

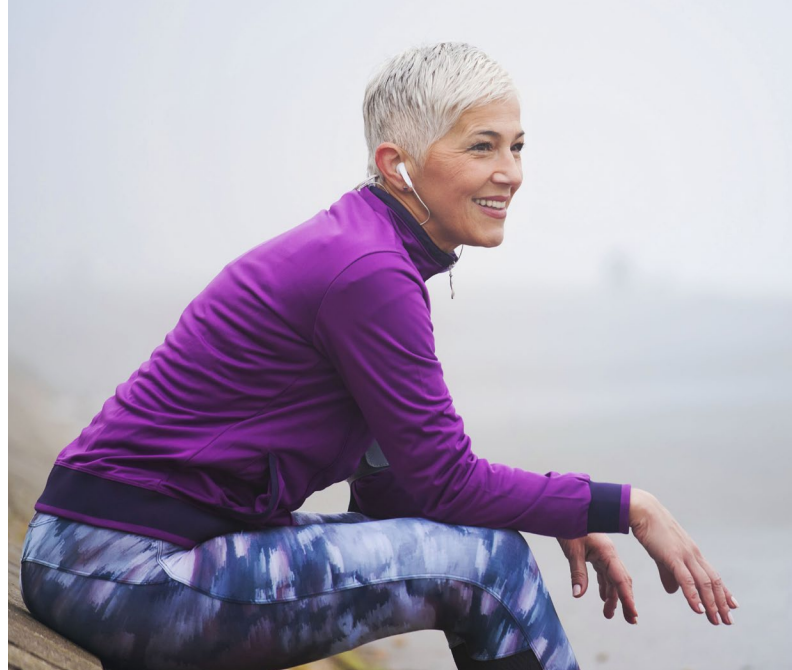
REDUCE YOUR RISK

You can lessen your risk of many cancers, including uterine cancers, if you:

- » Exercise regularly
- » Manage your blood pressure and blood sugar
- » Maintain a healthy weight

Take these additional measures to minimize your risk of cervical, vaginal or vulvar cancers:

- » Don't smoke, or quit smoking if you do. Smoking weakens the immune system, which can lead to persistent HPV infection.
- » Get the HPV vaccine before you become sexually active; it protects against vaginal and vulvar cancers as well as cervical cancer.
- » Schedule regular well-woman exams that include a pelvic examination.
- » Get Pap and HPV tests when recommended.



SCHEDULE A HEALTH SCREENING TODAY
APPOINTMENT DATE AND TIME:

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Five Types of Gynecologic Cancers

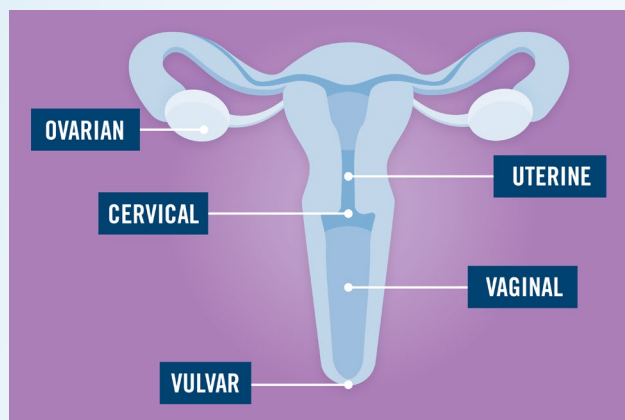
KNOW THE SIGNS AND WAYS
TO REDUCE YOUR RISK

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Five Types of Gynecologic Cancers

KNOW THE SIGNS AND WAYS TO REDUCE YOUR RISK



OVARIAN CANCER

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

There is no general screening test for ovarian cancer. See your gynecologist if you have symptoms that do not go away, such as:

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

UTERINE/ENDOMETRIAL CANCER

Endometrial cancer is the most common uterine cancer, and the most common gynecologic cancer overall. Symptoms include:

- » Abnormal vaginal bleeding, especially in younger women
- » Any bleeding after menopause, including brown spotting; see your gynecologist promptly if you see even a single spot of blood from the vagina

CERVICAL CANCER

Most cervical cancer is caused by a persistent infection by the human papillomavirus (HPV), and is preventable. Symptoms include:

- » Bleeding after sex
- » Pelvic or abdominal pain
- » Excessive discharge and abnormal bleeding between periods

VAGINAL CANCER

Vaginal cancer usually affects women age 50 and older and may not cause symptoms in its earliest stage. Watch for:

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

VULVAR CANCER

Vulvar cancer typically affects women beginning in their 70s, who may mistake external genital itching for yeast and other infections. Symptoms include:

- » Chronic itching
- » Burning
- » Pain
- » Abnormal bleeding or discharge
- » Skin color changes (lighter or darker, red or pink)
- » Lump with wartlike or raw surfaces