

What are Gynecologic Cancers?

Gynecologic cancers are cancers of a woman's reproductive organs. These include cancer of the vulva, vagina, cervix, uterus, fallopian tubes and ovaries.



Who is at Risk?

All women are at some risk; however, your risk of getting gynecologic cancer may depend on your age, family history and lifestyle.

	Ovarian Cancer	Uterine Cancer	Cervical Cancer	Other Cancers
F A C T S	<ul style="list-style-type: none"> •More women die of ovarian cancer than any other gynecologic cancer •Ovarian cancer is the second most common gynecologic cancer 	<ul style="list-style-type: none"> •Most uterine cancer begins in the lining of the uterus, the endometrium •Cancer of the uterus is the most common gynecologic cancer in women 	<ul style="list-style-type: none"> •Cervical cancer is almost completely preventable with regular screening •Oral contraceptive use does not change your cervical cancer risk 	<ul style="list-style-type: none"> •Cancers of the vagina, vulva and fallopian tubes are <u>rare</u>. These cancers share some of the same risk factors.
R I S K S	<ul style="list-style-type: none"> •With age, especially after age 50 •With a family history of ovarian cancer •If you had breast cancer •In women who have not had children •Use of oral contraceptives reduces the risk of ovarian cancer 	<ul style="list-style-type: none"> •With age, especially after age 50 •With obesity, diabetes or high blood pressure •With estrogen replacement therapy without supplemental progestin •In women who have not had children •In women who take tamoxifen •Healthy eating and exercise to maintain desirable weight reduces the risk •Use of oral contraceptives reduces the risk of uterine cancer 	<ul style="list-style-type: none"> •No regular Pap tests and pelvic exams •If you or your sex partner have or have had multiple sex partners •If you have a history of persistent HPV infection •If you smoke •Safer sex reduces the risk of cervical cancers (condom use, low number of lifetime partners) •If your age of first intercourse is less than 18 •HPV vaccine given before first intercourse should decrease risk by 70% 	<ul style="list-style-type: none"> •Increasing age, especially after age 50 •With a history of gynecologic cancer, especially cervical cancer •Women with a history of genital warts or HPV (human papillomavirus) infection
W A R N I N G S	<p>Symptoms are often not obvious until the disease is advanced, and may include:</p> <ul style="list-style-type: none"> •Abdominal bloating, swelling and/or pain or a lump •Abnormal vaginal bleeding •Persistent digestive problems including stomach discomfort, gas, nausea 	<ul style="list-style-type: none"> •Abnormal vaginal bleeding, spotting or discharge •Abnormal bloating, pelvic fullness or cramping •Unexplained weight loss or gain 	<ul style="list-style-type: none"> •Frequently there are no symptoms associated with cervical cancer •Abnormal bleeding, spotting or discharge from the vagina •Back or leg pain 	
D E T E C T I O N	<ul style="list-style-type: none"> •Regular vaginal pelvic exams (every 1-2 years) starting at age 21. •Special screening tests such as ultrasound and the CA125 blood test for women at high risk 	<ul style="list-style-type: none"> •Regular vaginal pelvic exams (every 1-2 years) starting at age 21. •Biopsy of the uterine lining, especially if you are over 29 years of age. 	<ul style="list-style-type: none"> •Regular vaginal pelvic exams and Pap tests, starting at age 21 (every 3 years) •A Pap test can detect abnormal cells before they become cancer •Biopsy of the cervix •More information at: www.asccp.org www.arhp.org 	<ul style="list-style-type: none"> •Regular vaginal pelvic exams and Pap tests (every 1-3 years)

For more information about screening, diagnostic tests and treatment of gynecologic cancers, contact:

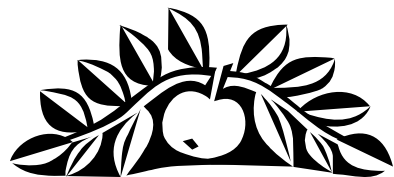
UCSD Student Health Services
858-534-3300
<http://studenthealth.ucsd.edu>

The Cancer Information Service
1-800-4-CANCER
<http://cancernet.nci.nih.gov>

The American Cancer Society
1-800-ACS-2345
www.cancer.org

Gynecologic Cancer Foundation
1-800-444-4441
www.thegcf.org

National Ovarian Cancer Coalition
1-888-OVARIAN
<http://ovarian.org>



UCSD Student Health Services

Make appts by phone:
call (858) 534-8089

Dial (858) 534-5337 to speak with a medical assistant

HED:pg Publ/gynecancerbro 1/2014

Gynecologic Cancers

Visit your doctor or other medical care provider regularly for a breast and vaginal pelvic examination, starting at age 21. Pap tests for cervical cancer now begin at age 21 and are one of the tests performed during a pelvic exam.

During the visit, your provider will ask you questions about your menstrual history and any symptoms you have noticed. If you are under the age of 21 with certain concerns or symptoms, a pelvic or breast exam might be necessary. Your provider will check your breasts and reproductive organs to be sure that the size and shape seem normal, and will check for the presence of tumors, cysts, lumps or other warning signs.

This is a good time to talk to your health care provider about any problems, symptoms or changes you have noticed and to ask questions about your gynecologic health.

Early Vaccination is the Best Protection

Make sure you have received your HPV vaccine to prevent cervical cancer and other diseases related to Human Papilloma Viruses.



UCSD Student Health Services