

*Editorial***Gynaecological Cancers****Dr Samarendra Kumar Basu**

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There are five gynaecological cancers – womb, ovarian, cervical, vaginal and vulval – but awareness levels of these cancers are very low.

There are common signs and symptoms across some of the gynaecological cancers such as abnormal vaginal bleeding. Other signs are less obvious, and could be due to different health conditions, for example abdominal bloating can indicate Irritable Bowel Syndrome.

Each year in the UK, over 21,000 women are diagnosed with a form of gynaecological cancer. This equates to 58 women receiving this life-changing news every day. Sadly 21 women will die from a gynaecological cancer every day.

That's far too many mothers, wives, daughters, partners and friends in our opinion, and at The Eve Appeal we're determined to change this. Part of our mission is to ensure that women and men are aware of what to look out for, because recognising gynaecological cancer symptoms can mean an earlier diagnosis, leading to a better outcome.

Gynaecological cancer and the menopause :

Some women are affected by gynaecological cancers before the menopause. Menopause does not cause cancer, but your risk of developing cancer does increase as you get older.

Coping with a cancer diagnosis :

Being diagnosed with cancer, and the treatment that follows, can be a very difficult thing to cope with. The support of family, friends, healthcare professionals and other people who have had a similar experience can be hugely helpful during this time.

As well as information about diagnosis, treatment and management of gynaecological cancers, some of the organisations linked to in this section of the site include information about how you can access emotional support.

Preventing gynaecological cancers :

Leading a healthy lifestyle can help to prevent cancers. During and after menopause is no different. The following measures will help you reduce your risk of cancer:

Take part in the cervical and breast screening programmes provided by the NHS

- Exercise
- Eat a healthy diet
- Don't smoke and avoid second-hand smoke
- Maintain a healthy body weight

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— *Hony Editor*