



SEPTEMBER IS  
**GYNECOLOGIC CANCER  
AWARENESS MONTH  
(GCAM)**

The Foundation for Women's Cancer (FWC) understands the importance of bringing awareness to all gynecologic cancers—cervical, ovarian, uterine/ endometrial, vaginal and vulvar cancer. The month of September has been established as Gynecologic Cancer Awareness Month (GCAM), with a goal of reaching more and more people each year.

These resources give you the tools to share knowledge about gynecologic cancer symptoms, risk factors, prevention and early detection—because every five minutes, someone will be diagnosed with one of these cancers.

## **TAKE ACTION TO HELP END GYNECOLOGIC CANCERS**

- Spread awareness via social media
- Add resources to your personal, organizational or institutional website
- Spread awareness in your community
- Print and share our [educational materials](#)

# Social Media Toolkit



Share the following general information across your social accounts during the month of September to spread awareness about gynecologic cancers:

During Gynecologic Cancer Awareness Month (GCAM), visit [foundationforwomenscancer.org](https://www.foundationforwomenscancer.org) for information about [gynecologic cancer symptoms and treatment](#), [risk and prevention](#), clinical trials and [survivor stories](#).

[Gynecologic oncologists](#) are medical doctors with specialized training in treating gynecologic cancers. If cervical, ovarian, uterine/endometrial cancer, vaginal, or vulvar cancer is suspected or diagnosed, seek care from a gynecologic oncologist.

The Foundation for Women's Cancer (FWC) offers free, downloadable [educational materials](#), many of them available in three languages: English, Spanish, and Mandarin Chinese. These guides can help you learn about the five gynecologic cancers and related topics such as postoperative pain management, financial resources for cancer patients, survivorship and more.

Use the hashtags **#GynecologicCancerAwarenessMonth**, **#GCAM**, **#MoveTheMessage** and **#Move4Her**.

## Get Involved

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# SPREAD AWARENESS IN YOUR COMMUNITY



Whether you or someone you care about has been impacted by gynecologic cancers, you're in a position to share your experience and empower others with the knowledge you've gained. Your efforts this Gynecologic Cancer Awareness Month (GCAM) can have a huge impact on individual lives and the community at large.

## GET YOUR JOB INVOLVED

- Print and hang posters in your office showing the signs and symptoms of gynecologic cancers.
- Select a day where everyone wears purple, the awareness color for gynecologic cancers. Take a picture and share it on your company's social media pages using the hashtag #GCAM.
- Place a donation jar at your desk or in a common area and let your colleagues know you're raising money for FWC in honor of GCAM.

## GET YOUR SCHOOL INVOLVED

- Print and hang GCAM posters on community bulletins boards.
- Encourage your health and wellness center to share these resources and spread awareness about the HPV vaccine, as it lowers the risk of several gynecologic cancers.
- Plan a creative event where you can share gynecologic cancer resources and fundraise for FWC.

## ATTEND A LOCAL HEALTH FAIR

- Print and hang GCAM posters on community bulletins boards.
- Encourage your health and wellness center to share these resources and spread awareness about the HPV vaccine.
- Plan a creative event where you can share gynecologic cancer resources and fundraise for FWC.

## INSTITUTIONS

Add resources to your personal, organizational, or institutional website. Incorporate information on websites you have access to so others know where to go to learn more about gynecologic cancers.

## GCAM EVENTS

If you find out about GCAM events in your area, share them! Post them on social media, email them to family and friends, or send event information to your local news outlets.

# SHARE ON SOCIAL MEDIA

Share these posts to your social media platforms to spread awareness about the five gynecologic cancers.

## CERVICAL CANCER

#CervicalCancer symptoms include abnormal vaginal discharge or bleeding, bleeding after vaginal sex, vaginal odor and pelvic or abdominal pain. Any of these signs should be checked out by a gynecologist. [bit.ly/fwc-cervical-cancer](https://bit.ly/fwc-cervical-cancer)

Most cases of #CervicalCancer are now preventable. The human papillomavirus (HPV) vaccine is recommended as early as age 9 and is approved for patients up to age 46. [bit.ly/fwc-cervical-cancer](https://bit.ly/fwc-cervical-cancer)

The best way to find #CervicalCancer early is to have regular Pap tests and HPV tests at intervals recommended by your health care provider. [bit.ly/fwc-cervical-cancer](https://bit.ly/fwc-cervical-cancer)

## OVARIAN CANCER

There is currently no good screening for #OvarianCancer. See a gynecologist if you experience any of these symptoms for more than a few weeks: bloating, urinary symptoms (urgency or frequency), pelvic or abdominal pain, difficulty eating or feeling full quickly. [bit.ly/fwc-ovarian-cancer](https://bit.ly/fwc-ovarian-cancer)

#OvarianCancer early detection tips: See a doctor if you have symptoms. Schedule regular check-ups, including pelvic exams. Know your family history and ask your doctor about genetic testing. [bit.ly/fwc-ovarian-cancer](https://bit.ly/fwc-ovarian-cancer)

Transvaginal ultrasounds and CA 125 blood tests may be offered to screen those with a high risk of #OvarianCancer due to an inherited genetic syndrome such as Lynch syndrome, BRCA gene mutations or a strong family history of breast and ovarian cancer. [youtu.be/yQOSoo1MItU](https://youtu.be/yQOSoo1MItU)

## UTERINE/ ENDOMETRIAL CANCER

#EndometrialCancer, also known as #UterineCancer, is the most common gynecologic cancer. Getting to and staying at a healthy weight is one way to lower your risk of endometrial cancer. [bit.ly/fwc-endo-cancer](https://bit.ly/fwc-endo-cancer)

Early detection improves the chances #EndometrialCancer will be treated successfully. See a gynecologist if you experience unusual vaginal bleeding, spotting or discharge. [bit.ly/fwc-endo-cancer](https://bit.ly/fwc-endo-cancer)

At menopause, all women should be told about the risks and symptoms of #EndometrialCancer, and strongly encouraged to report any vaginal bleeding, spotting or discharge to their doctor. [bit.ly/fwc-endo-cancer](https://bit.ly/fwc-endo-cancer)

## VAGINAL CANCER

Signs of #VaginalCancer include unusual vaginal bleeding, bleeding after vaginal sex, pain, problems with urination or bowel movements, a watery discharge, or a lump or mass in the vagina. If you experience any of these symptoms, see a gynecologist. [bit.ly/fwc-vaginal-cancer](https://bit.ly/fwc-vaginal-cancer)

#VaginalCancer is associated with the human papillomavirus (HPV) types 16 and 18— the #HPV vaccine can be used to prevent HPV infection. Routine wellness visits and cervical cancer screenings can sometimes find early invasive vaginal cancer. [bit.ly/fwc-vaginal-cancer](https://bit.ly/fwc-vaginal-cancer)

## VULVAR CANCER

Signs of #VulvarCancer or pre-cancer include chronic itching, abnormal bleeding or discharge, skin color changes (lighter or darker, red or pink), bump or lump with wart-like or raw surfaces. Any symptoms should be checked out by a gynecologist. [bit.ly/fwc-vulvar-cancer](https://bit.ly/fwc-vulvar-cancer)

While there is no standard screening for #VulvarCancer, knowing what to look for can help with early detection—an area on the vulva that looks different than normal, a bump or lump (red, pink or white), thickening of the skin of the vulva or an open sore. [bit.ly/fwc-vulvar-cancer](https://bit.ly/fwc-vulvar-cancer)



# GYNECOLOGIC CANCER AWARENESS MONTH (GCAM) PROCLAMATIONS

## What is a proclamation?

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A **proclamation** is a formal government declaration that notifies the general public of a day, week, or month that will have significant community impact. It is generally a written or printed document that outlines the special event or celebratory occasion and is signed and issued by a government official.

## Why are proclamations important?

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A proclamation is a way to extend our Foundation's reach and raise awareness about gynecologic cancers. GCAM proclamations define essential information about our cause that the general public should know and encourage community members to get involved in the month of September and beyond.

## Submit a Proclamation

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1

Navigate to your state or local government website and locate the "proclamation" tab or use the website search bar and input the word "proclamation."

2

Each state, city, or county will have their own guidelines and procedures for signing proclamations. Follow the instructions for your specific location. Note that you will likely need information such as a proclamation date, who is being celebrated (person, group, or organization), and the reason for your proclamation.

### Note:

- All proclamations must be submitted at least 30 days in advance of the preferred issue date to allow for the approval process and production of the document itself.
- Proclamations are not automatically renewed each year. Proclamations that occur every year must be requested annually. If the request is for a repeat of a previous proclamation, a copy of that document should be included with the request.



**Move4Her** is the signature fundraising campaign of the Foundation for Women's Cancer (FWC) that calls on people and organizations from across the country to unite in raising funds and increasing awareness of the five gynecologic cancers.

Every five minutes a person is diagnosed with one of the five gynecologic cancers—cervical, ovarian, uterine/endometrial, vaginal, and vulvar—totaling nearly 115,000 Americans each year. We are out to change that by unifying the gynecologic cancer community.

### Start fundraising today!



#### REGISTER

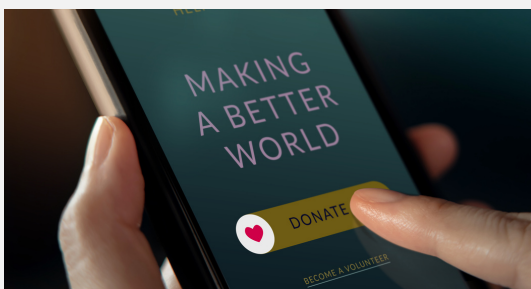
**Become an official fundraiser** to receive a swag bag and resources to kick off your fundraising program. You'll receive updates and support along your fundraising journey to help reach your goal.

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#### SHARE YOUR MOVEMENT WITH US

**Upload your photos** using our convenient online form, and we will post them to the official Move4Her website and share with our community across our many platforms.

Take your fundraising efforts to the next level with the **Move4Her Fundraising Toolkit**. Need a social media template? Event hosting tips? An image library? We have you covered in the toolkit.



#### DONATE TO THE CAUSE

Your generous **donations** make a significant impact in our community and the lives of those affected by gynecologic cancers. Every dollar raised plays a crucial role in advancing research, awareness, and education that can ultimately save lives. The Foundation for Women's Cancer is dedicated to giving the gift of hope and empowering our community with the necessary tools to face gynecologic cancers *together*.

# KNOW THE KEY FACTS CERVICAL CANCER

**The HPV vaccine, approved for patients up to age 46, is a recommended prevention method for cervical cancer.**

**Regular Pap tests at recommended intervals are equally important in preventing cervical cancer.**

**The FWC [cervical cancer](#) web page will take you through the basics of what you need to know about this gynecologic cancer.**

## Symptoms

- Bleeding after intercourse
- Excessive discharge and abnormal bleeding between periods
- Vaginal odor
- Pain

These symptoms may be caused by cancer or by other health problems. It is important for a woman to see her doctor if she is having any of these symptoms. Most women will have no symptoms, so getting vaccinations and regular Pap tests plus HPV tests when recommended is key to preventing cervical cancer.

## Risk Reduction

- The HPV vaccine is recommended as early as age 9 and is approved for patients up to age 46
- Get Pap tests and HPV tests at the intervals recommended by your health care provider

## Risk Factors

- Almost all cervical cancer is caused by a persistent infection with the human papillomavirus, or HPV.
- Cervical cancer usually affects women between 30 and 50, but younger women also are at risk.
- Smoking weakens the immune system and a weakened immune system can lead to persistent HPV infection.

# KNOW THE KEY FACTS OVARIAN CANCER

**There are three major categories of ovarian cancer: epithelial ovarian cancer, germ cell cancer, and stromal cell cancer.**

**Patients with early-stage disease may notice any of the common symptoms of ovarian cancer, including bloating, pelvic pain, increased urinary frequency or urgency, and difficulty eating or feeling full quickly.**

**The FWC [ovarian cancer](#) web page will take you through the basics of what you need to know about this gynecologic cancer.**



## Symptoms

- Bloating
- Urinary symptoms, urgency or frequency
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly

These symptoms are particularly concerning if they occur almost daily for a few weeks or more. If this happens to you, see a doctor, preferably a gynecologist, and specifically ask about the possibility of ovarian cancer as a cause of your symptoms. If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist.



## Risk Reduction

- Genetic testing
- Use of oral contraceptives
- Consider risk reducing surgery if genetic testing indicates very high risk
- Understand your risk and listen to your body for symptoms
- If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist



## Risk Factors

- Risk increases with age, especially around the time of menopause.
- Family history of ovarian cancer, fallopian tube cancer, primary peritoneal cancer, or premenopausal breast cancer, or a personal history of premenopausal breast cancer.
- Infertility and not bearing children are risk factors, while pregnancy and the use of birth control pills decrease risk.
- Family history of both colon and endometrial cancers: any male family member with breast cancer.
- Ashkenazi Jewish heritage



# KNOW THE KEY FACTS UTERINE/ENDOMETRIAL CANCER

**Endometrial cancer, also known as uterine cancer, is the most common gynecologic cancer.**

**Endometrial cancer usually occurs around the time of menopause, but younger women are also at risk.**

**The FWC [uterine/endometrial cancer/GTD](#) web page will help you learn about symptoms, diagnosis, treatment options and more.**

## Symptoms

- Abnormal vaginal bleeding; younger women should note irregular or heavy vaginal bleeding
- Bleeding after menopause
- A watery pink or white discharge
- Two or more weeks of persistent pain in the lower abdomen or pelvic area
- Pain during sexual intercourse

Over **90% of women** diagnosed with endometrial cancer say that they experienced **abnormal vaginal bleeding** prior to their diagnosis.

Please see a gynecologist or gynecologic oncologist and ask about an endometrial biopsy if you experience any of these symptoms.

## Risk Factors

- Taking estrogen alone without progesterone
- Obesity
- Late menopause (after age 52)
- Diabetes
- Never becoming pregnant
- Hypertension
- A family history of endometrial or colon cancer
- Use of tamoxifen

## Risk Reduction

- Genetic testing
- Use of oral contraceptives
- Understand your risk and listen to your body for symptoms

# KNOW THE KEY FACTS VAGINAL AND VULVAR CANCER

**Vaginal cancer begins in the vagina, the muscular tube that connects the outer part of the female genitalia (vulva) to the uterus. Learn more at the FWC [vaginal cancer](#) web page.**

**The vulva includes the labia majora (outer lips), the labia minora (inner lips), the clitoris and the opening of the vagina. Vulvar cancer most often affects the inner edges of the labia majora or the labia minora. Learn more about this disease at the FWC [vulvar cancer](#) web page.**

## Symptoms of Vaginal Cancer

- Unusual vaginal bleeding (i.e. between menses, after intercourse, new postmenopausal bleeding)
- Pain (vaginal, vulvar, lower abdominal/pelvic, back or flank)
- Problems with urination or bowel movements
- Watery discharge
- Lump or mass in the vagina

## Symptoms of Vulvar Cancer

- Bump or lump with wart-like or raw surfaces
- Chronic itching (more than 1-2 weeks)
- Pain or burning
- Abnormal bleeding or discharge
- Skin color changes (lighter or darker, red or pink)
- Ulcer or open sore
- Cauliflower-like growths

## What can you do to prevent or detect vaginal or vulvar cancer early?

- Get the human papillomavirus (HPV) vaccine approved for patients up to age 46
- Schedule regular check-ups, including pelvic exams
- Use a mirror to examine your vulva for any changes
- See a doctor if you experience any symptoms

# Thanks for all you do to help end gynecologic cancers.

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The Foundation for Women's Cancer (FWC) is a 501(c) (3) nonprofit organization dedicated to supporting research, education and public awareness of gynecologic cancers. FWC is the official foundation of the Society of Gynecologic Oncology (SGO), the premier medical specialty society for health care professionals trained in the comprehensive management of gynecologic cancers.



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