

Less Common Cancers

DID YOU KNOW?

Cancers of the vagina, vulva, and fallopian tubes are not common.

WHO IS AT RISK?

You have more risk for these cancers if:

- You are over 50 years of age
- You have had cancer of the cervix or other reproductive cancers
- You have had genital warts, also called HPV

What Can I Do To Protect Myself?

Visit your doctor or medical care provider to:

- Get yearly pelvic exams (that include the vagina and rectum)
- Get yearly Pap tests
- Talk about your risk for cancer of the ovaries, cervix, and uterus
- Report any warning signs or changes you have noticed

Cancer of the ovaries is hard to find. Talk to your provider about all your symptoms, even if they do not seem to be related to the ovaries. If you are at risk, your provider may use ultrasound and the CA-125 blood test to help find cancer of the ovaries.

WHAT ELSE CAN I DO TO STAY HEALTHY?

- Eat 5 servings of fruits and vegetables a day
- Exercise 30 minutes each day
- Stay at a healthy weight
- Practice safer sex-use a condom

Important dates to remember:

Today's Exam Date:

Next Appointment:

Medical care provider's name and phone:

Valley OBGYN Medical Group Inc.

www.ValleyOBcare.com

(951) 765-1766

For more information, contact:

The Cancer Information Service (se habla español)

1-800-4-CANCER <http://cis.nci.nih.gov/>

National Ovarian Cancer Coalition

1-888-OVARIAN <http://www.ovarian.org/>

Women's Cancer Network

1-800-444-4441 <http://www.wcn.org/>

For this information in Braille, audio-cassette, large print or computer disk, call or write:

The Office of Women's Health (OWH)

P.O. Box 997413 MS 0027

Sacramento, CA 95899-7413

Phone (916) 440-7626

Fax (916) 440-7636

This pamphlet is available to download on the OWH website(s):

www.dhcs.ca.gov/services/owh/Pages/GCIP.aspx

www.cdph.ca.gov/HealthInfo/discond/Pages/GCIP.aspx



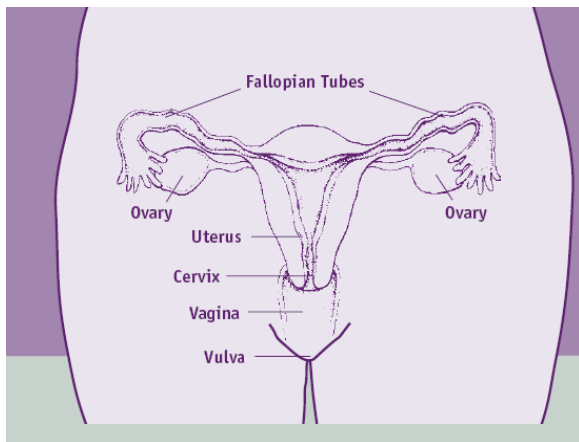
Arnold Schwarzenegger, Governor, State of California
S. Kimberly Belshé, Secretary, Health and Human Services Agency
Sandra Shewry, Director, California Department of Health Care Services
Dr. Mark Horton, Director, California Department of Public Health

Gynecologic Cancers...

(Women's Reproductive Cancers)



What
Women
Need to
Know



What are Women's Reproductive Cancers?

These are cancers of a woman's reproductive sex organs. They are also called gynecologic cancers.

They include cancer of the:

- Vulva (lips around opening of the vagina)
- Vagina (birth canal)
- Cervix (opening to the womb)
- Uterus (womb)
- Fallopian tubes (carry eggs to the womb)
- Ovaries (produces eggs and female hormones)

WHO IS AT RISK?

All women have some risk. Read this pamphlet to learn more about:

- Your risk
- Signs of cancer
- Ways of finding the cancer early

The Best Way to Protect Yourself is to Find the Cancer Early!

Cancer of the Ovaries

DID YOU KNOW?

More women die of this cancer than from any other reproductive cancer.

WHO IS AT RISK?

You have **more** risk for cancer of the ovaries if:

- You are over 50 years of age
- Someone in your family has had cancer of the ovaries or breast
- You had breast cancer
- You have used hormones for menopause ("change of life") for more than 10 years

You have **less** risk for cancer of the ovaries if:

- You have used birth control pills for more than 5 years
- You have breast fed your babies

WHAT SHOULD I LOOK FOR?

Many women have no symptoms. Sometimes it is hard to tell that symptoms are related to the ovaries. Some women have:

- Pain, a full feeling, or lump in the belly that does not go away
- Bleeding from the vagina that is not normal
- Stomach problems that do not go away, like gas, nausea, or discomfort in the lower belly
- Pain when having sex

Cancer of the Uterus

DID YOU KNOW?

Cancer of the uterus is the most common women's reproductive cancer. This cancer is also called endometrial cancer and it usually starts in the lining of the womb.

WHO IS AT RISK?

You have more risk for cancer of the uterus if:

- You are over 50 years of age
- You have diabetes, high blood pressure, or too much body fat

- You are taking hormones for menopause ("change of life")
- You have not had children
- Your menopause started after age 52
- You take *tamoxifen*, a medicine for breast cancer

WHAT SHOULD I LOOK FOR?

Some women have:

- Bleeding or discharge from the vagina that is not normal
- A full feeling or cramps in the belly that does not go away
- Lost or gained weight without trying

Cancer of the Cervix

DID YOU KNOW?

Cancer of the cervix can be detected with regular Pap tests. The Pap test can find cells that are not normal before they become cancer.

- You should talk with your health care provider about a new vaccine which protects against cervical cancers caused by certain types of HPV (Human papillomavirus).

WHO IS AT RISK?

You have more risk for cancer of the cervix if:

- You do not get regular Pap tests and pelvic exams
- You or your sex partner have had many sex partners
- You had sex at an early age
- You have had genital warts (HPV infection)
- You smoke

WHAT SHOULD I LOOK FOR?

Many women have no symptoms. Some women have:

- Bleeding, spotting, or discharge from the vagina that is not normal
- Bleeding after having sex
- Pain when having sex