



A social initiative of:



Cervical cancer screenings, at no cost, for foreign domestic workers
Limited screenings available on a first-come, first-served basis

FAQs for employers

Why is it important for my helper to join this programme?

Cervical cancer is almost entirely preventable with screening and vaccination.¹

Our helpers may tend to overlook their own health. However, by taking care of themselves and participating in programmes such as Helping our Helpers, they can continue to take care of their families and your family members throughout their employment period.

Cervical cancer is the third most common cancer affecting women in the Philippines and the second most common among women in Indonesia, India and Myanmar.²

Do I need to accompany my helper to the appointment?

It is not necessary for you to accompany your helper unless you would like to do so.

If my helper tests positive for HPV, does this mean she is sexually active?

Not necessarily. Human papillomavirus (HPV) can live in the body for more than 10 years³ without displaying symptoms until cervical pre-cancer develops and advances, so one could have the virus even if it has been many years since sexual contact.

Is this covered under the maid insurance? If not, how much will I have to pay if treatment is necessary?

The HPV test (including the consultation) at Bethesda Medical is at no cost under the Helping our Helpers programme. However, the cost of any additional test or treatment will not be covered by this programme.

Thus, it is important to check your insurance coverage and its limits before participating in this programme.

How can we make an appointment for our helpers?

Participating clinics for this programme include 6 Bethesda Medical Clinics, located across Singapore.

The clinics are open for booking every **Thursday from 10.00am to 12.00pm**. Please inform the Appointment Centre staff that you are participating in the Helping our Helpers programme.

Bethesda Medical @ Ang Mo Kio

Blk 709 Ang Mo Kio Ave 8 #01-2583 Lot A,
Singapore 560709
Tel: 6428 6084

Bethesda Medical @ Beach Rd

152 Beach Rd, #03-08 Gateway East,
Singapore 189721
Tel: 6299 5398

Bethesda Medical @ Macpherson

Grantral Mall, #01-03/04, 601 Macpherson Road,
Singapore 368242
Tel: 6904 6678

Bethesda Medical @ Margaret

38 Margaret Drive #02-03,
Singapore 141038
Tel: 6322 3886

Bethesda Medical @ Toa Payoh

Blk 500 Toa Payoh Lorong 6, #04-33, Toa Payoh Hub,
Singapore 310500
Tel: 6253 5600

Bethesda Medical @ Yishun

Blk 293 Yishun St 22, #01-223,
Singapore 760293
Tel: 6428 6081

Are subsequent tests covered under this programme?

No, subsequent tests are not covered under this programme.

If my helper tests negative, does she need another test?

No, however, it is important to go for routine check-ups every 3 to 5 years.⁴

What does it mean if my helper is positive for high-risk HPV?

It is important to remember that most women with HPV do not develop cancer. There are more than 100 strains of HPV, of which 14 have a high risk of causing cervical cancer.^{5,6} The high-risk HPV test looks for the presence of these HPV strains before changes occur in the cells of the cervix, before cancer develops.⁷

What are the treatment options for my helper if she tests positive for high-risk HPV types?

Sometimes, only monitoring is required if your helper tests positive for HPV. If any cells have changed, there may be a need for further treatment, which could take place at KK Women's and Children's Hospital. Most treatment options are simple outpatient procedures. However, as treatment is not covered under this programme, please take note of your coverage.

What is the range of costs if my helper needs treatment?

If your helper needs further investigations or preventative treatment for cervical cancer, below are some estimated costs as a guide.

Colposcopy Suite KK Women's and Children's Hospital

Cost for further investigation starts from S\$350.00.

Can we get a second opinion? Where?

Yes, you may consider performing a second test at a clinic of your choice. The cost of any additional test will not be covered by this programme.

How do we know if our helper has cervical cancer?

You will need to consult the doctor to find out if further tests are required to determine if your helper has cervical cancer.

What is the outlook?

The doctor will be able to advise on the diagnosis, treatment options and prognosis if cervical cancer is detected.

Should we repatriate her for treatment?

You do not have to repatriate your helper.

Treatments are available at our participating hospitals. However, please note that the cost of any additional test or treatment will not be covered under this programme.

If further treatment is needed, at which location will it be at?

If further treatment is needed, you can go to KK Women's and Children's Hospital or any other healthcare institution of your choice.

For more information, please visit:



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References: **1.** Centers for Disease Control and Prevention. Cervical Cancer is Preventable. Available at: <https://www.cdc.gov/vitalsigns/cervical-cancer/> [last accessed Apr, 2024] **2.** World Health Organisation. Population factsheets Retrieved 17 April 2024 from <https://gco.iarc.fr/today/en/fact-sheets-populations#countries> **3.** World Health Organisation. Human papillomavirus (HPV) and cervical cancer. Available at: <https://www.who.int/news-room/fact-sheets/detail/cervical-cancer> [last accessed Apr, 2024]. **4.** Singapore Cervical Cancer Prevention Society. Management Guidelines for Cervical Screening & Preinvasive Disease of the Cervix. Available at: http://www.sccps.org/wp-content/uploads/2019/03/CSS-Clinical-Mgt-Guidelines-2019_March-Release.pdf [last accessed May, 2024]. **5.** Kari P Braaten, M. (2008). Human Papillomavirus (HPV), HPV-Related Disease, and the HPV Vaccine. Reviews in Obstetrics and Gynecology, [online] 1 (1), p.2. Available at: <http://www.ncbi.nlm.nih.gov/pmc/artic1es/PMC2492590/> [last accessed March, 2016]. **6.** de Sanjose S, Quint WG, Alemany L, et al. Human papillomavirus genotype attribution in invasive cervical cancer: a retrospective cross-sectional worldwide study. Lancet Oncol 2010; 11:1048-1056. **7.** American Cancer Society. HPV Testing. Available at: <https://www.cancer.org/cancer/risk-prevention/hpv/hpv-and-hpv-testing.html> [last accessed May, 2024].

In partnership with:

Bethesda
MEDICAL

 KK Women's and
Children's Hospital
SingHealth

 The Society for Colposcopy
and Cervical Pathology
of Singapore

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