

Gynecologic Cancer: Early Detection and Prevention

Women's Health Seminar Series:
Featured Speakers: Dr. Purnima Sangal and
Dr. Janaki Varadhan

November 21, 2009



128 Wheeler Road, Burlington MA, 01803 :: T 781.270.3655 :: F 781.270.5009 :: desaifamilyfoundation.org

UTERINE CANCER

Warning Signs & Symptoms	Tests/Screening	Risk Factors	Notes/Statistics
<ul style="list-style-type: none"> • Bleeding after menopause • Abnormal bleeding is usually first sign, pelvic pain • Prolonged heavy bleeding during periods • If fibroids enlarge over time, consider biopsy or removal 	<ul style="list-style-type: none"> • Uterus checked with bi-manual exam • Endometrial biopsy • Ultrasound • Dilation & curettage (D&C) • Hysteroscopy 	<ul style="list-style-type: none"> • Increases: <ul style="list-style-type: none"> ○ Age (after 55) ○ Use of estrogen alone as hormone therapy ○ Not giving birth ○ Menopause after 52 yrs ○ Obesity & related conditions ○ Diabetes, thyroid disease, or gall bladder disease ○ Use of tamoxifen ○ Having endometrial hyperlasia ○ Inherited other cancers ○ Irregular periods • Decreases: <ul style="list-style-type: none"> ○ Oral contraceptives 	<ul style="list-style-type: none"> • Total hysterectomy typically can be avoided • Lining of uterus sheds during menses, may develop cancer growths • This tissue may be found elsewhere, like on the ovaries, etc (endometriosis) • Found in most women between ages 60-75

OVARIAN CANCER

Warning Signs/ Symptoms	Tests/Screening	Risk Factors	Notes/Statistics
<ul style="list-style-type: none"> • Discomfort in the pelvic area • Indigestion, gas, or bloating that cannot be explained • Abnormal vaginal bleeding • Swelling of the abdomen 	<ul style="list-style-type: none"> • No good test 	<ul style="list-style-type: none"> • Increases: <ul style="list-style-type: none"> ○ Infertility ○ High fat diet ○ Personal history of breast or colon cancer ○ Endometriosis ○ Age ○ Abnormal genes (BRCA1 & BRCA2) • Decreases: <ul style="list-style-type: none"> ○ Oral contraceptives ○ Have at least 1 child ○ Breastfeeding 	<ul style="list-style-type: none"> • Risk is low, but increases with age (women over 60 have the highest risk) • Hard to detect until in advanced stages



CERVICAL CANCER

Warning Signs/ Symptoms	Tests/Screening	Risk Factors	Notes/Statistics
<ul style="list-style-type: none"> • Unusual discharge • Abnormal bleeding • Bleeding after sex 	<ul style="list-style-type: none"> • Get tested for Human Papilloma Virus (HPV) if you are over 30 or you have multiple sexual partners or you have new sexual partners • HPV vaccine is not routine, not mandatory <ul style="list-style-type: none"> ○ recommended for women under the age of 26 ○ usually offered to girls at age 11 or 12 • Pap test is best screening tool, necessary for all women <ul style="list-style-type: none"> ○ Even necessary after hysterectomy • If yearly pap tests are normal for 3+ straight years, consider skipping test for 1-2 years unless you have risk factors listed above • Pap results: normal → ASCUS → mild dysplasia → moderate/severe dysplasia → cancer <ul style="list-style-type: none"> ○ If ASCUS, repeat Pap in 3 months and test for HPV to assess risk ○ Dysplasia means abnormal cells, may require colposcopy 	<ul style="list-style-type: none"> • Increases: <ul style="list-style-type: none"> ○ History of abnormal pap ○ HPV ○ HIV ○ Weakened immune system ○ Was exposed to DES during mother's pregnancy (especially important for those women raised in India) 	<ul style="list-style-type: none"> • Cervix is the opening to the uterus from the vagina



BREAST CANCER

Warning Signs & Symptoms	Tests/Screening	Risk Factors	Notes/Statistics
<ul style="list-style-type: none"> • Lump, thickening, swelling, or dimpling of the breast • Irritation of breast skin • A nipple that is distorted, pulled inward, or scaly • Nipple discharge or bleeding • Nipple pain or tenderness 	<ul style="list-style-type: none"> • Screening includes self breast exam (SBE), clinician breast exam (CBE), mammography, ultrasound (US), and MRI are used <ul style="list-style-type: none"> ○ Age 20 – SBE ○ Age 20-30 – CBE every 3 years ○ Age 40+ - CBE yearly, mammography every 1-2 years ○ Age 50+ - yearly mammography ○ US used for biopsy or to help confirm mammography results ○ MRI used for high risk patients, dense breasts or leaky implants ○ SBE instructions: http://www.cancer.org/docroot/cr/content/cr_2_6x_how_to_perform_a_breast_self_exam_5.asp • Prevention can decrease risk of developing disease <ul style="list-style-type: none"> ○ Chemoprevention – Tamoxifen, Raloxifene, Arimidex 	<ul style="list-style-type: none"> • Increases: <ul style="list-style-type: none"> ○ Age ○ Family history of breast cancer ○ Inheriting abnormal genes (BRCA1 or BRCA2) ○ Hormone therapy ○ Previous history of breast cancer ○ Exposure to radiation of the chest before age 35 ○ Early menarche (start of period), late first pregnancy, no breast feeding, late menopause, birth control use, ○ Sedentary lifestyle ○ Fatty diet ○ More than 1-2 alcoholic drinks • Decreases: <ul style="list-style-type: none"> ○ Breastfeeding ○ Lose weight to decrease body estrogen ○ Surgery – remove breasts and possibly also ovaries in certain cases ○ Decreased use of hormone replacement therapy 	<ul style="list-style-type: none"> • 2nd most common cancer in women (skin) • 2nd most cancer deaths in women (lung) • 1/8 women will get breast cancer <ul style="list-style-type: none"> ○ Higher in white women, lower in East Asian, Black, Hispanic ○ Increasing rates in India • 5-10% of cancer is from DNA mutations of BRCA 1 and 2 which increase risk by 60-80% • 20-30% of cancer is from family: one 1st degree relative increases risk by 2 times; two 1st degree relatives increase risk by 5 times • Certain precancerous conditions like DCIS & LCIS - the risk is 4-5 times greater • 5 year survival rate <ul style="list-style-type: none"> ○ Stage 1 (breast) – 90% ○ Stage 2 (breast and lymph nodes) – 68% ○ Stage 3 (beyond breast and nodes) – 18%

*If you don't get answers from your doctor – consider changing doctors

*If you experience pain with procedures – consider changing doctors

