



# Preventing and Recognizing Gynecologic Cancers

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They can sneak up on you.



# Gynecologic cancers, that is.

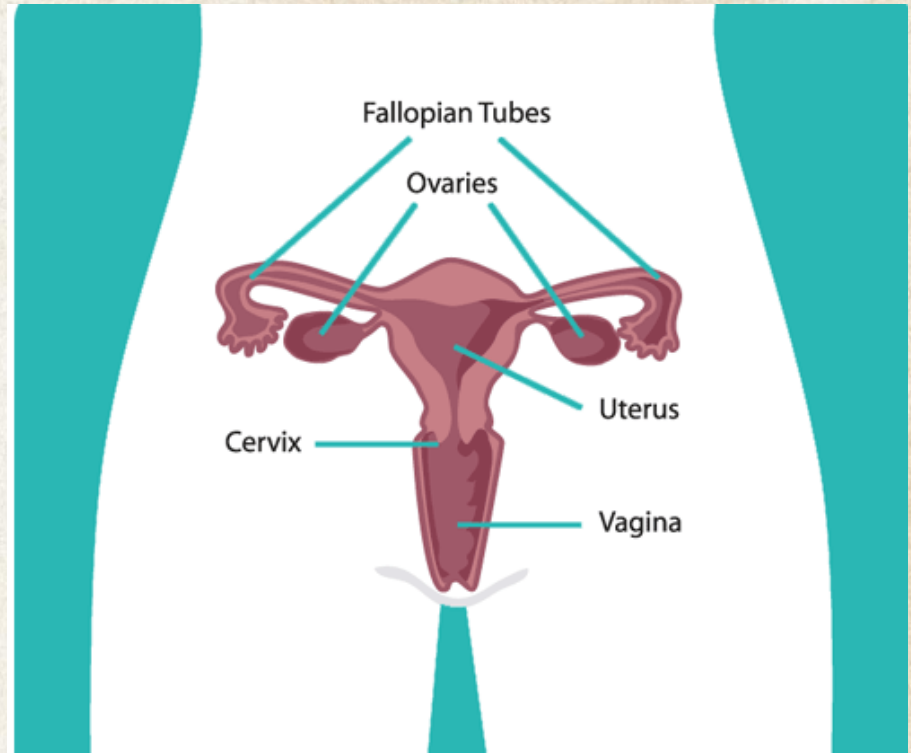
Knowing the facts can help you recognize the sometimes silent symptoms, so treatment can begin in the earlier stages.



# What are gynecologic cancers?

There are five types of gynecologic cancers:

- Cervical
- Ovarian
- Uterine
- Vaginal
- Vulvar



# What you need to know now...

- Risk factors
- Symptoms
- Diagnosis and treatment
- Prevention
  - Regular checkups
  - Vaccines and diagnostic tests
  - Lifestyle



# Providers

- Gynecologists
- Primary care physicians
- Pathologists
- Radiologists
- Gynecologic oncologists
- Oncology nurses
- Oncology social workers



# Cervical Cancer

In 2013, about 12,340 U.S. women will be diagnosed with cervical cancer.

About 4,000 will die.

The good news is that it is very preventable and has a high cure rate with early diagnosis.



# Risk Factors for Cervical Cancer

- HPV infection
- Smoking
- A suppressed immune system
- Infections with STDs, such as chlamydia
- Use of IUDs
- Multiple full-term pregnancies
- Age at first pregnancy (younger than 17 years)
- Exposure to diethylstilbestrol (DES), a form of synthetic estrogen
- Family history





# HPV Infections and Cervical Cancer

Many cervical cancers are caused by the human papillomavirus (HPV).

- Most sexually active men and women will be infected with HPV sometime in their lives.
- All women over age 30 should have an HPV DNA test.
- All females and males between the ages of 9 and 26 should have the HPV vaccine.



# About the Pap Test

If your Pap test comes back abnormal, your doctor may:

- Retest to verify an abnormal finding
- Test for HPV
- Look more closely at your cervix in a procedure called a colposcopy
- Perform a test to identify abnormal cells
- Order a biopsy to look at the tissue under a microscope



# Ovarian Cancer

In 2013, about 20,000 women will be affected by ovarian cancer.

About half will die.

Symptoms tend to be vague, making it difficult to detect in its earliest stages.



# What are the symptoms of cervical cancer?

- Abnormal bleeding
  - Between periods
  - With intercourse
  - After menopause
- Unusual vaginal discharge
- Other symptoms
  - Leg pain
  - Pelvic pain
  - Bleeding from the rectum or bladder
- Some women have no symptoms



# What should I do if I have just been diagnosed with cervical cancer?

- Seek treatment by gyn oncologist
- Discuss treatment options
  - Conization
  - Hysterectomy
  - Radical hysterectomy
  - Radiation with chemotherapy
- Ask about clinical trials
- Other considerations
  - Preserve your fertility
  - Preserve your ovaries



# Ovarian Cancer Risk Factors

- Older women
- Infertile women
- Ashkenazi Jewish women
- Family history



# Symptoms of Ovarian Cancer

- Abnormal vaginal bleeding or discharge
- Pelvic pain or pressure
- Abdominal or back pain
- Bloating
- Loss of appetite or feeling full quickly
- Changes in bowel or bladder habits
- Sudden weight gain or loss
- Constant fatigue
- Persistent indigestion or nausea



# In the News: Angelina Jolie

- Angelina Jolie recently announced she had her breasts removed due to a predisposition to breast cancer. She plans to have her ovaries removed as well.
- Jolie learned that she carries a mutation of the BRCA1 gene, which significantly increases her risk of breast and ovarian cancer.
- Jolie's mother died of ovarian cancer. Her aunt died of breast cancer.





# When to Consider Genetic Testing

- A personal history of breast cancer diagnosed at a young age (premenopausal), breast cancer affecting both breasts (bilateral breast cancer) or both breast and ovarian cancers
- A personal history of ovarian cancer and a close relative with ovarian cancer or premenopausal breast cancer, or both
- A history of breast cancer at a young age in two or more close relatives, such as your parents, siblings and children
- A male relative with breast cancer
- A family member who has both breast and ovarian cancers
- A family member with bilateral breast cancer
- Two or more relatives with ovarian cancer



# Ovarian Cancer: Importance of Surgeon

- 1,866 women with ovarian cancer
- Significant advantage for those women managed by Gynecologic Oncologist
  - More likely to have optimal cytoreduction
  - Reduction in death by 25% ( $p= 0.005$ ) compared to Ob/Gyn and General Surgeons

**Junor et al, Brit J Ob/Gyn, 11/99**



# Ovarian Cancer: Surgical Treatment for Advanced Disease

- Significant survival advantage for women optimally cytoreduced
- Procedures may include:
  - *En bloc* resection of uterus, ovaries and
  - Bowel resection
  - Removal of pelvic tumor
  - Omentectomy diaphragmatic and peritoneal implants
  - Splenectomy, appendectomy



# Ovarian Cancer: Surgical treatments for Early Stage Disease

- Optimal therapy: TAH BSO + staging (including pelvic and PALN)
- In younger women, reproductive conservation may be appropriate
- Approximately 30% will have histologic evidence of metastatic disease



# Ovarian Cancer: Chemotherapy

- All patients should receive a taxane and a platinum
- 73% response rate
- Median survival: 38 months for Stage III/IV
- Many new agents being tested
- Encourage clinical trial participation
- IP chemotherapy



# Uterine Cancer

In 2013, about 49,560 women will be diagnosed with uterine cancer.

About 8,190 will die.

It is the most common of the gynecologic cancers and is highly curable when detected early.



# Risk Factors for Uterine Cancer

- Increasing age
- Unopposed estrogen
- Tamoxifen
- Late menopause
- Nulliparity
- Anovulation
- Obesity (dose response)
- Diabetes
- Family history
- Abnormal uterine bleeding



# Uterine Cancer Symptoms

- Vaginal bleeding after menopause
- Bleeding between periods
- An abnormal, watery or blood-tinged discharge from your vagina
- Pelvic pain
- Pain during intercourse
- Feeling a mass in your pelvis





# Treatments for Uterine Cancer

- Surgery
- Hormone therapy
- Radiation
- Chemotherapy



# Vaginal Cancer

In 2013, about 2,890 women will be diagnosed with vaginal cancer.

About 840 will die.

It is the rarest of all gynecological cancers and is highly curable when detected early.



# Risk Factors for Vaginal Cancer

- HPV infection
- Smoking
- Multiple sexual partners
- Previous abnormal pap smears



# Symptoms of Vaginal Cancer

- Abnormal bleeding between periods, after intercourse or after menopause
- Unusual vaginal discharge
- A lump in your vagina
- Pelvic pain
- Painful urination
- A change in bowel habits



# Types of Vaginal Cancers

- Vaginal squamous cell carcinoma
- Vaginal adenocarcinoma
- Vaginal melanoma
- Vaginal sarcoma



# Treatment of Vaginal Cancer

- Surgery for early stage disease
- Combination of radiation and chemotherapy for more advanced disease



# Vulvar Cancer

In 2013, about 4,700 women will be diagnosed with vulvar cancer.

About 990 will die.

Vulvar cancers are highly treatable when caught early. Regular gynecologic exams will detect most vulvar cancers in their very early stages.



# Risk Factors for Vulvar Cancer

- HPV infection
- Smoking
- Immune system suppression
- Lichen sclerosus





# Symptoms of Vulvar Cancer

- Itching that doesn't go away
- Changes in color or texture of the skin in the vulvar region
- Feeling a lump
- The appearance of pimple- or wart-like bumps
- Open sores or ulcers
- Abnormal bleeding



# Treatment of Vulvar Cancer

- Surgical resection of the vulvar lesion
- Either sentinel lymph node or complete dissection of one or both groin nodes
- For advanced disease involving the urethra or anus then combination radiation and chemotherapy followed by surgery if resectable



# Your Lifestyle Matters

- Be physically active
- Maintain a healthy weight
- Don't smoke
- Manage stress
- Eat a healthy diet
- Use sunscreen
- Drink alcohol in moderation
- Have regular physical exams
- Use birth control
- Report changes
- Tubal ligation
- Breastfeeding
- Pregnancy



# Here's the Problem

- Many of the symptoms of gynecologic cancers are vague.
- Many of these symptoms are also present in much less serious conditions.
- Many of these symptoms are easy for a busy woman to ignore.



# One Important Message

**SEE YOUR DOCTOR  
REGULARLY!**



# Magee-Womens Research Institute (MWRI)

- The largest independent research institute in the U.S. focused exclusively on women's health
- More than 20 areas of research in women's health and reproductive biology
- More than 300 researchers and staff
- Strong partnerships with University of Pittsburgh and Magee-Womens Hospital of UPMC
- Women's Cancer Research Center (WCRC) is a collaborative effort of MWRI and UPMC Hillman Cancer Center
- The WCRC brings together more than 170 experts working toward a cancer-free future



# Examples of some of the work done a MWRI

- Leading the efforts to create the Zika vaccine currently being tested in various clinical trials in South America.
- Using Big Data, the Magee Obstetrical Maternal Infant (MOMI) Database of more than 200,000 births in the last 22 years, and its new Biobank of DNA samples, to provide a longitudinal view of generational births that will be used to eradicate infant mortality in the future.
- Decreasing the spread of HIV in Africa through our Microbicide Trials Network where 11,000 women are enrolled in trials in 6 countries.
- Creating revolutionary and life-saving urogynecological treatments for debilitating prolapse.
- Offering new hope for young cancer patients facing permanent infertility from chemotherapy to have biological children someday.
- Creating vaccines and identifying biomarkers for earlier detection of ovarian cancer, a deadly and silent killer.



# Questions?

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