

Current Scientific Information

Simple Vinegar Test for Detection of Cervical Precancer: A Study showing its impact on Curtailment of Cervical Cancer Deaths

Shastri SS (Professor of Preventive Oncology), Tata Memorial Hospital, Mumbai, India.[A study release at American Society of Clinical Oncology's Annual meeting in Chicago on 2nd June,2013], published in "The News" Int'l, 3rd June,2013.

A snippet from the above quoted study release shows that a **Simple Vinegar Test could prevent 73,000 deaths from cervical cancer, world wide, each year**, as stated by Professor Surendra Srinivas Shastri, who had conducted **a large scale randomized study in India on 150,000 women, over 15 years.**

Undoubtedly wide spread cervical screening with conventional and newer technologies has reduced cervical cancer deaths in wealthy countries. But cervical cancer remains a leading cause of women's death, in India and many other developing countries, lacking money, doctors, nurses or laboratories for wide spread screening, she stated.

The vinegar test while not perfect, offers a practical and affordable solution to this problem. In this study a primary health care worker swabbed the women's cervix with vinegar, which turns the pre-cancerous (Intra epithelial) lesions white, visible under bright light, a minute later. Thus providing immediate results in the vicinity of the women's homes and with hardly any cost, which are tremendous advantages for the masses of our rural women in particular. Early detection is critical for the successful treatment of this **preventable cancer, where by cervical cancer deaths were reduced by 31%, in the study quoted above.** According to Prof Shahstiri this is the first trial to identify a cervical screening

strategy, which is feasible to be implemented on a broad scale, not only throughout India, but in other developing countries as well. "A test which actually lead to **Reduction of Mortality** from cervical cancer". Furthermore primary health care workers are under training for performing the Vinegar test, not only in the state where the above mentioned study was conducted, but planned to be done so throughout India for the **screening of all women** (35-64 years old). Programs are at hand to **reach out** to other low to moderate income countries to share and compare the results as well as to offer training resources. **The professor stated that with fully implemented programme 22,000 cervical cancer deaths could be prevented each year in India, while this number would rise to 73,000 if this methodology is implemented in resource poor countries world wide.**

The use of primary health workers, instead of scarcely available doctors and nurses, in the remote areas, is crucial for the success of this program. Such trained women can be local ones with at least 10th grade education and good communication skills, after 4 week of intensive training and one week annual refresher course--- What a practical solution!

**Contributed By
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