



## National Ovarian and Gynecologic Cancer Awareness Month



### Information for Your Patients

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Gaps in care Outreach  
Topic:

September:

Gynecologic cancer  
awareness

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Facebook  
UOP website

Helpful Links:

Link 1  
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September is **National Ovarian and Gynecologic Cancer Awareness Month**. This is the perfect time for women to schedule their **well-woman exams** and determine if they—or someone they love—are due for an important preventive health screening.

### The Importance of Early Detection and Annual Check-Ups

The earlier cancer is detected and treated, the better. How often a woman needs a check-up can vary based on individual medical needs, but **women should see their health care providers regularly**.

#### Key points to remember:

- Take steps to prevent cancer – exercise regularly and eat a healthy diet.
- Know how your body normally looks, feels and reacts when healthy.
- If you notice any changes, tenderness, pain or abnormal bleeding, you should schedule an appointment with your health care provider as soon as possible.
- Learn the risks of gynecologic cancers, including whether you have a family history of ovarian, **cervical**, uterine/endometrial, or breast cancer.
- Anyone with female reproductive organs can develop a gynecological cancer, regardless of age or family history.
- Get the screenings your health care practitioner recommends. Cancer is most treatable when diagnosed early.

### Prevent 6 Cancers with the HPV Vaccine

HPV, or Human Papillomavirus, is a common virus that can cause 6 types of cancer. While there is no treatment for HPV, there is a vaccine that can prevent it.

If your son or daughter is between ages 9 and 12, talk to their doctor about the HPV vaccine. The vaccine is safe, effective, and long-lasting.

Vaccinating your child at the recommended ages can help keep them healthy well into adulthood and is the best way to prevent HPV cancers later in life.

HPV vaccination can prevent more than 90% of HPV cancers when given at the recommended ages.

**\*\*Reach out to your UOP PCP today for an appointment\*\***

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