

# ovarian cancer

## Know the key facts

**Only 15%** of all ovarian cancer cases are detected at the earliest, most curable stage.

**One in 71** women will develop ovarian cancer in her lifetime.

Ovarian cancer is the **fifth leading cause** of cancer death in women.

### Symptoms

- Bloating
- Urinary symptoms, urgency or frequency
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly

These symptoms are particularly concerning if they occur almost daily for a few weeks or more. If this happens to you, see a doctor, preferably a gynecologist, and specifically ask about the possibility of ovarian cancer as a cause of your symptoms. If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist.

### Risk reduction

- Use of oral contraceptives.
- Consider risk reducing surgery if genetic testing indicates very high risk.
- Understand your risk and listen to your body for symptoms.
- If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist.

### Risk factors

- Risk increases with age, especially around the time of menopause.
- Family history of ovarian cancer, fallopian tube cancer, primary peritoneal cancer, or premenopausal breast cancer, or a personal history of premenopausal breast cancer.
- Infertility and not bearing children are risk factors, while pregnancy and the use of birth control pills decrease risk.
- Family history of both colon and endometrial cancers: any male family member with breast cancer.
- Ashkenazi Jewish heritage.

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# cervical cancer

## Know the key facts

**Most cases of cervical cancer are now preventable.**

**Vaccinating young children before they become sexually active can prevent cervical precancer and cancer.**

**Regular Pap tests and HPV testing at recommended intervals are equally important in preventing cervical cancer.**

### Symptoms

- Bleeding after intercourse
- Excessive discharge and abnormal bleeding between periods
- Vaginal odor
- Pain

These symptoms may be caused by cancer or by other health problems. It is important for a woman to see her doctor if she is having any of these symptoms. Most women will have no symptoms, so getting vaccinations and regular Pap tests plus HPV tests when recommended is key to preventing cervical cancer.

### Risk factors

- Almost all cervical cancer is caused by a persistent infection with the human papillomavirus, or HPV.
- Cervical cancer usually affects women between 30 and 50, but younger women also are at risk.
- Smoking weakens the immune system and a weakened immune system can lead to persistent HPV infection.

### Risk reduction

- Get vaccinated before you become sexually active.
- Have your children vaccinated starting at age 11 or 12.
- Get Pap tests and HPV tests at the intervals recommended by your health care provider.

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# uterine / endometrial cancer

## Know the key facts

**Endometrial cancer, also known as uterine cancer, is the most common gynecologic cancer.**

**85% of women with endometrial cancer survive, because of early detection.**

**Three out of four women are diagnosed at Stage I.**

**Endometrial cancer usually occurs around the time of menopause, but younger women are also at risk.**

### Symptoms

- Abnormal vaginal bleeding; younger women should note irregular or heavy vaginal bleeding
- Bleeding after menopause
- A watery pink or white discharge from the vagina
- Two or more weeks of persistent pain in the lower abdomen or pelvic area
- Pain during sexual intercourse

Over 90% of women diagnosed with endometrial cancer say that they experienced abnormal vaginal bleeding prior to their diagnosis.

Please see a gynecologist or gynecologic oncologist and ask about an endometrial biopsy if you experience any of these symptoms.

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### Risk reduction

- Exercise regularly
- Keep your blood pressure and blood sugar under control
- Manage your weight

If endometrial cancer is suspected or diagnosed, consult a gynecologic oncologist. Women treated by gynecologic oncologists are more likely to get appropriate surgery and have a higher cure rate.

### Risk factors

- Taking estrogen alone without progesterone
- Obesity
- Late menopause (after age 52)
- Diabetes
- Never becoming pregnant
- Hypertension
- A family history of endometrial or colon cancer
- Use of tamoxifen



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# vaginal and vulvar cancer

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## Know the key facts

**Vaginal cancer begins in the vagina, the muscular tube that connects the outer part of the female genitalia (vulva) to the uterus. Most vaginal cancers occur in the lining of the vagina.**

**The vulva includes the labia majora (outer lips), the labia minora (inner lips), the clitoris and the opening of the vagina. Vulvar cancer most often affects the inner edges of the labia majora or the labia minora.**

### Symptoms of Vaginal Cancer

- Unusual vaginal bleeding
- Bleeding after vaginal sex
- Pain
- Problems with urination or bowel movements
- Watery discharge
- Lump or mass in the vagina

### Symptoms of Vulvar Cancer

- Vaginal itching
- Abnormal bleeding or discharge
- Skin color changes (lighter or darker, red or pink)
- Bump or lump with wart-like or raw surfaces
- Open sore

### What can you do to prevent or detect vaginal or vulvar cancer early?

- Get the human papillomavirus (HPV) vaccine before becoming sexually active
- Schedule regular check-ups, including pelvic exams
- Use a mirror to examine your vulva for any changes
- See a doctor if you experience any symptoms

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