

Have a Cervix, Uterus, or Ovaries?

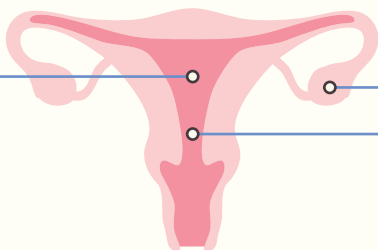


Know the Signs & Symptoms of the Most Common Gynecologic Cancers

Gynecologic cancers can affect people of diverse gender identities and sexual orientations. Symptoms vary by type and may be subtle or absent, but some signs could indicate cancer and should not be ignored.

Ovarian

- Abdominal bloating • Pelvic or abdominal pain
- Difficulty eating or feeling full quickly • Urgent or frequent urination



Uterine/Endometrial

- Vaginal bleeding, spotting, or brownish discharge after menopause • Irregular or heavy bleeding in younger adults • Pelvic pressure or pain

Cervical

- Vaginal bleeding after penetrative sex, between periods, or after menopause • Pelvic pain or pain during penetration • Vaginal discharge that is watery, has a strong odor, or contains blood

Additional symptoms for these cancers may include unexplained fatigue, losing weight without trying, digestive issues, and back pain.

While these symptoms may have non-cancer causes, see a healthcare provider (ideally a gynecologist) if they last two or more weeks, especially if they're new or unusual for you.

Don't ignore them.

If You Have a Cervix, Screening Matters

There are no routine screening tests for ovarian or uterine cancer, but the **Pap test** (or Pap smear) and **HPV test** are both used for cervical cancer screening.

When to Get Screened

Cervical cancer screening should begin at **age 21**. The **type of test** and **how often** you need it will depend on your **age, health history, and screening results**.

How to be Your Own Best Advocate

- ▶ **Choose a healthcare provider you trust.** You deserve respectful, affirming care.
- ▶ **Get annual check-ups.** Everyone with a cervix, vagina, uterus, ovaries, or fallopian tubes needs regular gynecologic care regardless of gender identity.
- ▶ **Get screened.** Keep up with cervical cancer screening (Pap test and/or HPV test), and see if HPV self-sampling is an option for you.
- ▶ **Understand your risk.** Medical and family health history, genetics, lifestyle, and age can all affect your risk of developing gynecologic cancers, so talk to your provider about what applies to you.
- ▶ **Know the signs.** Learn the symptoms of ovarian, uterine, and cervical cancer.
- ▶ **Small steps matter.** Support your health with movement, nourishing choices, and limit ultra-processed foods, alcohol, and tobacco.
- ▶ **Protect yourself with the HPV vaccine.** It helps prevent cervical and other HPV-related cancers and may still be an option, even if you've had HPV.

Trust yourself.

If you feel something, say something!

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