It's time to talk about gynecologic cancers.

Gynecologic Cancers

- Ovarian
- Uterine/Endometrial
- Cervical
- Vulvar
- Vaginal

The earlier gynecologic cancer is detected and treated, the higher rate of survival.

Steps to protect yourself

- Know your family history
- Get regular Pap tests
- Protect yourself from HPV*
- Know your body and what is normal for you
- Familiarize yourself with the gynecologic cancers and symptoms (inside brochure)
- If you have symptoms, talk to your doctor

*HPV is a virus which is passed skin-to-skin through sexual intercourse or other forms of skin-to-skin contact of the genitals.

The mission of the Betty Allen Gynecologic Cancer Foundation is to protect women and girls from gynecologic cancers through education, research, advocacy and service.

To make a contribution online, please visit: www.gyncancerfl.org and follow instructions to complete your tax deductible (as allowed by law) donation to help support the Betty Allen Gynecologic Cancer Foundation.

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This brochure is dedicated to Stella Farwell, founding board member of the Betty Allen Ovarian Cancer Foundation 2011, for her devotion to raising awareness about ovarian cancer.

1939 - 2014

Betty Allen Gynecologic Cancer FOUNDATION
Your survival is our mission

EVERY 5 MINUTES, a woman in the United States is diagnosed with a gynecologic cancer

Know the symptoms of gynecologic cancers

It may save your life

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The Betty Allen Ovarian Cancer Foundation was founded on February 14, 2011 in honor of my mother Betty Allen, a 10 year survivor of ovarian cancer. After I witnessed my mother's courageous battle, I knew I had to do something to help raise awareness.

Our foundation is very concerned that most women lack the knowledge about the symptoms and risk factors of the five gynecologic cancers, and believe that their yearly Pap smear detects all gynecologic cancers. The Pap test only detects cervical cancer.

In May 2016, our board members reorganized the foundation to focus on all the gynecologic cancers in support of **YOU**! The foundation is now known as the Betty Allen Gynecologic Cancer Foundation.

If I were to ask you to name the gynecologic cancers, could you?

Do you know their symptoms?

We believe Knowledge is Power. Please review this brochure and share it with your family and friends.

Your survival is our mission. Make it yours too!

Warmest Regards,

Sharie Allen Kearns
President

Gynecologic Cancer Symptoms Diary

Fill in the circles in the diary below for each day that you have a symptom. See a doctor if you have bleeding that's not normal for you or if you have any of the other symptoms for two weeks or longer. **Early detection saves lives. Visit www.gyncancerfl.org to learn more.**

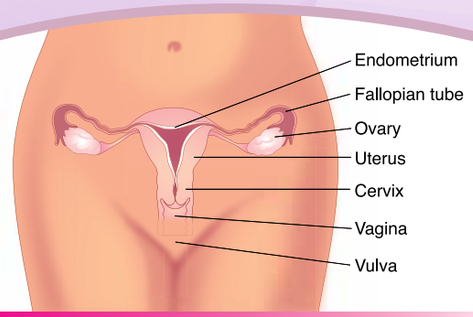
Betty Allen Gynecologic Cancer FOUNDATION *Your survival is our mission*

Symptoms	Cervical Cancer	Ovarian Cancer	Uterine Cancer	Vaginal Cancer	Vulvar Cancer	Week One (S M T W T F S)	Week Two (S M T W T F S)
Abnormal vaginal discharge	●	●	●	●	●		
Pelvic pain or pressure		●	●		●		
Abdominal or back pain		●					
Bloating		●					
Changes in bathroom habits		●		●			
Itching or burning of the vulva					●		
Changes in vulva color or skin, such as a rash, sores, or warts					●		
Abnormal vaginal bleeding	●	●	●	●	●		

If you have bleeding that is not normal for you, see a doctor right away

In 2016, it is estimated that **105,890 women will be diagnosed** with a gynecologic cancer and some **30,890 will die from the disease**.

If you have any of these symptoms that persist for more than two weeks, discuss them with your doctor, preferably a gynecologist. It can greatly improve the chances of early detection and successful treatment.



CERVICAL CANCER

Cervical cancer starts in the cervix. It is the only gynecologic cancer that has a screening – the Pap test.

Cervical cancer occurs most often in women over the age of 30. **It is estimated that in 2016, 12,990 women will be diagnosed and 4,120 will die from it.**

Almost all cervical cancers are linked to the Human Papillomavirus Virus (HPV). Cervical cancers and cervical pre-cancers usually have no symptoms until the cells turn into cancer and invade the deepest parts of the cervix or other pelvic organs. That is why it is important to have a Pap test.

Symptoms:

- Abnormal vaginal bleeding especially after sex
- Abnormal vaginal discharge

UTERINE/ENDOMETRIAL CANCER

Uterine Cancer starts in the uterus and is also known as endometrial cancer. Most women who get uterine cancer are over the age of 50. **It is estimated that in 2016, 60,050 women will be diagnosed and 10,470 will die from it.**

Symptoms:

- Abnormal vaginal bleeding
- Abnormal vaginal discharge
- Pain or pressure in your pelvis

OVARIAN CANCER

Ovarian Cancer starts in the ovaries and is the deadliest of all the gynecologic cancers. All women are at risk for ovarian cancer. About 90 percent of women who get ovarian cancer are older than 40. **It is estimated that in 2016, 22,280 women will be diagnosed and 14,240 will die from it.**

Symptoms:

- Abnormal vaginal bleeding
- Abnormal vaginal discharge
- Pain or pressure in the pelvic or abdominal area
- Back pain
- Bloating or feeling full quickly while eating
- Having to pass urine very often and with greater urgency, or diarrhea

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VULVAR CANCER

Vulvar cancer starts in the vulvar and accounts for about 4% of cancers of the female reproductive organs and 0.6% of all cancers in women. Less than 20% of cases are in women younger than age 50, and more than half occur in women over age 70.

More than half of all vulvar cancers are linked to the Human Papillomavirus Virus (HPV). **It is estimated that in 2016, 5,950 women will be diagnosed and 1,110 will die from it.**

Symptoms:

- Itching, burning, or bleeding
- Changes in vulvar color, lumps, rash or warts
- Pelvic pain or pressure
- Discharge

VAGINAL CANCER

Vaginal cancer starts in the vagina. Only about 1 of every 1,100 women will develop vaginal cancer in her lifetime. **It is estimated that in 2016, 4,620 women will be diagnosed and 950 will die from it.** More than 8 out of 10 women with invasive vaginal cancer have one or more symptoms.

Having the following symptoms does not always mean that you have cancer. In fact the symptoms are more likely to be caused by something besides cancer, like an infection.

Symptoms:

- Abnormal vaginal bleeding
- Abnormal vaginal discharge
- Going to the bathroom more than usual, or feeling constipated
- Pain in your pelvis or abdomen especially when you pass urine or have sex