

Published link: <https://everhope.care/blogs/is-cervical-cancer-caused-by-sti>

Meta Title: STI Cervical Cancer: Which Sexual Infections Raise the Risk?

Meta Description: Can cervical cancer come from an STI? Find out how STI cervical cancer starts, which infections are responsible, and steps you can take to protect yourself.

Is Cervical Cancer Caused by an STI? Understanding the HPV Connection

Cervical cancer is often linked to sexual transmission, but is that the full story?

Many people are still confused: Does becoming sexually active put you at risk? And can avoiding intimacy prevent cervical cancer altogether? While certain STIs, especially those that persist over time, can increase the risk, not all infections lead to cancer. Plus, not every case of cervical cancer stems from sexual intercourse.

In this blog, we'll explore the connection between STIs and cervical cancer, clarify common misconceptions, and share simple steps to protect your health and lower the chances of STI cervical cancer. Find out the answer to "is cervical cancer sexually transmitted?".

What are STIs, and is cervical cancer sexually transmitted?

STIs, also referred to as STDs, are sexually transmitted infections or diseases that pass from one person to another during sexual intercourse. They can be transmitted through blood, semen, vaginal fluids, or skin-to-skin contact.

In some cases, STIs can also spread in other ways, like through the use of shared needles or blood transfusions.

Furthermore, there are different types of STIs, including chlamydia, gonorrhoea, herpes, syphilis, and human papillomavirus (HPV). Among these, HPV is one of the most common STIs that lead to cervical cancer, [accounting for around 95% of all cases](#).

HPV are also of different types, but most are harmless and go away on their own. Some high-risk types, such as HPV 16 and 18, can cause changes in the cervix that may eventually lead to cancer.

When someone is exposed to HPV, the body's immune system usually clears the virus without any issue. However, in some cases, the virus survives in the body for years. This persistent infection can disrupt the normal functioning of cervical cells.

Over time, HPV's genetic material may enter these cells and multiply in abnormal ways, causing STIs that lead to [cervical cancer](#).

STIs and cervical cancer: Common myths and facts to know!

There are many misconceptions about whether is cancer sexually transmitted, if it only affects women, and whether men can have it too. These myths not only affect how people view the illness but can also discourage them from getting screened, treated, or vaccinated.

So, let's explore these myths about sexually transmitted infection and cervical cancer and clear them up with correct facts.

Myth 1: Having HPV means you will get cervical cancer

Fact: In most cases, the body clears the virus on its own without causing any harm.

HPV are of 100 types and most of them are harmless. Even among the high-risk types, only a few viruses stay long enough to cause changes in the cervical cells. In 90% of cases, the [infection clears within 1 to 2 years](#).

In cases where the infection stays, routine screenings can catch these changes early, long before they turn into cancer.

Myth 2: Only women need to worry about HPV

Fact: HPV affects all genders and causes cancers in men as well.

HPV doesn't just affect the cervix but can also lead to penile, anal and throat cancer, especially in men who have sex with men. What's more important is that men can carry and spread HPV without symptoms.



[Source](#)

This makes vaccination for boys and men just as important, not only to protect their health but also to reduce transmission.

Myth 3: Only people with multiple sexual partners get HPV

Fact: Anyone who is sexually active can get HPV even if they have just one partner.



[Source](#)

HPV is one of the most well-known infections in the world. The [Centres for Disease Control and Prevention \(CDC\)](#) states that nearly everyone who is sexually active will get HPV at some point in their lives. It spreads easily through skin-to-skin contact, not just through penetrative sex.

While the infection usually goes on its own, taking certain precautions remains important to stay safe.

Myth 4: Cervical cancer is contagious

Fact: Cervical cancer cannot spread from person to person through contact, sharing food or being in the same space.

STI cervical cancer does not spread through any casual contact. While it is a sexually transmitted disease, the cancer that develops from extended infection in your cervix cannot be caught.

In fact, no type of cancer is contagious. One cannot get cervical cancer by hugging, touching, or being around someone who has it.

Myth 5: An abnormal pap result means a woman is at high risk of STI cervical cancer

Fact: Not all abnormal results from pap tests mean cancer; it could be warning signs and might require further diagnosis.

An unusual Pap test means that cervical cells look different from normal ones under a microscope. This could happen due to inflammation, a non-HPV infection, or even a sampling error during the test. In most cases, it does not mean cancer is imminent, but often points to early, non-invasive changes.

For that reason, healthcare providers will recommend further tests like a colposcopy to take a closer look at the cervix, and if needed, a biopsy to examine the tissue more closely. This helps to catch any virus early and treat it well before it turns into cervical cancer.

Prevention of cervical cancer from STIs: What can one do to stay safe?

While sexually transmitted infections like HPV are the leading cause of cervical cancer, it's also one of the most preventable. Taking a few simple steps can go a long way to decrease the chances of developing the disease.

1. Get vaccinated against HPV

HPV vaccination offers strong protection against cervical cancer, especially when given before a person becomes sexually active. According to the [World Health Organization \(WHO\)](#), getting the vaccine between the ages of 9 and 14 is highly effective in preventing HPV infection and cervical cancer.

However, those in their 20s and 40s can still get vaccinated, but they need to [consult their oncology doctors](#) for that.

2. Get a timely cervical screening

Regular cervical health exams, including Pap tests and HPV tests, can detect abnormal changes in cervical cells early, reducing the risk of cancer. Most experts recommend starting them at ages 21 - 25 and repeating after every few years.

3. Practice safer sexual behaviours

Using condoms and other barrier methods during sexual activity reduces the risk of STI transmission. While not foolproof, these habits work alongside vaccination and screening to lower the risk of persistent high-risk HPV infections that can cause cervical damage.

Final thoughts: Protecting yourself from HPV and cervical cancer

Cervical cancer is most commonly caused by HPV, a sexually transmitted infection. However, not every STI leads to it, and not all cervical cancer cases stem from STIs.

Even still, because HPV is sexually transmitted, many people hesitate to get tested often due to stigma or fear of judgment. It's important to remember that being sexually active is normal, and

so is getting screened. Just like any other health check, this is a simple and important preventive step.

With regular Pap or HPV tests, healthcare providers can help catch changes in cervical cells early and live a long and healthy life. So, treat sexual health as a part of everyday care and not as something to be worried about!

FAQs on STI cervical cancer

1. Is there a vaccine to prevent cervical cancer caused by STIs?

Yes, the HPV vaccine helps protect against the high-risk types of HPV that can cause cervical cancer. It's most effective when given before becoming sexually active, but adults up to age 45 can still benefit after consulting their oncology doctors.

2. Are all STIs linked to cervical cancer, or only HPV?

Only certain high-risk types of sexually transmitted infection, HPV, are strongly linked to this kind of cancer. Other STIs do not lead to this type of cancer, although they can still impact reproductive and sexual health.

3. Can cancer be transmitted sexually?

Cancer itself cannot be passed from one person to another through sexual contact. However, cervical cancer can sometimes develop from continuous HPV infections, which are commonly spread during intimate contact. Apart from HPV-related cancers, no other cancers are known to spread through sexual activity.

4. Is cervical cancer completely curable?

Cervical cancer is highly treatable when detected early through treatments like surgery, radiation therapy, and chemotherapy. In some cases, targeted therapy or immunotherapy may

also be used based on the cancer's type and spread. The choice of cervical cancer treatment depends on how far the cancer has progressed and the patient's overall health.