

## STEPS TO FIGHTING GYNECOLOGIC CANCERS

Go to [wordoncancer.org/action](http://wordoncancer.org/action) to learn more.

### Get to the Right Doctor

Over 60% of the women who are diagnosed with gynecologic cancers are not treated by a gynecological oncologist, a doctor specially trained to specifically care for cancer of the female reproductive organs. These doctors are trained in the newest and most effective treatments and their treatment results have a significantly higher cure rate. If you are diagnosed, **GET TO THE RIGHT DOCTOR**. You can find a Gynecologic Oncologist by going to [wordoncancer.org/doctors](http://wordoncancer.org/doctors).

### Get the Lumps and Bumps

The most important thing in kicking Ovarian Cancer is a surgery that not only removes the tumor, but also the “lumps and bumps” that are left by the cancer. It is important that your surgeon knows where to look for the “lumps and bumps”. Insist on a surgery that is done by a person who is trained in curing ovarian cancer. Then insist on getting the treatment recommended by the newest research.

### Paps Save Lives

Pap smears test for cervical pre-cancers and cancer. If you get one annually, it decreases your chance of having cervical cancer by 90%. Pap smears do NOT test for cancers of the ovary, uterus, or fallopian tubes. However, pap smears save lives regularly so get your test today!

### The “not-so-normal” bleeding

Any bleeding, no matter how small, after “the change” (menopause) is not normal. It can be a sign of many things, only one of which is cancer. Cancer of the uterus (womb) and of the cervix are reasons for abnormal bleeding. If you have bleeding, see a qualified doctor immediately!

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### Get “IT” done!

No one looks forward to any type of exam “down there!” Especially not a rectal exam, but it could save your life. Not only does a rectal exam test blood in the stool (which is a sign of colon cancer), it also provides the best exam of female organs. Ask your doctor to perform an annual rectal exam or look for a doctor who will.

### Know your “Family History”

If your family has a history of cancer, it can increase your risk of developing a gynecological cancer. Inform your doctor so they can perform a complete and thorough exam.

Footnote: This research and development program is made possible by a cooperative agreement that is awarded and administered by the U.S. Army Medical Research & Materiel Command (USAMRMC), and the Telemedicine & Advanced Technology Research Center (TATRC) under Contract Number: W81XWH-09-2-0015.

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Women's Oncology Research & Dialogue  
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words to live by.



Gynecologic Cancers

**LET THE DISCUSSIONS BEGIN.**

Women's Oncology Research & Dialogue

**word**  
words to live by.

A note from  
Dr. Kelly Manahan &  
Dr. John Geisler  
- Founders of WORD

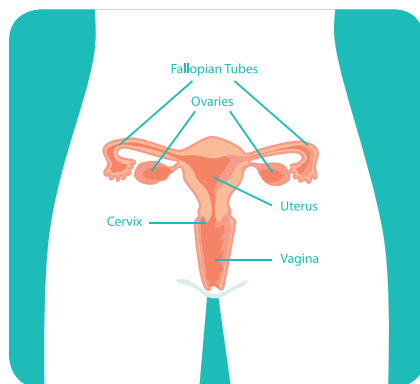
*Women's Oncology Research and Dialogue is the fulfillment of a dream we've had for ten years. We are bringing together some of the best minds in health communications, biology, physics, biochemistry, gynecologic oncology, and marketing to create what we believe will be the most exhaustive and expansive gynecologic cancer education resource available. We are proud to be part of this team. It is our mission that every woman know her risk for developing a gynecologic cancer and what actions she can take today to prevent cancer tomorrow or promote early detection. We also want to ensure that every woman has access to the newest and most effective treatments. We hope you will join with us as we gather together to conquer gynecologic cancer.*

Today, WORD is working vigorously to fulfill our bold and necessary vision. WORD has launched the Gynecologic Cancer Protection Program through Federal funding (see footnote) which will, when fully funded, provide scientifically-proven educational resources and risk assessments. WORD's current initiatives include newly-designed resources (like this brochure), new websites and online risk

assessors for ovarian and cervical cancers (coming 1st quarter 2010) and a new health campaign geared at the eradication of cervical cancer (proposed for 3rd quarter 2010). WORD is developing strategies for a focus on the education of women regarding gynecologic cancers in the 4th quarter 2010. WORD continues to expand research opportunities through our launching of the Heartland Tissue Bank, the Kolleen Stacey Ovarian Cancer Early Detection Program and the creation of new gynecologic research opportunities for scientists throughout the Midwest.

### What are gynecologic cancers?

Gynecologic cancers are cancers that begin in the female reproductive organs: cervical, ovarian, uterine, vaginal and vulvar. Every gynecologic cancer has different signs, symptoms and risk factors, factors which make you more likely to get a disease. Every woman can develop a gynecologic cancer, and aging increases that risk. Finding these cancers early is the key to treating them successfully. Read more at [wordoncancer.org/overview](http://wordoncancer.org/overview).



### Cervical Cancer

The cervix is found in the lower, narrow end of the uterus and connects the upper part of the uterus to the vagina or birth canal. Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent HPV infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good qual-

ity of life. The human papillomavirus (HPV), a common virus that can be passed from one person to another during sexual activity, is the main cause of cervical cancer and also causes many vaginal and vulvar cancers.

See [wordoncancer.org/cervical](http://wordoncancer.org/cervical) for more information.

The uterus, or womb, is the pear-shaped organ in a woman's pelvis. The pelvis is located below your stomach and in between your hip bones. The most common kind of uterine cancer is endometrial cancer because it forms in the lining of your uterus, which is called the endometrium. Risk factors for endometrial cancer include: being over 50, being obese, taking estrogen alone, taking tamoxifen, or having a family history of uterine, ovarian or colon cancers.

See [wordoncancer.org/uterine](http://wordoncancer.org/uterine) for more information.

### Ovarian Cancer

Ovarian cancer causes more deaths than any other gynecologic cancer, yet when discovered in its early stages, it is highly curable. This cancer starts in the ovaries, which are located in the pelvis, one on each side of the uterus, or womb. Ovaries make female hormones and produce eggs. Ovarian cancer often creates signs and symptoms, so it is important to pay attention to your body. These symptoms are not always caused by cancer, but you should visit your doctor, nurse, or other health care professional to rule it out.

See [wordoncancer.org/ovarian](http://wordoncancer.org/ovarian) for more information.

Cancer that starts in the vagina, is called vaginal cancer. The vagina, or birth canal, is the channel located between the bottom of the uterus and the outside of your body.

### Vaginal & Vulvar Cancer

Vulvar cancer starts in the vulva, which is the outer part of the female genital organs. This cancer often occurs on the inner edges of the two folds of skin called the labia. When vaginal and vulvar cancers are found early, treatment is very effective and the disease is highly curable.