KNOW YOUR BODY

A Quick Guide to Gynecological Cancer

Over 80,000 women in the U.S. are diagnosed with gynecological cancer each year. Knowing the symptoms may save your life.

OFFICE OF CANCER HEALTH EQUITY

Let us know how we can help you!

▶ Education sessions
▶ Community outreach
▶ Cancer navigation that is appropriate to both language and culture

Call 336-713-3665 or email CancerEquity@wakehealth.edu to learn more about the Office of Cancer Health Equity or to schedule an education session.

TREATMENTS

▶ Some options include chemotherapy, surgery or radiation.
▶ General treatment options are tailored to the patient and are evolving everyday through the use of clinical research.
▶ To learn more about current clinical trials, visit WakeHealth.edu/BelInvolved.

ADDITIONAL RESOURCES AVAILABLE AT:

Centers for Disease Control and Prevention: cdc.gov/cancer/gynecologic
National Cancer Institute: cancer.gov
American Cancer Society: cancer.org
Foundation for Women’s Cancer: foundationforwomenscancer.org

To make an appointment:
888-716-WAKE \ WakeHealth.edu

Follow us:
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What is Gynecological Cancer?
Gynecological cancer is a cancer that occurs in the female reproductive organs.

THE FIVE MAIN TYPES
- Cervical
- Ovarian
- Uterine
- Vaginal
- Vulvar

HPV
HPV is a common virus that is spread through sexual contact. There are several types of HPV. Many types don’t cause problems. Some types of HPV can lead to cervical, vaginal and vulvar cancer.

The routine vaccine is given to boys and girls at age 11 or 12. The vaccine can be started as early as 9 years old and be administered through age 26.

WHAT CAN I DO?

KNOW YOUR RISK
- Family History
- HPV Infection
- Being Overweight
- Smoking

TAKE STEPS TOWARDS PREVENTION
- Talk to your family and know their story
- Get the HPV vaccine and use condoms
- Eat healthy and exercise regularly
- Do not smoke

SCREENING
- The Pap test can be used to find cervical cancer early and any changes in the cervix that can lead to cancer. The test checks cells taken from the opening of the cervix under a microscope.
- No other gynecological cancer has a simple and reliable screening test, which is why it is important to be aware of symptoms.
- Know your body and watch for any changes.
- See your doctor regularly to catch any changes early.

If symptoms last longer than two weeks, talk to a medical professional.

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>TYPE OF CANCER</th>
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<tbody>
<tr>
<td>Vaginal bleeding or discharge that is abnormal</td>
<td>CERVICAL OVARIAN UTERINE VAGINAL VULVAR</td>
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<tr>
<td>Pain or pressure in the pelvis</td>
<td>CERVICAL OVARIAN UTERINE VAGINAL VULVAR</td>
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<tr>
<td>Abdominal or back pain</td>
<td>CERVICAL OVARIAN UTERINE VAGINAL VULVAR</td>
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<tr>
<td>Bloating</td>
<td>CERVICAL OVARIAN UTERINE VAGINAL VULVAR</td>
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<tr>
<td>Changes in bathroom habits</td>
<td>CERVICAL OVARIAN UTERINE VAGINAL VULVAR</td>
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<tr>
<td>Itching, burning or pain on the vulva</td>
<td>CERVICAL OVARIAN UTERINE VAGINAL VULVAR</td>
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<tr>
<td>Changes in vulva color or skin, such as a rash, sores, or warts</td>
<td>CERVICAL OVARIAN UTERINE VAGINAL VULVAR</td>
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