

ENOUGH

Cervical cancer kills almost 350,000 women each year. What's more horrifying is that millions have died of a disease that's nearly 100 percent preventable. It's no secret that health care is full of inequities, with a severe lack of accessible screening programs. But women's health care is also impeded by cultural, gender, and political barriers, issues that have combined to create devastating consequences.

A leading expert in cervical cancer prevention, Dr. Linda Eckert takes her years of experience and weaves them together with the voices of the courageous women who use their own experience of cervical cancer to advocate for change. This heart-breaking, yet hopeful, book takes you through the world of cervical cancer with evidence-based information, personal stories, and actionable outcomes. Society flourishes when women have access to safe and affordable health care. Together we can make this need a reality and eliminate the world's most preventable cancer.

Dr. Linda Eckert is a Professor of Obstetrics and Gynecology with an Infectious Disease Fellowship at the University of Washington and an internationally recognized expert in immunizations and cervical cancer prevention. For over thirty years, Dr. Eckert has worked at Seattle's Harborview hospital, treating people from all around the world. Frequently in the spotlight for her expertise in HPV vaccinations and cervical cancer screenings, Dr. Eckert is passionate in her drive to eliminate this deadly disease.

“Beautifully written, Enough is a searing call to arms, for too many women are dying of cervical cancer when we have the tools to save their lives. The unnecessary human cost of cervical cancer is a scandal, and one that Dr. Eckert is determined to fix.”

Nicholas Kristof, Columnist,
New York Times and co-author, *Half the Sky*

“Eckert presents an urgent and powerful call to action to save lives, based on her decades of practice and research around the world. Enough is an essential resource for anyone concerned with public health, women’s rights, and addressing racial and national inequities in health care.”

Anjli Parrin, Director, Global Human Rights Clinic,
University of Chicago Law School

“This is a beautifully written, powerful tale of truth and hope, as Dr. Eckert combines her authoritative work with cervical cancer prevention alongside the inspiring voices of women from all over the world.”

Princess Nono Simelela, former
WHO Assistant Director General for Strategic Priorities

“Cervical cancer cannot be a disease of inequities anymore and the role of this book is crucial to always remember this. Thanks to the author for this essential piece of advocacy.”

Dr. Nathalie Broutet, MD, PhD, Lead of the Cervical
Cancer Elimination Initiative (2005–2022),
WHO Department of Sexual and Reproductive Health and Rights

“A book to read, to gift, to pass on to friends and those who need to know, to USE to make change—Dr. Eckert deftly intertwines the barriers to achieving [cervical cancer elimination], the science and financial issues as well as cultural issues and the bewildering continuing devaluing of women’s rights and lives.”

Joanna M. Cain, MD, Professor (retired) University of Massachusetts
and Co Chair, Cervical Cancer subcommittee International
Federation of Gynecology and Obstetrics (FIGO)

“Dr. Eckert details moving and powerful stories of women battling cervical cancer. Many will bring you to tears, especially as Dr. Eckert educates us that nearly all of the cancers are preventable. In the end she gives us a hopeful roadmap to address health inequities and systems challenges that would allow us to end this deadly cancer.”

Barbara Goff, MD, Professor and Chair, Department
of Obstetrics and Gynecology, UW Medicine,
Surgeon-in-Chief, University of Washington
Medical Center

“Cervical cancer is a preventable disease. Enough is the book that should be put in the hands of anyone who has received a [cervical cancer] diagnosis or is supporting someone with a diagnosis.”

Diana Rivington, emeritus of the Canadian International
Development Agency (CIDA)

“As those with cervical cancer tell their stories, cervical cancer becomes real. This story could be your sister, your mother, your daughter, your aunt, your life partner. Cervical cancer strikes in Zambia, or in Canada, in Honduras, or Australia. In Enough these individuals, whose stories are wonderfully expressed, come to life.”

Karen Nakawala, cervical cancer survivor,
Founder of Teal Sisters, Zambia

“I would strongly recommend this book to anyone seeking to learn more about cervical cancer, especially those developing health policies.”

Dr. Aisha Jumaan, Founder and President of Yemen Relief and
Reconstruction Foundation, Previous director of the HPV Vaccines:
Evidence of Impact project

“This book opened my eyes so wide and showed the whole world what cervical cancer is. All aspects, all successes, all failures.”

Ic6 T6th, President, Mallow Flower Foundation, Hungary

“Intimate, and informative, Enough reminds us that the choice to end cervical cancer belongs to each of us. Now is the time to act.”

Heather White, Executive Director, Together for Health,
www.togetherforhealth.org

“This book serves as a powerful resource to educate medical professionals and the public alike to take charge of self-care and work toward a cervical cancer-free world.”

Dr. Shobha S. Krishnan, Founder and President, Global Initiative
Against HPV and Cervical Cancer

“Enough provides a comprehensive, but easily understandable, review of cervical cancer prevention, screening and treatment, covering the ethical issues surrounding inequalities that mean this preventable cancer is still a major killer.”

Professor Mary Ann Lumsden OBE, International
Federation of Obstetrics and Gynecology (FIGO)

“In this meticulously researched, thoughtful, and wide-ranging work, Dr. Eckert thoroughly dissects the barriers to equitable and effective cervical cancer prevention. She has produced an outstanding testament to what can be done, to use her words, with a ‘tsunami’ of political will and a civil society armed with meaningful, accurate, and factual knowledge, as she helps us to listen to women and their stories.”

Professor Lynette Denny, Gynaecological Oncologist, University of
Cape Town/Groote Schuur Hospital and South Africa Medical
Research Council Gynaecology Cancer Research Centre

“Individual women’s stories bring the stark realities and opportunities for change to life. They also call to us all to be agents of that change as individuals, in communities and at the policy table by building a new narrative to stop cervical cancer.”

Julie Torode, PhD, Institute of Cancer Policy,
Kings College London

Enough

Because We Can Stop Cervical Cancer

DR. LINDA ECKERT



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or accuracy of URLs for external or third-party internet websites referred to in this
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remain, accurate or appropriate.

Every effort has been made in preparing this book to provide accurate and up-to-date
information that is in accord with accepted standards and practice at the time of publication.
Although case histories are drawn from actual cases, the author has changed names of some
patients and altered potentially identifying details about them. The author has also
reconstructed scenes and created composite stories from thirty years of patient care
experiences. Nevertheless, the authors, editors, and publishers can make no warranties that the
information contained herein is totally free from error, not least because clinical standards are
constantly changing through research and regulation. The authors and publishers therefore
disclaim all liability for direct or consequential damages resulting from the use of material
contained in this book. Readers are strongly advised to pay careful attention to information
provided by the manufacturer of any drugs or equipment that they plan to use.

I dedicate this book to my patients, and to the survivors who shared their stories. By welcoming me into your lives - you have changed mine.

May your words change the futures of many.

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