

## Ovarian Cancer

Ovarian cancer is the fourth most common cancer in women in the UK. It usually affects women aged 40-70, but can affect all ages.

### Fact

It affects about 6,000 women per year (Office for National Statistics 2004)

### What to look for

- Abdominal swelling
- Needing to pass water more frequently
- Persistent abdominal pain
- These symptoms can be accompanied by altered bowel habit

### You are at higher risk if you

- Have a family history of ovarian cancer
- Have a family history of breast cancer
- Have never had children

**THE EARLIER A CANCER IS FOUND  
THE EASIER IT IS TO TREAT**

For further advice or information contact:

### GP or Well Woman Clinic/ Family Planning Clinic

To find out where your nearest GP or clinic is call NHS Direct on 0845 4647, available 24 hours a day.

### Cancerbackup

0808 800 1234 - Monday to Friday 9am - 8pm  
[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

### Macmillan Cancer Support

0808 808 2020 - Monday to Friday 9am - 6pm  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

The Venus Appeal was founded by gynaecology cancer clinical nurse specialists, medical consultants, research consultants and women affected by gynaecological cancer and their representatives. Our aim is to work together to raise awareness of these types of cancer by breaking the taboo and embarrassment that often surrounds them, talking openly about their signs and symptoms, helping women learn more about their bodies and to understand the benefits of early treatment.



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[www.venusappeal.org](http://www.venusappeal.org)

Could you spot the  
symptoms of the  
most common  
gynaecological cancers?

Be aware  
of what's  
down there



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This leaflet will help you get to know a bit more about your body. It will help you to understand what to look out for, when to see your GP or to attend your local Well Woman clinic. It describes the four types of gynaecological cancer and the common signs (symptoms) and risk factors linked with each of them. Having these symptoms or being at a higher risk does not mean that you have or will get cancer, but it is important to get them checked out.

## Womb (Endometrial) Cancer

Cancer of the womb most commonly occurs in women between the ages of 50 and 64. It rarely affects women under 50, and is the fifth most common cancer in women.

### Fact

It affects about 6,000 women per year in the UK (Office for National Statistics 2004)

### What to look for

- Abnormal bleeding
  - bleeding after the menopause
  - bleeding between periods
  - heavier periods than normal
- Abnormal discharge
  - more than normal or strong smelling

### You are at higher risk if you

- Have had Hormone Replacement Therapy (HRT) that did not contain progesterone
- Have never had children
- Are diabetic
- Are overweight

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## Cervical Cancer

Cervical cancer is the second most common cancer in women under the age of 35.

### Fact

It affects about 3,000 women per year in the UK (Office for National Statistics 2004)

### What to look for

- Abnormal bleeding
  - bleeding after the menopause
  - bleeding between periods
  - heavier periods than normal
- Abnormal discharge
  - more than normal or strong smelling
- Painful sex
- Bleeding after sex

### You are at higher risk if you

- Have had Human Papilloma Virus (HPV) infection. This is a common viral infection that is passed on during sexual intercourse and you may not know that you have it
- Do not keep up with your smear tests



## Vulval Cancer

Your vulva is the external genital organs between your legs. It includes the inner and outer lips (labia) and clitoris. The vulva is not the same as the vagina - the vagina is inside, the vulva is outside. Cancer of the vulva usually affects women over 60 but can affect women of all ages.

### Fact

It affects about 1,000 women per year (Office for National Statistics 2004)

### What to look for

- Vulval itching, soreness
- Obvious change in colour of the vulval skin
- A noticeable lump

### You are at higher risk if you

- Have a longstanding vulval condition called Lichen Sclerosus
- Have had Human Papilloma Virus (HPV) infection. This is a common viral infection that is passed on during sexual intercourse and you may not know that you have it

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