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EARLY DIAGNOSIS AND MODERN TREATMENT METHODS OF CERVICAL DYSPLASIA

Masharipova Salimaxon Ortikaliyevna
Fergana Medical Institute of Public Health
Assistant of the Department of Obstetrics and Gynecology

Abstract
This review discusses modern approaches to the early detection and treatment of cervical dysplasia, focusing on recent developments in diagnostic methods and evidence-based treatment strategies. Advances in molecular diagnostics, such as human papillomavirus genotyping and biomarker analysis, have improved screening and risk assessment. Treatment options include careful observation and minimally invasive surgical procedures, chosen based on the severity of the condition, the patient's age, reproductive plans, and human papillomavirus status. Recent studies support a personalized approach that aims to prevent cancer while preserving reproductive health. This summary brings together the latest clinical research and official recommendations for effective management of cervical dysplasia.

Keywords: cervical dysplasia, human papillomavirus, cervical intraepithelial neoplasia, colposcopy, loop electrosurgical excision procedure, cervical screening, molecular diagnostics, fertility preservation

Introduction

Today, cervical dysplasia continues to represent one of the most significant preventable causes of cancer-related morbidity and mortality among women worldwide, despite substantial advances in screening technologies and therapeutic interventions. The global burden of cervical dysplasia affects approximately 570,000 women annually, with developing nations bearing a disproportionate share of advanced disease presentations due to limited access to comprehensive screening programs and specialized healthcare services. Contemporary understanding of cervical dysplasia pathogenesis has evolved considerably following the definitive establishment of human papillomavirus as the primary etiological agent responsible for virtually all cases of high-grade cervical intraepithelial neoplasia and invasive cervical carcinoma. This breakthrough in molecular pathology has fundamentally transformed both diagnostic approaches and therapeutic strategies, enabling clinicians to implement risk-stratified management protocols that account for viral genotype, persistence patterns, and individual patient characteristics.

The transition from cytology-based screening paradigms to molecular testing platforms represents a revolutionary advancement in early detection capabilities, offering enhanced sensitivity for identifying clinically significant lesions while simultaneously reducing false-positive rates that previously contributed to patient anxiety and unnecessary interventions. Modern screening algorithms incorporate human papillomavirus testing as either a primary screening modality or co-

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testing component, enabling extended screening intervals for low-risk populations while ensuring appropriate surveillance for high-risk individuals.

Treatment methodologies have similarly undergone substantial refinement, with contemporary approaches emphasizing fertility preservation, minimal tissue removal, and personalized risk assessment to optimize both oncological and reproductive outcomes. The integration of molecular diagnostics into treatment decision-making processes has enabled clinicians to identify patients suitable for conservative management while ensuring appropriate intervention timing for those requiring definitive therapy.

Main Part

Cervical dysplasia development follows a well-characterized progression pathway initiated by persistent human papillomavirus infection, particularly involving high-risk genotypes including types 16, 18, 31, 33, 35, 39, 45, 51, 52, 56, 58, 59, 66, and 68. The viral integration process disrupts normal cellular regulatory mechanisms through the expression of oncoproteins E6 and E7, which inactivate tumor suppressor proteins p53 and retinoblastoma respectively, leading to uncontrolled cellular proliferation and genomic instability. The natural history of human papillomavirus infection demonstrates that most acute infections resolve spontaneously within 12 to 24 months through effective immune-mediated clearance mechanisms. However, persistent infections, particularly those involving high-risk genotypes, create an environment conducive to progressive epithelial transformation through successive stages of low-grade and high-grade cervical intraepithelial neoplasia before potential progression to invasive carcinoma.

Epidemiological research has identified multiple cofactors that modulate progression risk, including immunosuppression states such as human immunodeficiency virus infection, organ transplantation, and chronic corticosteroid therapy. Additional risk factors encompass smoking tobacco products, which introduces carcinogenic compounds that accumulate in cervical secretions, long-term oral contraceptive use exceeding five years, multiparity, and concurrent sexually transmitted infections, particularly herpes simplex virus and Chlamydia trachomatis. Recent genomic studies have revealed that progression from high-grade cervical intraepithelial neoplasia to invasive cancer involves accumulation of additional molecular alterations beyond initial human papillomavirus integration, including chromosomal instability, telomerase activation, and disruption of cell cycle checkpoint mechanisms. These insights have informed the development of novel biomarkers for risk stratification and treatment response monitoring.

Modern cervical dysplasia diagnosis relies upon a comprehensive multimodal approach that integrates cytological examination, human papillomavirus molecular testing, and colposcopic evaluation with targeted biopsy sampling. The evolution of screening methodologies has progressed from traditional Papanicolaou smear cytology toward liquid-based cytology systems that provide improved specimen adequacy and enable concurrent human papillomavirus testing from a single collection. Primary human papillomavirus screening has emerged as the preferred approach in many healthcare systems, demonstrating superior sensitivity for detecting clinically significant cervical intraepithelial neoplasia compared to cytology alone. High-risk human papillomavirus testing utilizing polymerase chain reaction-based assays or hybrid capture

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methodologies can identify viral deoxyribonucleic acid presence with exceptional accuracy, enabling risk stratification based on genotype-specific oncogenic potential.

Contemporary colposcopic evaluation incorporates advanced imaging technologies including digital colposcopy systems with magnification capabilities, acetic acid and Lugol iodine staining protocols, and real-time image enhancement features that facilitate precise lesion localization and characterization. The International Federation of Cervical Pathology and Colposcopy nomenclature provides standardized terminology for describing colposcopic findings, enhancing communication between healthcare providers and improving diagnostic consistency.

Histopathological examination remains the definitive diagnostic standard, with contemporary grading systems emphasizing the cervical intraepithelial neoplasia classification that stratifies lesions based on epithelial involvement severity. Grade 1 cervical intraepithelial neoplasia indicates low-grade dysplasia affecting the lower third of epithelial thickness, while grades 2 and 3 represent high-grade lesions involving two-thirds or full-thickness epithelial abnormalities respectively. Emerging molecular diagnostic technologies include p16 immunohistochemistry, which demonstrates overexpression in human papillomavirus transformed cells, and dual staining protocols combining p16 with Ki-67 proliferation markers to enhance diagnostic accuracy. Additionally, methylation testing and chromosomal instability assays represent promising biomarkers for identifying lesions with highest progression potential.

Contemporary cervical dysplasia management incorporates sophisticated risk stratification algorithms that account for multiple variables including patient age, lesion grade, human papillomavirus genotype, cytological findings, and reproductive considerations. The American Society for Colposcopy and Cervical Pathology guidelines provide evidence-based recommendations that emphasize individualized management approaches based on comprehensive risk assessment.

For women under 25 years of age with low-grade cervical intraepithelial neoplasia, conservative management with surveillance represents the preferred approach given the high spontaneous regression rates observed in this population. Surveillance protocols typically involve cytological examination and human papillomavirus testing at 12-month intervals, with colposcopic evaluation reserved for cases demonstrating persistence or progression indicators. High-grade cervical intraepithelial neoplasia management requires careful consideration of lesion extent, patient age, fertility desires, and compliance with follow-up protocols. Treatment options include ablative procedures such as cryotherapy and laser ablation for lesions completely visualized during colposcopic examination, or excisional procedures including loop electrosurgical excision procedure and cold knife conization for cases requiring histopathological margin assessment.

Immunocompromised patients require modified management approaches with more intensive surveillance intervals and lower treatment thresholds due to increased progression risk and reduced spontaneous regression probability. Human immunodeficiency virus-positive women demonstrate particular vulnerability to human papillomavirus persistence and dysplasia progression, necessitating specialized management protocols developed through collaborative infectious disease and gynecological expertise. Pregnancy considerations introduce additional complexity to management decision-making, with treatment generally deferred until postpartum evaluation unless invasive cancer is suspected. Colposcopic examination during pregnancy requires

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specialized expertise due to physiological cervical changes that can complicate lesion assessment and biopsy interpretation.

Contemporary treatment approaches for cervical dysplasia emphasize minimally invasive techniques that maximize therapeutic efficacy while preserving normal cervical anatomy and function. The selection of appropriate treatment modality depends upon lesion characteristics, patient factors, and institutional expertise, with evidence-based guidelines providing structured decision-making frameworks. Loop electrosurgical excision procedure represents the most widely utilized excisional technique due to its effectiveness, technical simplicity, and favorable cost profile. This outpatient procedure utilizes electrocautery current delivered through a thin wire loop to remove abnormal tissue while simultaneously achieving hemostasis. Contemporary loop electrosurgical excision techniques incorporate variable loop sizes and specialized electrodes to customize excision depth and width based on individual lesion characteristics.

Cold knife conization remains the preferred approach for cases requiring maximum tissue preservation or when microinvasive cancer cannot be excluded. This technique utilizes sharp dissection to create a cone-shaped specimen that provides optimal histopathological evaluation while minimizing thermal artifact that can complicate margin assessment. Recent advances include laser-assisted conization techniques that combine precision cutting with enhanced hemostatic control. Ablative treatments including cryotherapy and laser ablation offer alternatives for appropriate candidates with completely visualized lesions and negative endocervical sampling. These approaches destroy abnormal tissue through controlled tissue necrosis while preserving underlying cervical architecture. Carbon dioxide laser ablation provides precise depth control and minimal thermal damage to surrounding tissues, making it particularly suitable for extensive lesions or cases requiring retreatment. Emerging therapeutic modalities include photodynamic therapy utilizing topical photosensitizing agents activated by specific wavelength light exposure, resulting in selective destruction of dysplastic cells while sparing normal epithelium. Additionally, immunomodulatory treatments including topical imiquimod application demonstrate promising results for enhancing local immune responses against human papillomavirus-infected cells.

The management of cervical dysplasia in reproductive-age women requires careful consideration of treatment impact on future fertility and pregnancy outcomes. Excisional procedures, while highly effective for lesion eradication, involve removal of cervical tissue that may affect subsequent reproductive function through multiple mechanisms including cervical stenosis, incompetence, and altered cervical mucus production. Recent large-scale cohort studies have demonstrated that loop electrosurgical excision procedure and cold knife conization are associated with modest increases in preterm birth risk, with hazard ratios ranging from 1.3 to 1.8 depending upon specimen size and patient characteristics. The relationship between excision depth and preterm birth risk appears to follow a dose-response pattern, emphasizing the importance of minimizing tissue removal while ensuring adequate treatment margins.

Contemporary approaches to fertility preservation include techniques to minimize excision specimen size through precise colposcopic localization and targeted biopsy protocols. Three-dimensional colposcopy systems enable accurate lesion mapping that facilitates conservative excision planning, while intraoperative frozen section analysis allows real-time margin assessment to prevent excessive tissue removal. For women desiring immediate pregnancy, the timing of

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cervical dysplasia treatment requires individualized assessment balancing oncological risk against reproductive considerations. High-grade lesions generally warrant treatment completion before conception attempts, while low-grade lesions may be managed through enhanced surveillance protocols during pregnancy and definitive treatment deferred until postpartum evaluation. Assisted reproductive technology considerations include potential impacts of cervical procedures on intrauterine insemination success rates due to altered cervical anatomy and mucus production. In vitro fertilization protocols may require modified embryo transfer techniques in patients with significant cervical stenosis following excisional procedures.

Post-treatment surveillance protocols have evolved substantially based on improved understanding of human papillomavirus natural history and treatment response patterns. Contemporary guidelines emphasize human papillomavirus testing as the primary surveillance modality due to its superior negative predictive value compared to cytology alone, enabling extended surveillance intervals for patients achieving viral clearance. The preferred surveillance approach involves co-testing with cytology and human papillomavirus testing at 12 to 24-month intervals following treatment completion. Patients demonstrating both negative cytology and negative human papillomavirus testing can transition to routine screening intervals, while those with persistent viral positivity require continued enhanced surveillance with colposcopic evaluation consideration.

Treatment failure, defined as persistent high-grade cervical intraepithelial neoplasia following excisional therapy, occurs in approximately 5 to 15 percent of cases depending upon initial lesion characteristics and treatment modality. Risk factors for treatment failure include positive excision margins, large lesion size, human papillomavirus type 16 infection, and immunosuppression states. Recurrent disease management requires comprehensive evaluation including colposcopic examination, endocervical sampling, and consideration of alternative treatment approaches. Repeat excisional procedures may be appropriate for focal recurrences, while extensive or multifocal disease may warrant more aggressive interventions including hysterectomy consideration in appropriate candidates. Long-term surveillance protocols recognize that women with previous high-grade cervical intraepithelial neoplasia maintain elevated risk for subsequent dysplasia development throughout their lifetime, necessitating continued screening beyond standard age-based recommendations. Current guidelines recommend screening continuation until age 65 to 70 years regardless of treatment history.

Comprehensive cervical dysplasia management requires robust quality assurance programs that monitor diagnostic accuracy, treatment outcomes, and patient safety metrics. Laboratory accreditation programs ensure cytological and histopathological interpretation consistency, while colposcopy training and certification programs maintain clinical competency standards. Population-based screening program effectiveness depends upon achieving adequate coverage rates, particularly among underserved populations that demonstrate disproportionate cervical cancer burden. Innovative delivery models including mobile screening units, community health worker programs, and telemedicine consultations have demonstrated success in expanding access to cervical dysplasia services.

Healthcare system integration involves coordination between primary care providers, gynecologists, pathologists, and oncology specialists to ensure seamless patient care transitions

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and appropriate treatment timing. Electronic health record systems facilitate communication and tracking of screening intervals, test results, and treatment outcomes across multiple providers and healthcare settings. Cost-effectiveness analyses support the implementation of human papillomavirus-based screening programs, demonstrating favorable economic outcomes through reduced screening frequency requirements and improved disease detection capabilities. Vaccination programs targeting human papillomavirus prevention provide additional population-level benefits that complement screening efforts.

In conclusion, Modern cervical dysplasia management combines molecular diagnostics, risk-based treatment, and personalized care to optimize cancer prevention and fertility preservation. The shift from cytology to human papillomavirus testing has improved early detection and allowed longer screening intervals for low-risk individuals. Conservative and minimally invasive treatments are preferred for suitable patients, guided by genotyping and individual factors. Future directions include molecular biomarkers, immunotherapy, and artificial intelligence in screening. Integration of vaccination with improved screening is key to reducing disease burden. Effective management depends on provider education, quality control, and equitable access to care, supported by ongoing research.

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