

Project Nana

Golfing For The Gals

As we take swings for our beloved **Seasoned Women** and all our **Nanas**, let's make it a priority to stay connected to the wealth of current facts, intriguing myths, and the common questions that frequently arise as we navigate the courageous battle against Gynecologic Cancers. This journey is not just about awareness; it's about empowerment, understanding, and solidarity. Together, we can shine a light on the complexities of these health challenges, ensuring that each voice is heard, and every story is honored as we stand united in this important fight.



18 Holes for 18 Fun Facts

Outline:

8 holes= Myths vs Facts

5 holes= Latest trends in treatment

5 holes= Trivia

Myths Vs Facts

Q1. Myth -There are no early symptoms of gynecological cancer

Fact - Many people with ovarian, uterine, cervical or vaginal cancer do have early warning signs. Common symptoms are abdominal pressure, fullness, swelling or bloating, urinary urgency, pelvic discomfort, or abnormal bleeding and discharge ¹

Q2. Myth- Pap smears can detect all gynecologic cancers

Fact- Pap smears mainly screen for cervical cancer, not other gynecological cancers like ovarian or uterine cancers ²

Q3. Myth- Cervical cancer cannot be prevented

Fact- Cervical cancer is preventable through vaccination and regular screenings ³

Q4. Myth- You cannot get gynae cancer after a hysterectomy

Fact- A hysterectomy does not prevent you from getting gynae cancers in different parts of your reproductive system⁴

Q5. Myth- Only elderly women are at a higher risk of gynecological cancers

Fact- No. All women are at risk of gynae cancers ⁵

References:

Centers for Disease Control and Prevention. (n.d.). *Symptoms of gynecologic cancers*. Centers for Disease Control and Prevention. <https://www.cdc.gov/gynecologic-cancer/symptoms/index.html>

Centers for Disease Control and Prevention. (n.d.-a). *Screening for cervical cancer*. Centers for Disease Control and Prevention. <https://www.cdc.gov/cervical-cancer/screening/index.html>

American Cancer Society. (n.d.). Can cervical cancer be prevented?
<https://www.cancer.org/cancer/types/cervical-cancer/causes-risks-prevention/prevention.html>

Roswell Park Comprehensive Cancer Center. (2023, February 7). Can you get cervical cancer after a hysterectomy? <https://www.roswellpark.org/cancertalk/202302/can-you-get-cervical-cancer-after-hysterectomy>

Cervical cancer causes, risk factors, and prevention. NCI. (n.d.). <https://www.cancer.gov/types/cervical/causes-risk-prevention>

Let's Learn Some More

Q6. How often should I have a pelvic exam?

A. The American College of Obstetricians and Gynecologists (ACOG) recommends all women have a pelvic exam every year during your annual wellness check.

Q7. What are some factors that increase the risk of gynae cancers?

Having a risk factor does not imply you will get gynae cancer. Again, Not having a risk factor doesn't mean you cannot develop gynae cancer. The risk factors vary depending on the type of cancer. Some risk factors are within your control while others are not.

- A. Getting infected with Human Papillomavirus (HPV)
- B. Long-term use of oral contraceptives (birth control pills)
- C. Being overweight or obese
- D. Tobacco use (Smoking)
- E. Human immunodeficiency virus (HIV/AIDS) infection
- F. Age 50 years and older
- G. Family history of cancer, especially breast, ovarian or colon cancer ⁵

Q8. Screening tests for gynecological cancers

- A. Pelvic exam
- B. Pap smear
- C. HPV test
- D. Genetic counseling and testing ⁶

Q9. Ways to prevent gynae cancers

- A. Regular screening (pelvic exam, PAP smear) with your gynecologist
- B. HPV vaccination
- C. Lifestyle changes- Exercise, diet, and others⁵

Q10. Did you know the Pap smear is known as the Papanicolaou smear? This was invented in 1928 by George Nicholas Papanicolaou but was not proven effective until 1941⁷

Project Nana Trivia

Q11. What month has been dedicated to raising awareness towards gynecological cancers?

- A. Correct!! September is recognized as Gynecologic Cancer Awareness Month. It serves as a significant period to raise awareness about gynecologic cancers, including ovarian, cervical, uterine, vaginal, and vulvar cancers.

Q12. What is the internationally recognized symbol for gynecologic cancer awareness?

- A. Correct!! The purple ribbon. It represents solidarity with those impacted by gynecologic cancers and signifies support for all types of these malignancies.

Q13. Postmenopausal bleeding is only a problem if it's similar to menstrual bleeding in amount or color

A. False.

Q14. Ovarian cancer does not show symptoms.

A. False. Although it's often referred to as “the silent killer,” ovarian cancer does have symptoms — they're just nonspecific ones like bloating, cramping, or a change in bowel or bladder function.⁸

Q15. What is removed in a hysterectomy?

A. Uterus, cervix, fallopian tubes, ovaries. But this depends on the type of hysterectomy⁹

Q16. What percentage of women are exposed to HPV over a lifetime?

33%, 50%, 80%, 95%

A. 80%. Most women will be exposed to HPV¹⁰

Q17. HPV only causes Cervical cancer.


A. False. Amongst cervical cancer, HPV also causes anal cancer, oropharyngeal cancer, penile cancer, vaginal cancer, and vulvar cancer¹⁰

Q18. Is a gynae cancer diagnosis the end of my life?

A. No, a gynecologic cancer diagnosis is not necessarily the end of your life. The number of gynecologic cancer survivors is growing, second only to breast cancer survivors. Women can live for many years after a diagnosis

References:

1. Centers for Disease Control and Prevention. (n.d.). *Symptoms of gynecologic cancers*. Centers for Disease Control and Prevention. <https://www.cdc.gov/gynecologic-cancer/symptoms/index.html>
2. Centers for Disease Control and Prevention. (n.d.-a). *Screening for cervical cancer*. Centers for Disease Control and Prevention. <https://www.cdc.gov/cervical-cancer/screening/index.html>
3. American Cancer Society. (n.d.). Can cervical cancer be prevented? <https://www.cancer.org/cancer/types/cervical-cancer/causes-risks-prevention/prevention.html>

- 
4. Roswell Park Comprehensive Cancer Center. (2023, February 7). Can you get cervical cancer after a hysterectomy? <https://www.roswellpark.org/cancertalk/202302/can-you-get-cervical-cancer-after-hysterectomy>
 5. *Cervical cancer causes, risk factors, and prevention*. NCI. (n.d.). <https://www.cancer.gov/types/cervical/causes-risk-prevention>
 6. American Cancer Society. (n.d.). Screening tests for cervical cancer. <https://www.cancer.org/cancer/types/cervical-cancer/detection-diagnosis-staging/screening-tests.html>
 7. Tan, S. Y., & Tatsumura, Y. (2015). George Papanicolaou (1883-1962): Discoverer of the Pap smear. *Singapore medical journal*, 56(10), 586–587. <https://doi.org/10.11622/smedj.2015155>
 8. Ovarian Cancer Research Alliance. (n.d.). Get the facts. <https://ocrahope.org/get-the-facts/>
 9. National Cancer Institute. (n.d.). Complete hysterectomy. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/complete-hysterectomy>
 10. HPV Information Centre. (n.d.). HPV prevention at a glance. <https://hpvcentre.net/hpvatglance.php>