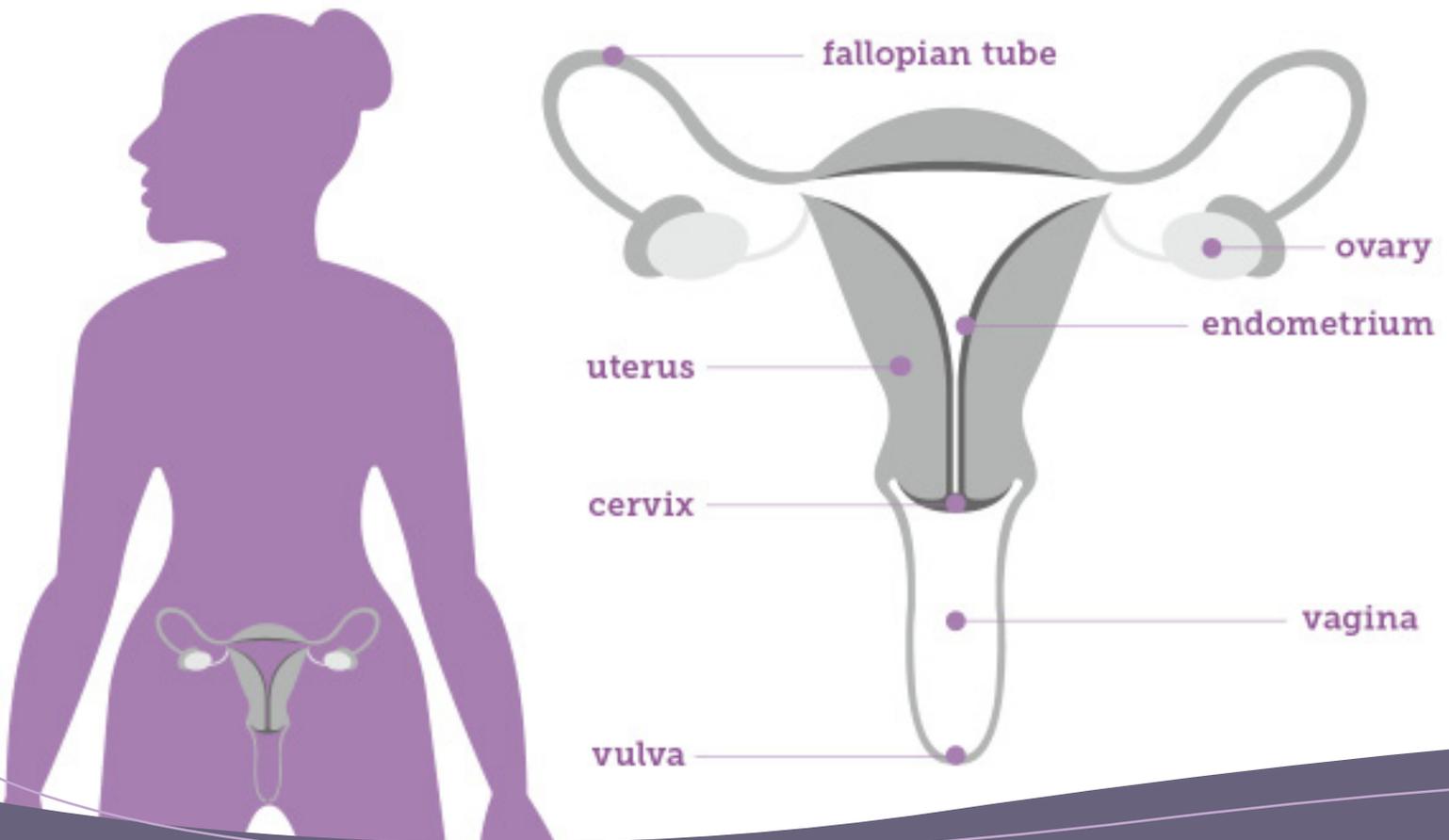


Gynecological Cancer Awareness Toolkit

Simmonds, Martin & Helmbrecht Advantia is dedicated to spreading awareness, educating, diagnosing, and treating the six cancers that affect the woman's reproductive system. We have compiled key information about cervical, ovarian, fallopian tube, uterine, vaginal, and vulvar cancer that you can use to educate yourself and others.

Knowing the symptoms and taking note of changes in your body is essential to catching cancer early, which can lead to better outcomes. If any of the information below raises questions for you, introduces you to symptoms that you have been experiencing, or leads you to believe you are at high risk for any of these cancers, please make an appointment with your health care provider so they can properly assess and treat you as necessary.



Cervical Cancer



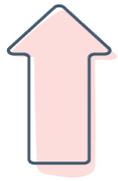
Key Facts

- Most cervical cancers can be prevented with vaccinations, Pap tests, and HPV screening.
- Cervical cancer is highly curable when found and treated early.



Symptoms

- Bleeding after intercourse
- Excessive discharge or abnormal bleeding between periods
- Vaginal odor



Risk Factors

- Persistent infection with the human papillomavirus (HPV)
- Smoking
- Unprotected sex with multiple partners
- Anything that alters your immune system



Risk Reducers

- Getting the HPV vaccine (currently approved up to the age of 45)
- Having regular Pap tests and HPV screening at the intervals recommended by your health care provider
- Don't smoke
- Use condoms
- Limit your number of sexual partners

Ovarian & Fallopian Tube Cancer



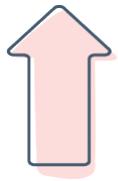
Key Facts

- There is no simple or reliable test for ovarian cancer, so you really need to rely on the knowledge of symptoms and taking the proper steps if you experience any of them.
- Only 15% of ovarian cancer is found in the earliest stage.



Persistent Symptoms for at least 3 Months

- Bloating
- Urinary symptoms like urgency or frequency
- Pelvic or abdominal pain
- Back pain
- Difficulty eating or feeling full quickly
- Abnormal discharge or bleeding



Risk Factors

- Being middle-aged or older for the more common forms of ovarian cancer
- Family history of ovarian or fallopian tube cancer
- Having an Eastern European Jewish background
- Never giving birth or having trouble getting pregnant
- Having endometriosis



Risk Reducers

- Use of oral contraceptives (or anything that stops ovulation)
- Understand your risk and listen to your body for symptoms
- Some studies show that breastfeeding for over a year may reduce your risk
- Tubal ligation

Uterine Cancer



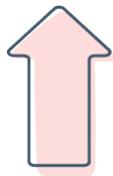
Key Facts

- Uterine cancer (cancer of the lining of the uterus) is also referred to as endometrial cancer and is the most common gynecologic cancer. There is a rarer type of uterine cancer called sarcoma which is of the muscle wall of the uterus.
- 3 out of 4 women are diagnosed at Stage 1 and 85% survive due to early detection for endometrial cancer.



Symptoms

- Abnormal vaginal bleeding
- Bleeding after menopause
- A watery discharge



Risk Factors

- Taking estrogen alone without progesterone
- Obesity
- Late menopause (after 55)
- Diabetes
- Hypertension
- Use of tamoxifen
- Family history of uterine cancer



Risk Reducers

- Keep blood pressure and blood sugar under control
- Maintain a healthy weight
- Using birth control pills or medications that help regular shedding of the uterine lining
- Taking progesterone with estrogen hormones during menopause

Vaginal/Vulvar Cancer



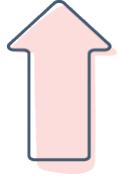
Key Facts

- Vaginal and vulvar cancer are rare forms of cancer.
- Together, they account for 6-7% of all gynecologic cancers diagnosed each year.



Symptoms

- Unusual bleeding or discharge
- Bleeding after sex
- Presence of a lump or mass in the vulva
- Chronic itching
- Open sores
- Skin changes on your vulva



Risk Factors

- Having HPV
- Smoking
- Having ongoing vulvar itching or burning
- Having had cervical precancer or cancer
- Autoimmune disease



Risk Reducers

- Getting the HPV vaccine
- Get regular Pap tests and HPV screenings at the intervals recommended by your health care provider
- Don't smoke
- Use condoms
- Limit your number of sexual partners