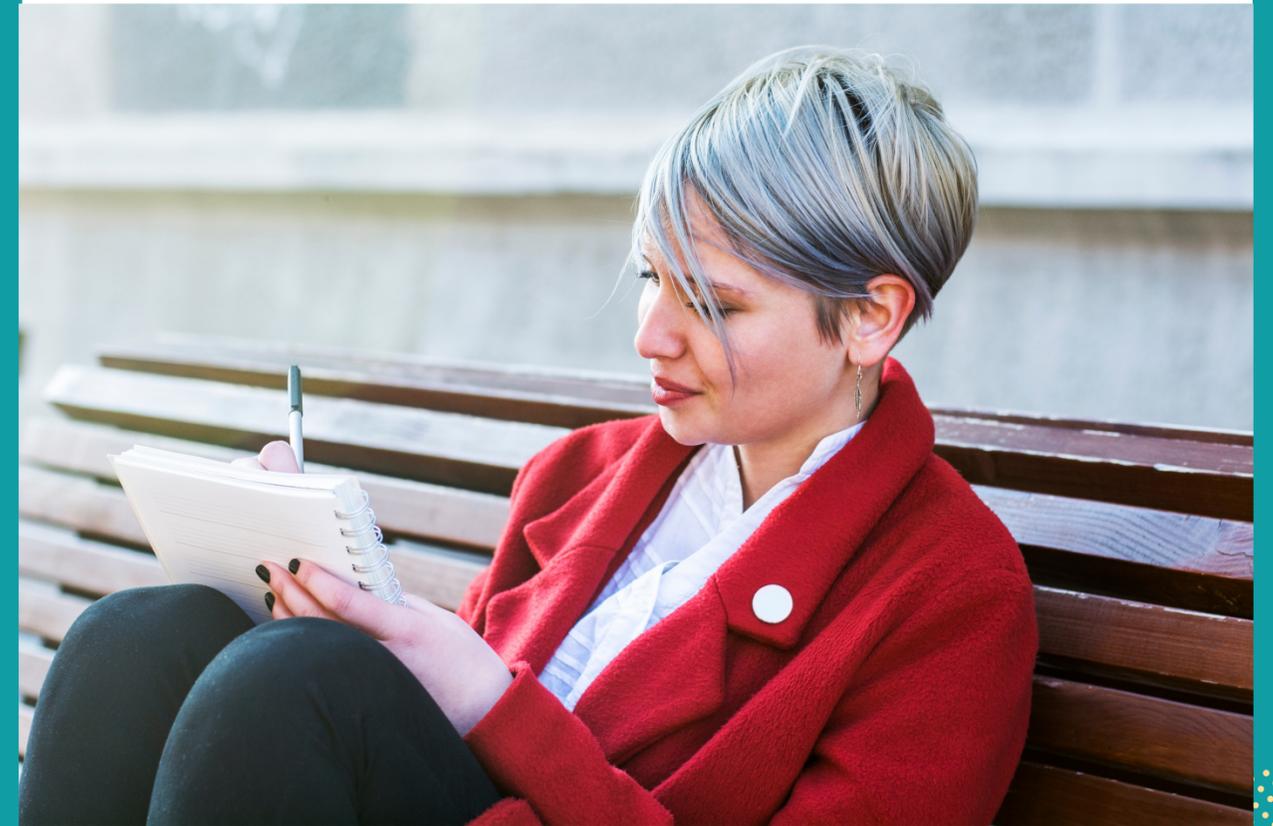
# WHAT IS THE REGULAR MONITORING (CONSERVATIVE MANAGEMENT) OPTION?

For women under the age of 25, doctors usually recommend regular monitoring. Each follow-up appointment will include a colposcopy examination. You will need to see the doctor every six months for two years or until you are 25-years-old (whichever comes first). It is important that you return for these visits to make sure that the cervical changes go away. If it does not, you will need treatment.



## **Why is a more conservative approach recommended even though I have high-grade cervical changes?**

High-grade, cervical changes, also known as CIN 2 or CIN 3, are often found on colposcopies of young women under the age of 25, but cervical cancer in this age group is extremely rare. High-grade changes in young women often get better on their own without any treatment. Young women can avoid unnecessary treatment side effects by taking the conservative approach.



# What are the risks of conservative management?

Without treatment, it is possible that the high-grade cervical changes could progress to a higher grade (CIN 2 to CIN 3) or very rarely to cervical cancer. Because this is rare and the process of developing cancer is slow, conservative management is a safe option. It is important that you go to your scheduled appointments to make sure that the cervical changes go away. If they do not go away on their own, it is important that you get treatment.



# What are the risks of immediate treatment?

Immediate treatment with Loop Electrosurgical Excision Procedure (LEEP) can remove the abnormal, cervical tissue but there are some short-term and long-term risks. Short-term risks of a LEEP include bleeding and infection. Long-term risks include cervical stenosis (narrowing of the entrance of the cervix) and complications with a future pregnancy, including a slightly increased risk of going into labour before the baby's due date.



# WHAT IF I CAN'T COMMIT TO FOLLOW-UP APPOINTMENTS?



If you can't commit to regular follow-up appointments, then treatment with LEEP is an option. It is important to consider the risks and benefits of immediate treatment versus regular follow-up. If you are moving away, your health care provider can refer you to another colposcopy clinic for follow-up. You do not have to get treatment immediately.



# ADDITIONAL RESOURCES:



BRITISH  
COLUMBIA

HealthLinkBC



THE SOCIETY OF OBSTETRICIANS  
AND GYNAECOLOGISTS OF CANADA

LA SOCIÉTÉ DES OBSTÉTRICIENS  
ET GYNÉCOLOGUES DU CANADA



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