

One STEP Ahead

of ovarian, prostate and uterine cancer



September | Join us by registering at: ascension.org/GaviniCancer

Ovarian cancer

Ovarian cancer is frequently diagnosed in later stages because it often does not display signs and symptoms in early disease, or these indicators may seem vague. However, learning more about the disease can increase your awareness and aid in early detection.

Signs and symptoms include:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often
- Fatigue
- Upset stomach or heartburn
- Back pain

Risk factors include:

- Genetic predisposition, such as the BRCA mutation
- Personal or family history of breast, ovarian or colon cancer
- Age 50 and older
- Infertility
- Use of talcum and talc powder

Next steps:

- Pay attention to your body, and know what is normal for you.
- Talk to your doctor if you notice any changes in your body that could be a sign of ovarian cancer. Although there isn't a reliable way to screen for ovarian cancer, diagnostic tests can sometimes help find or rule out ovarian cancer.
- For more information, call **248-849-2781**.

Prostate cancer

Prostate cancer begins in the prostate, a small walnut-shaped gland in males that produces seminal fluid, which transports sperm. It is the most common cancer among men (after skin cancer), but it can often be treated successfully.

Prostate cancer is best detected early, before it spreads to other parts of the body. The American Cancer Society recommends men of all ethnicities begin screening at age 50. However, if you have a first-degree relative (father or brother) with a history of prostate cancer, screening may be recommended at age 45. If you have more than one close family relative who has been diagnosed with prostate cancer at age 65 or younger, screening may be recommended beginning at age 40.

Signs and symptoms include:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in urine
- Blood in semen
- Bone pain
- Losing weight without trying
- Erectile dysfunction

Risk factors include:

- Genetic predisposition, including BRCA1 and BRCA2 mutation
- Older age
- Race (*African Americans are at an increased risk*)
- Family history
- Obesity



Learn more:
American Cancer Society

Next steps:

- Talk to your doctor about when and how often you should have a prostate screening. Screenings can include a digital-rectal prostate exam and a PSA (prostate specific antigen) blood test. If you have a negative screening, the PSA can be repeated every 1-2 years based on guidelines.
- For more information, call **248-849-2781**.

Learn more:
**American
Cancer Society**



Learn more:
**American Association
for Cancer Research**



Uterine cancer

Uterine cancer is found within the uterus and can be designated as endometrial cancer or uterine sarcoma. Endometrial cancer is a common gynecological cancer that develops in the lining of the uterus (the endometrium). Uterine sarcoma is very rare and develops in the wall of the uterus (the myometrium).

Signs and symptoms include:

- Unusual vaginal bleeding, spotting or discharge
- Pelvic and/or abdominal pain
- Feeling a mass in the abdomen
- Weight loss
- Difficult or painful urination and gastrointestinal issues

Risk factors include:

- Obesity
- Age
- Family history of endometrial or colorectal cancer
- Personal history of breast or ovarian cancer
- Type 2 diabetes
- Endometrial hyperplasia (thick endometrial lining)
- Previous radiation therapy to the pelvis
- Hormonal influences, including number of menstrual cycles over your lifetime, PCOS, pregnancy, certain ovarian tumors, and medications such as estrogen (post-menopause) or tamoxifen (post-breast cancer)

Next steps:

- Talk to your doctor about the pros and cons of hormone therapy.
- Get treated for endometrial problems.
- **Learn more: American Cancer Society**



Register for the September STEP Ahead virtual seminar by scanning the QR code below or by visiting **ascension.org/GaviniCancer**. For more information, call **248-849-2781**.



Ascension Michigan

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