



the gynaecological cancers charity

# Let's talk about gynae cancers



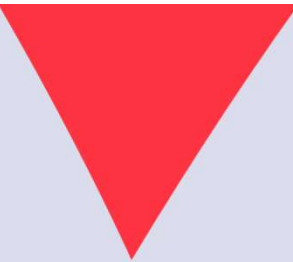


the gynaecological cancers charity

**Today, 60 women and people with gynae organs in the UK will hear the devastating news they have a gynaecological cancer, and 21 will sadly die because of this diagnosis.**

The Eve Appeal is the leading gynaecological cancer charity. To help save lives, we focus on preventing and improving the early diagnosis of womb, ovarian, cervical, vulval and vaginal cancer.





**Our vision is a world  
where all  
gynaecological cancers  
are prevented or detected  
at an early stage.**



# About the eve appeal

## Our Mission



- › We fund research to advance the prevention and early detection of all five gynaecological cancers, which are womb, ovarian, cervical, vulval and vaginal



- › We educate people about gynae health, from knowing their anatomy, what's normal and what's not, and the signs and symptoms of the gynae cancers.



- › We provide free, expert information and advice to anyone who has questions or concerns about their gynae health or gynae cancers.



# The need

Why we do what we do

**60**

**people every day  
diagnosed**

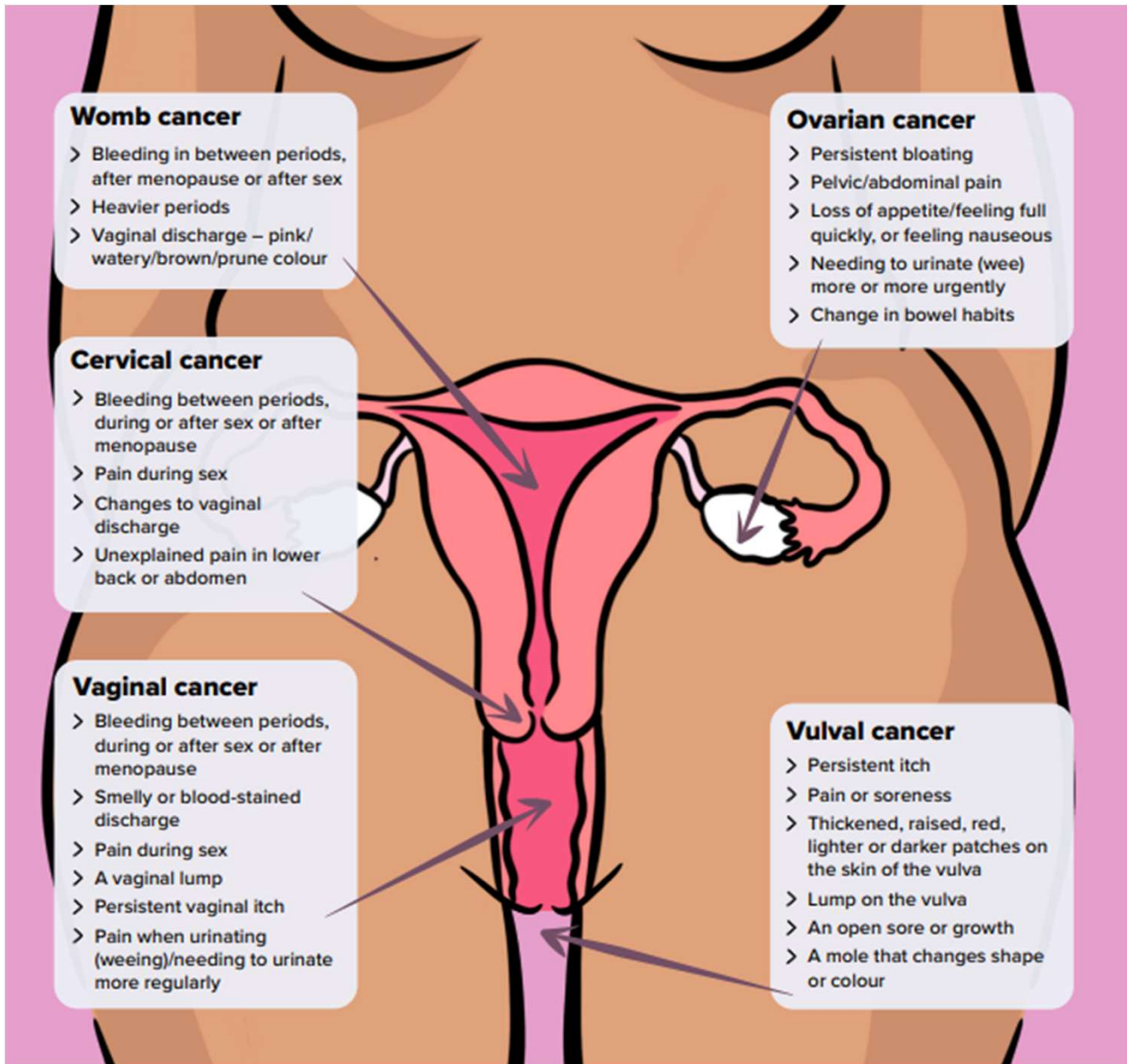
**21**

**will sadly die too soon**

**22,050**

**cases of gynae cancer  
in the UK each year**





**Womb cancer**

- > Bleeding in between periods, after menopause or after sex
- > Heavier periods
- > Vaginal discharge – pink/watery/brown/prune colour

**Cervical cancer**

- > Bleeding between periods, during or after sex or after menopause
- > Pain during sex
- > Changes to vaginal discharge
- > Unexplained pain in lower back or abdomen

**Vaginal cancer**

- > Bleeding between periods, during or after sex or after menopause
- > Smelly or blood-stained discharge
- > Pain during sex
- > A vaginal lump
- > Persistent vaginal itch
- > Pain when urinating (weeing)/needing to urinate more regularly

**Ovarian cancer**

- > Persistent bloating
- > Pelvic/abdominal pain
- > Loss of appetite/feeling full quickly, or feeling nauseous
- > Needing to urinate (wee) more or more urgently
- > Change in bowel habits

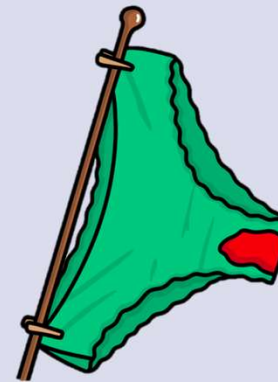
**Vulval cancer**

- > Persistent itch
- > Pain or soreness
- > Thickened, raised, red, lighter or darker patches on the skin of the vulva
- > Lump on the vulva
- > An open sore or growth
- > A mole that changes shape or colour



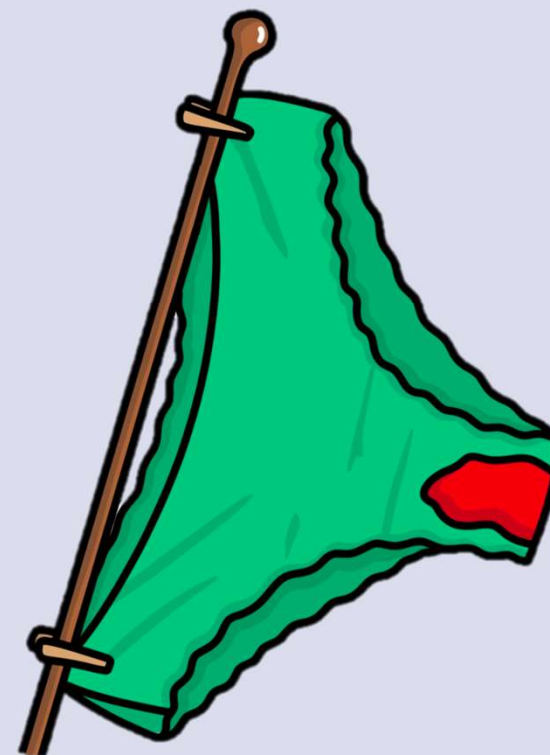
# Symptoms

A summary of the main gynae symptoms.



# Abnormal bleeding red flags

- > Bleeding after sex
- > Bleeding after the menopause
- > Bleeding that is heavier than normal
- > Bleeding between periods
- > Unexplained blood-stained discharge, which could be red, pink or brown.



**Slide 8**

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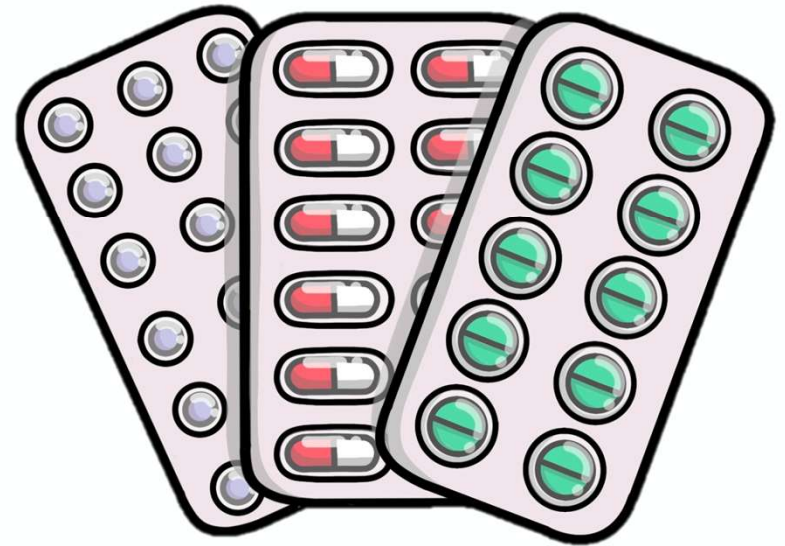
**HH1**

**Need to add blood stained discharge**

Helen Hyndman, 2025-04-10T10:52:03.730

# Pain symptoms

- > Lower back pain
- > More painful periods than normal
- > Pain during sex
- > Persistent pelvic / abdominal and vaginal pain.



# Changes to toilet habits

- > Stomach cramps
- > Changes to bowel habits like constipation or diarrhoea HH1
- > Needing to wee more urgently
- > Change in bowel habits.



## Slide 10

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**HH1** Remove and add into changes in bowel habits e.g. constipation or diarrhoea

Helen Hyndman, 2025-04-10T10:52:54.561

# Changes to eating habits

- > Feeling nauseous
- > Feeling full quickly
- > Feeling consistently bloated, regardless of what you eat
- > Loss of appetite.

HH1



**Slide 11**

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**HH1**

**Change to loss of appetite**

Helen Hyndman, 2025-04-10T10:53:18.094

# Vulval changes

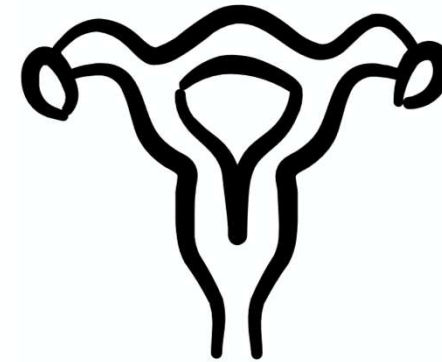
- > Changes to the vulval skin: a sore, lump, growth or a change in colour (red, white/yellow or darker patches of skin)
- > A lasting vulval itch
- > Pain or soreness.



# What to do if you spot any symptoms

HH1

- > It's important to know what's normal for you and your body.
- > Please speak to your doctor if you notice any changes.
- > Speak to an Ask Eve Nurse.



## Slide 13

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HH1

I don't think the slide heading is helpful, can we changed to "What to do if you notice any new or different symptoms" We could also add in here, contact Ask Eve even though it is added in later

Helen Hyndman, 2025-04-10T10:55:24.321

# Support in the workplace



- > Despite women and people with gynae organs constituting over half of the UK workforce, their health concerns remain veiled in taboo and are often dismissed. **65% don't feel comfortable talking about health issues at work.**

## Our YouGov survey found:

- > **80% of women surveyed said it was important for their employer to have women's wellbeing and health policies in place**
- > **Over a third of working women** who missed or delayed a cervical screening appointment, did so because they found it hard to take time off work in order to attend
- > **Over half of employed women** stated they would be more likely to stay in their current role if the company were to implement women's health policies.



# Support in the workplace with Every Woman Promise



**Developed together with the Department of Health and Social Care, our workplace wellbeing programme, our workplace wellbeing programme is all about:**

- > Educating staff on gynae health through Lunch & Learns, written resources and webinars
- > Enabling employees to manage their health proactively and seek help when needed
- > Encouraging employees to attend crucial health appointments
- > Helping businesses implement women's health policies
- > Normalising talking about gynae health, removing taboos and fostering an environment where openness replaces embarrassment.



# What now?



## **Talk to your GP.**

If you spot any of the signs or symptoms of the five gynae cancers, get them checked by a doctor.



## **Get support.**

You can speak to our Ask Eve nurses for free and confidential advice and information.

**Email:**

**[Nurse@EveAppeal.org.uk](mailto:Nurse@EveAppeal.org.uk)**

**Phone: 0808 802 0019**



## **Find more information on our website:**

[EveAppeal.org.uk](https://eveappeal.org.uk)

**For more information on Every Woman Promise:**

**<https://eveappeal.org.uk/get-involved/workplace-wellbeing-programme/>**

