

September is Gynecologic Awareness Month



Ovarian, Uterine/Endometrial, Cervical, Vulvar and Vaginal

CERVICAL CANCER

- 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

Prevention

- 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 your gynecologist.

UTERINE CANCER

- 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. 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 to reduce your risk

- 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 your gynecologist.

OVARIAN CANCER

- 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.

How to reduce your risk

- 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.

Talk to your provider about your risk factors, prevention & symptoms to watch for

Credit: Foundation for Women's Cancer