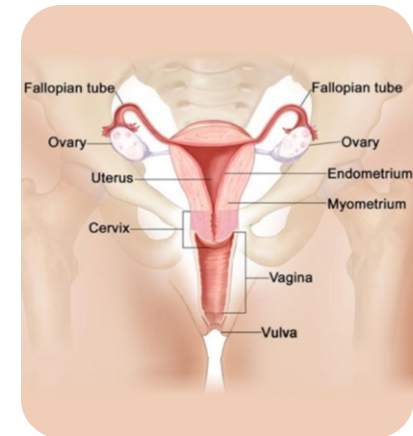


GYNAE CANCERS



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IMPORTANCE OF GYNECOLOGIC HEALTH

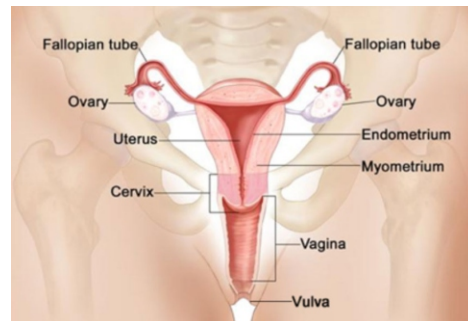
Each year in India approximately 1,60,000 women are diagnosed with gynecological cancer-the most widespread is cervical cancer, but there are other types too-Ovarian, uterine, vulvar or vaginal.

Unfortunately, many unnecessary cancer deaths occur due to lack of awareness about symptoms and the need for screening. We need to significantly increase understanding about these cancers. This brochure will help you understand how to minimize your risk of reproductive tract (Gynecological) Cancers.

UNDERSTANDING WHAT CANCER REALLY IS

Cancer is a dreaded word, but not a very well understood one. Let's understand the basic definition. The word cancer is used to define a collection of diseases that share one unique characteristic. The uncontrolled growth of cells that have the potential to spread to other parts of the body. Gynecological cancers grow from women's reproductive organs, including the cervix, uterus, ovaries fallopian tubes, vagina and vulva.

Let's now take a closer look at the different types of GYN cancers, cervical, ovarian, endometrial, vaginal and vulvar.



CERVICAL CANCER

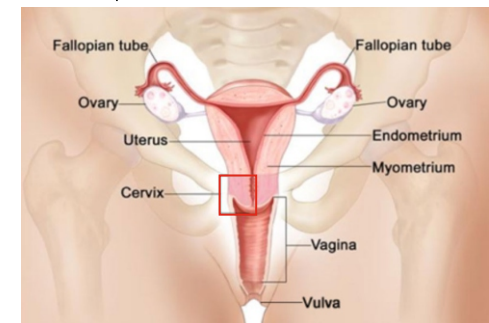
Cervical cancer is a cancer that begins in the cervix. The part of the uterus or womb that opens to the vagina. Cervical cancer is caused by abnormal changes in the cells either covering the external surface of the cervix or lining of the endocervix. In India, it is the most common cancer- around 1,10,000 of cervical cancers are diagnosed every year—over 70% of total GYN cancers!

DO YOU KNOW ?

- Cervical cancer is preventable
- Almost all cervical cancers are caused by a persistent infection with Human papillomavirus or HPV.
- Vaccination of women and young girls before they become sexually active can prevent cervical pre-cancer and cancer.
- Regular Pap tests and HPV testing when recommended are equally important in preventing cervical cancer.
- Cervical cancer usually affects women between ages 30 and 55, but younger women also are at risk.

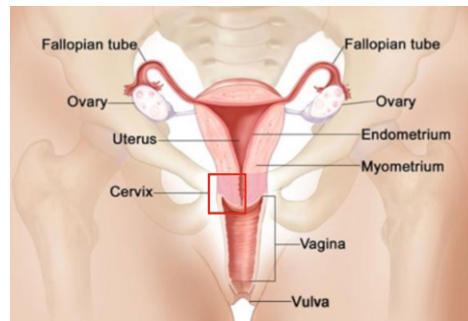
CONSULT FOR THESE SYMPTOMS

- Bleeding after intercourse.
- Excessive discharge and abnormal bleeding between periods
- NOTE: Most women will have no symptoms in precancerous condition and only screening can detect these.



ACT IN TIME

- Don't smoke! Smoke weakens the immune system and weakened immune system can lead to persist HPV infection.
- Get vaccinated before you become sexually active.
- Get Pap test and HPV tests when recommended at the intervals recommended by your healthcare provider: take a pledge to get an annual well woman's exam.
- **If your test results say you have cervical cancer pre-cancer or cancer, seek care from gynecologic oncologist.**



OVARIAN CANCER

Ovarian cancer, the seventh most common cancer among women, usually starts on the surface of the ovary in cells that are called epithelial cells. About 85-90 percent cancers are epithelial ovarian cancers. These cancer cells can implant themselves through the abdominal cavity. It is possible to have primary peritoneal cancer even though a woman's ovaries have been removed.

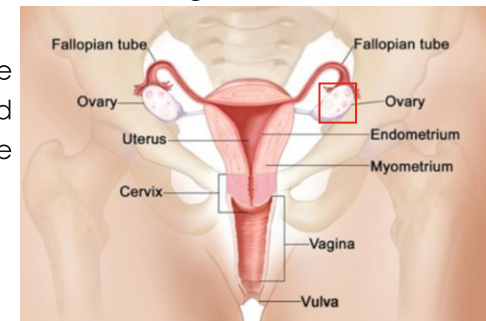
Do you know?

DO YOU KNOW ?

- Ovarian cancer is the leading cause of death among the gynecological cancers and the fifth leading cause of cancer death in women.
- Only 15% of all ovarian cancer cases are detected at the earliest, most curable stage.
- Note: The Pap test only screens for cervical cancer and DOES NOT screen ovarian cancer.

RISK FACTORS

- The risk of ovarian cancer increases with age, especially around the time of menopause.
- A family history of ovarian cancer, fallopian tube cancer, primary peritoneal cancer or premenopausal breast cancer or a personal history of premenopausal breast cancer places women at heightened risk for ovarian cancer.
- Infertility and not bearing children are risk factors: whereas, pregnancy and the use of birth control pills decrease risk.

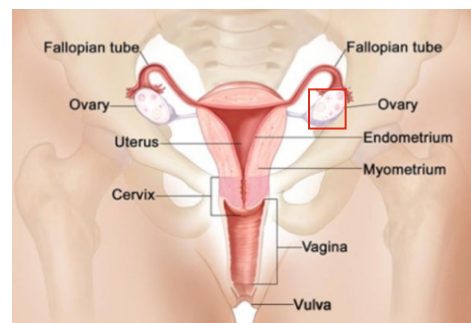


CONSULT FOR THESE SYMPTOMS

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms- urgency or frequency
- Women who have these symptoms almost daily for more than a few weeks should see their doctor.

ACT IN TIME

- Unfortunately, there is no general screening test for ovarian cancer. Therefore, women need to understand their risk and symptoms.
- **If you have the above symptoms of ovarian cancer that frequently, persistent and new to you, ask your doctor to consider ovarian cancer possible cause. Most likely you do not have ovarian cancer.**



UTERINE CANCER

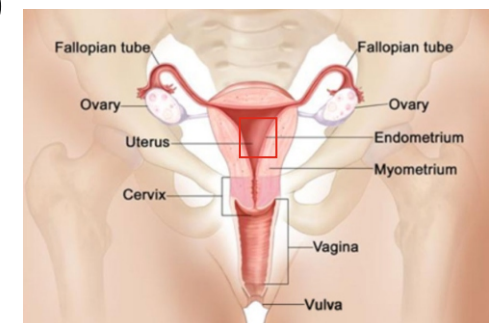
Most uterine cancer begins in the lining of the uterus (endometrium). The endometrial is the tissue shed each month with the menstrual cycle. In the most common type of uterine cancer, the endometrial lining grows out of control, may invade the muscular wall of the uterus and may sometimes spread outside of the uterus- to the ovaries, lymph nodes, abdominal cavity.

DO YOU KNOW ?

- The most common uterine cancer is endometrial cancer and it is the most common gynaecologic cancer in developed countries.
- In India, the incidence is on the rise due to changes in the lifestyle and increasing obesity.
- Uterine cancer usually occurs around the time of menopause, but younger women also are at risk.
- There is no screening test for endometrial cancer.
- NOTE : The Pap test only screens for cervical cancer and DOES NOT screen for uterine cancer.

RISK FACTORS

- Taking estrogen alone without progesterone.
- Obesity, Diabetes, Hypertension, Use of Tamoxifen
- Late Menopausal (after age 52 years)
- A family history of endometrial or colon cancer.

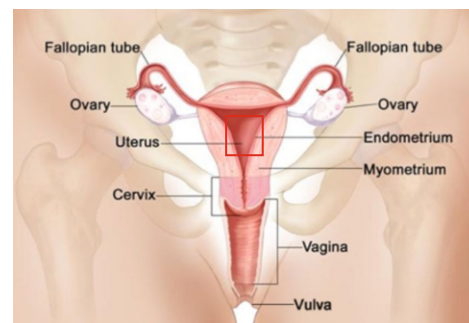


CONSULT FOR THESE SYMPTOMS

- Abdominal vaginal bleeding; younger women should note irregular or heavy vaginal bleeding.
- Bleeding after menopause. Even brown spotting or a single spot of blood from the vaginal is abnormal after menopause and should lead to a prompt gynecologist evaluation.

ACT IN TIME

- If you experience these symptoms, you should have a biopsy of the endometrium to check for uterine cancer.
- NOTE: You can reduce your risk of uterine cancer by taking these steps: Exercise regularly, keep your blood pressure and blood sugar under control. Manage your weight
- **If you have an endometrial biopsy that shows endometrial cancer_____**



VULVAR CANCER

Vulvar cancer is caused by the growth and spread of abnormal cells within the skin of the labia and perineum.

DO YOU KNOW ?

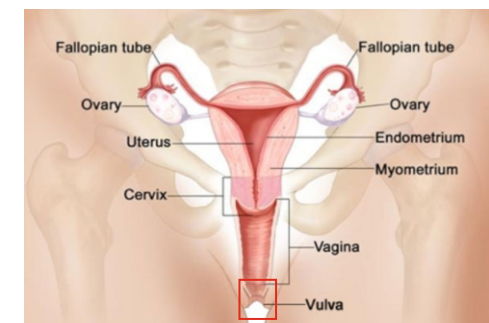
- Infection with HPV (Human Papillomavirus) is a common cause of vulvar cancer in young women.
- Vulvar cancer is typically a disease of older women. Women in their 70's, 80's and 90's usually present with chronic vulvar or perineum itching/abnormal lesion.
- Vulvar cancer is very uncommon but usually is a very curable cancer when diagnosed early.

CONSULT FOR THESE SYMPTOMS

- Itching / burning / Bleeding / Pain
- New lump or ulcer in the genital area

ACT IN TIME

- **If you experience these symptoms and suspect or have been diagnosed with vulvar cancer, seek help immediately from gynecological oncologists.**



VAGINAL CANCER

Vaginal cancer originates in vagina, usually in the lining. It usually is diagnosed in older women.

DO YOU KNOW ?

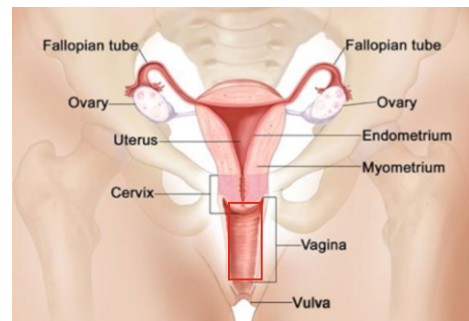
- Vaginal cancer may not cause symptoms in its earliest stage.
- Many precancerous conditions and early vaginal cancer can be detected through routine pelvic exams and Pap tests.
- Because many vaginal cancer associated with HPV types 16 and 18, vaginal cancer now can be prevent by vaccination advocated for the prevention of cervical cancer.

RISK FACTORS

- Infection with HPV (Human Papillomavirus)
- Smoking
- Age (60 years and older)
- A mother who took DES (a hormone medicine used years ago during pregnancy to prevent miscarriage)

CONSULT FOR THESE SYMPTOMS

- Bleeding
- Pain
- Problems with urination or bowel movements



ACT IN TIME

- Don't smoke ! Smoking weakens the immune system and weakened immune system can lead to persistent HPV infection
- Get vaccinated before you become sexually active
- Undergo regular well-women exams including a pelvic examination
- Get Pap test and HPV tests when recommended at the intervals recommended by your healthcare provider.
- **If you suspect or have been diagnosed with vaginal pre-cancer or cancer, seek care from a gynecologic oncologist.**

For the best outcome it is recommended to have primary surgery be performed by experienced Gynaecological Oncologist.

Reference - NCCN Ovarian Guidelines 2019

