

GYNAECOLOGICAL CANCER SYMPTOMS

There are 5 types of gynaecological cancer: **Ovarian, Cervical, Womb (Uterine), Vaginal and Vulval.**

Each has different symptoms and sometimes symptoms can be hard to recognise. Some like **irregular vaginal bleeding**, are common across all types of gynaecological cancers, whereas others can be more subtle.

Awareness of these symptoms are low, which is why it is **important to pay attention to your body** and know what is normal for you.

If you have any of the symptoms listed on the other side of this card for two weeks or longer, or if you have vaginal bleeding that is not normal for you, please seek medical advice.

It may be nothing to worry about, but it is best to find out for sure.

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SYMPTOM TRACKER



Fill in the circles in the diary below for each day that you have a symptom

CERVICAL **OVARIAN** **WOMB** **VAGINAL** **VULVAL**

Abnormal vaginal bleeding or discharge



Feeling full too quickly or difficulty eating



Pelvic pain or pressure



More frequent or urgent need to urinate and/or constipation



Bloating



Abdominal or back pain



Itching, burning, pain, or tenderness of the vulva



Changes in vulval colour or skin, such as a rash, sores, or warts



WEEK ONE

WEEK TWO

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M T W T F S S

M T W T F S S

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M T W T F S S

M T W T F S S

M T W T F S S

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