

INDIANA GYNECOLOGICAL CANCER TOOLKIT

September 2020

Use this toolkit and its resources to help promote awareness and action of gynecological cancer.

Resources

Quick Data & Statistics

- **Gynecological Cancer Basics:**
 - Gynecologic Cancers are created from an uncontrolled growth and dispersal of abnormal cells that are produced in the female reproductive organs.
 - “According to the **American Cancer Society**, there were an estimated **110,070 new cases diagnosed** and approximately **32,120 deaths** from gynecologic cancers in the U.S. in 2018” (Foundation for Women’s Cancer).
 - The human papillomavirus (HPV) vaccine helps to prevent many gynecological cancers. **The HPV vaccine is the best known prevention method against cancer.** The **American Cancer Society** recommends routine HPV vaccines between the ages of 9-12 (for both girls and boys) in order to increase the number of cancers prevented. [Click here](#) to read more.
 - Gynecologic Cancers are treated by using one or more of the following: surgery, radiation therapy, or chemotherapy (Foundations for Women’s Cancer).
 - The five types of gynecological cancers are: ovarian, endometrial/uterine, cervical, vulvar and vaginal cancer.
 - ◆ The most common type of gynecological cancer is uterine cancer.
- **Cervical Cancer:**
 - Cervical Cancer is a cancer that begins in the cervix and is the only gynecologic cancer that can be prevented by getting screened or receiving a preventative vaccine.
 - Early stage Cervical Cancer usually has no symptoms but symptoms like abnormal vaginal discharge or bleeding, pain, and vaginal odor may appear in the middle/ late stages of cancer.
- **Ovarian Cancer:**
 - Ovarian Cancer is the seventh most common cancer among women.
 - Early, middle, or late stage ovarian cancer can produce the following symptoms: appetite changes, urinary problems, bloating, and abdominal or pelvic pain.

- Familial breast-ovarian cancer syndrome is a common inherited condition that causes 15-20 % of all ovarian cancers and 5-10% of all breast cancers (Foundation for Women’s Cancer).
- The three types of Ovarian Cancer include: Epithelial, Germ Cell, and Stromal Cell Cancer. Epithelial Ovarian Cancer is the most common and accounts for the majority of Ovarian Cancer while Germ Cell and Stromal Cell are uncommon and rare.
- **Endometrial/ Uterine Cancer:**
 - Endometrial Cancer is cancer of the lining of the uterus.
 - Endometrial Cancer is the most common Gynecologic Cancer in the U.S.
 - Abnormal vaginal bleeding is the most common sign.
 - Taking birth control pills or having an intrauterine device (IUD) can help decrease your risk .
- **Vaginal Cancer:**
 - Vaginal Cancer is cancer that begins in the vagina and is a rare type of Gynecological Cancer.
 - It usually affects women between the ages of 50-70.
 - It may not cause any signs or symptoms but some may include: a lump in the vagina, vaginal bleeding, issues with bowel movements or urination, and watery vaginal discharge.
 - There are four types of Vaginal Cancer: Squamous Cell Carcinoma, Adenocarcinoma, Melanoma, and Sarcoma.
- **Vulvar Cancer:**
 - This type of cancer is rare and forms in a woman’s external genitals, called the vulva.
 - It is very curable if detected at an early stage.
 - The HPV vaccine helps to prevent Vulvar Cancer.
 - Vulvar Cancer may not cause any symptoms at first and will grow at a slow pace during the first several years.
 - Some common symptoms include: a lump in the vulva, vulvar itching and tenderness, and bleeding.

Indiana Resources

- **IU National Center of Excellence in Women’s Health (NCoE)**
 - NCoE in Women’s Health is a program of Indiana University School of Medicine Department of Obstetrics and Gynecology.

- The center’s mission is to improve the health of Indiana women and their families through collaboration, outreach and education.
- NCoE Women’s Health works with the Gennesaret Free Clinic and provides **breast and cervical cancer screening for women with little or no health insurance.**
 - ◆ The clinic provides **free screenings** for these women.
- **The Indiana State Department of Health’s Breast and Cervical Cancer Program (BCCP)** is the Hoosier implementation of the National Breast and Cervical Cancer Early Detection Program. The BCCP provides access to **FREE** breast and cervical cancer screenings for those who qualify.
 - [Click here to learn more!](#)
- **Indiana Immunization Coalition**
 - The Indiana Immunization Coalition “Works to reduce the spread of vaccine-preventable diseases through education, advocacy, promotion, and statewide collaborative partnerships” (Indiana Immunization Coalition, 2020).
 - [Check out their website here!](#)

Media Content

Websites

- [Gynecologic Cancer Information \(CDC\)](#)
- [Gynecologic Cancer Awareness Month Social Media Toolkit](#)
- [International Gynecologic Cancer Society](#)
- [Breast and Cervical Cancer](#)
- [Cervical Cancer Screening Recommendations](#)
- [National Ovarian Cancer Coalition](#)
- [Ovarian Cancer Research Alliance](#)
- [Ovarian Cancer Screening Recommendations](#)
- [Uterine Cancer Statistics](#)
- [Vagina and Vulvar Cancer Statistics](#)
- [Key Facts on Vaginal Cancer](#)
- [CDC - HPV Vaccination](#)
- [Foundation for Women’s Cancer](#)

Infographics & Posters

- [Gynecological Cancer Awareness Month](#)
- [Gynecological Cancer Awareness Month Facts](#)
- [Gynecological Cancer Data Brief](#)
- [Gynecological Cancers Fact Sheet](#)
- [Cervical Cancer Infographic](#)
- [Prevent Cervical Cancer](#)
- [Cervical Cancer Infographic](#)
- [Cervical Cancer Facts and Statistics](#)
- [Cervical Cancer is Preventable Infographic](#)
- [How to Prevent Cervical Cancer](#)
- [Protect Your Child From Cervical Cancer](#)
- [Ovarian Cancer Factsheet](#)
- [HPV Vaccine Fact Sheet](#)
- [The Community Guide: Increasing Cancer Screenings](#)
- [Uterine Cancer Infographic](#)

Sources:

Foundation for Women's Cancer

<https://www.foundationforwomenscancer.org/gynecologic-cancers/#:~:text=According%20to%20the%20American%20Cancer,in%20the%20U.S.%20in%202018.>

Center for Disease Control and Prevention

https://www.cdc.gov/cancer/gynecologic/basic_info/what-is-gynecologic-cancer.htm