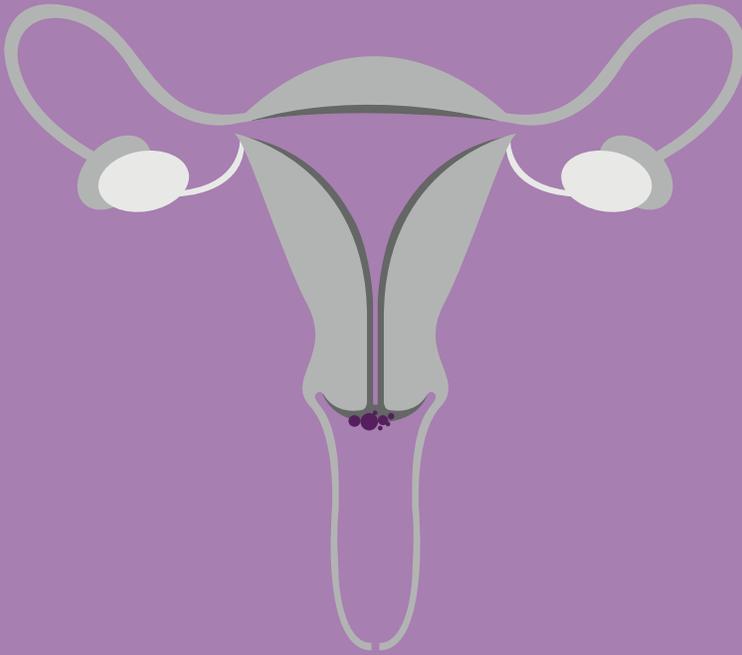


Know the key facts



What are the symptoms?

Bleeding after intercourse

Excessive discharge and abnormal bleeding between periods

Most women will have no symptoms, getting vaccinations and regular Pap tests plus HPV tests when recommended is key to prevent cervical cancer.

Most cases of cervical cancer are preventable.

Vaccinating young girls and boys before they become sexually active can prevent cervical pre-cancer and cancer.

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

What are the 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.

What should you do to prevent cervical cancer?

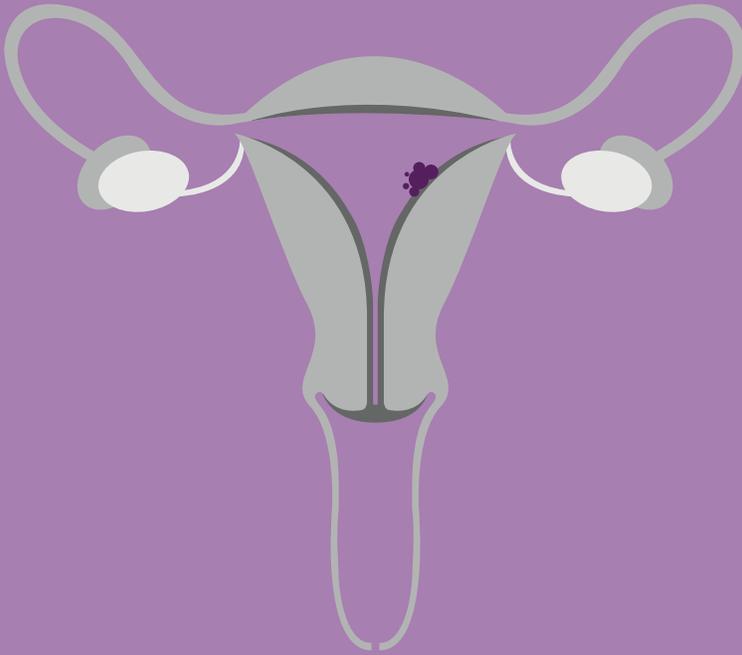
Get vaccinated before you become sexually active.

Have your children vaccinated starting at age 12.

Get Pap tests and HPV tests at the intervals recommended by your health care provider.

If your test results are positive for cervical pre-cancer or cancer, seek care from a gynecologic oncologist.

Know the key facts



Also known as endometrial cancer, it is the most common gynecologic cancer.

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

There is no screening test for endometrial cancer.

What are the symptoms?

Abnormal vaginal bleeding; younger women should note irregular or heavy vaginal bleeding

Bleeding after menopause

If you experience these symptoms, you should have a biopsy of the endometrium to check for endometrial cancer.

How can you reduce your risk of uterine cancer?

Exercise regularly

Keep your blood pressure and blood sugar under control

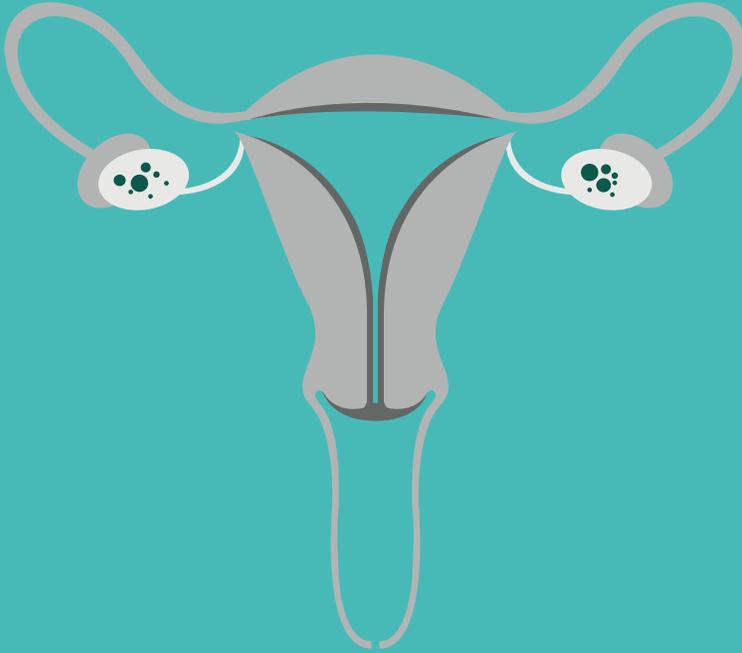
Manage your weight

If you have symptoms of endometrial cancer and receive a positive endometrial biopsy, seek care from a gynecologic oncologist.

What are the 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

Know the key facts



Ovarian cancer is the leading cause of death among the gynecologic cancers and the fifth leading cause of cancer death in women.

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

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

What are the symptoms of ovarian cancer?

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

Women who have these symptoms almost daily for more than a few weeks should see their doctor, preferably a gynecologist. Prompt medical evaluation may lead to detection at the earliest possible stage of the disease. Early stage diagnosis is associated with an improved prognosis.

Can you reduce the risk of ovarian cancer?

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.

There is no screening test for ovarian cancer. If you have symptoms of ovarian cancer that are frequent, persistent and new to you, ask your doctor to consider ovarian cancer as a possible cause. Most likely you do not have ovarian cancer. *If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist.*

What are the risks of ovarian cancer?

The risk of ovarian cancer increases with age, especially around the time of menopause.

A family history of ovarian cancer, fallopian tube cancer, primary peritoneal cancer or premenopausal breast cancer, or a personal history of premenopausal breast cancer place women at heightened risk for ovarian cancer.

Infertility and not bearing children are risk factors while pregnancy and the use of birth control pills decrease risk.