

# SEMINAR ON WOMEN AND HEALTH: CERVICAL CANCER AWARENESS

Funtasea Hotel and Beach Resort, Iba, Zambales  
May 24, 2025

**I**n line with the national observance of Cervical Cancer Prevention Awareness Month (May 1–31, 2025), LBRDC Resources and Development Corporation (LBRDC), through its Gender and Development (GAD) Program, organized a vital seminar titled “Women and Health: Cervical Cancer Awareness” on May 24, 2025, held at Funtasea Hotel and Beach Resort in Iba, Zambales.

The seminar was attended by 73 LBRDC employees, both women and men, highlighting the inclusive nature of the initiative. Recognizing that cervical cancer awareness is not solely a women’s concern but a shared responsibility, the event aimed to equip all participants with accurate knowledge to help protect themselves and their loved ones.

Ms. Barbara T. Iriola, RN, from the Department of Health, served as the Resource Speaker. She delivered an in-depth discussion on cervical cancer, a serious yet preventable disease that develops in the cervix, primarily caused by long-term infection with high-risk strains of the human papillomavirus (HPV).

Her talk focused on:

1. Risk factors, such as early sexual activity, multiple sexual partners, smoking, compromised immune systems, and lack of regular screening.
2. Warning signs and early symptoms, which are often silent and easily missed, make regular checkups crucial.

To combat the disease, she emphasized several preventive measures, including:

1. HPV vaccination to significantly lower the risk of infection and cancer development.
2. Regular PAP smears and HPV testing to detect precancerous changes early.
3. Safe sexual practices and a healthy lifestyle to strengthen the body’s natural defenses.

Participants were encouraged to be proactive in maintaining their reproductive health and to serve as advocates of awareness in their homes and communities. The seminar also emphasized the importance of male support and understanding, recognizing the role men play in prevention and education within families and society.

This seminar not only enhanced awareness about a critical health issue but also reaffirmed LBRDC’s strong commitment to employee well-being, gender sensitivity, and preventive healthcare. Through the GAD program, LBRDC continues to provide meaningful opportunities for education, empowerment, and health promotion for all its personnel.

