The Australia New Zealand Gynaecological Oncology Group is Australia’s peak national research organisation. It raises awareness and funds for gynaecological cancer research.

ANZOGOG conducts clinical trials to find improved treatments for women with gynaecological cancers at 52 hospitals in all states of Australia and across New Zealand.

Every day **16 WOMEN ARE DIAGNOSED** with gynaecological cancer in Australia.

**4 WOMEN WILL DIE** from a gynaecological cancer today.

**IT'S TIME TO TAKE ACTION AND BREAK THE SILENCE.**
GYNAECOLOGICAL CANCER

TYPES

Gynaecological cancers are named according to the organ or part of the body where they first develop, including ovary, uterus, cervix, vagina and vulva.

OVARIAN CANCER - affects the ovaries, a pair of solid, oval-shaped organs producing hormones and eggs (ova).

UTERINE CANCER - begins in the main body of the uterus, a hollow organ about the size and shape of an upside-down pear. The uterus is where the baby grows when a woman is pregnant.

CERVICAL CANCER - begins in the cervix, the lower, cylinder-shaped part of the uterus. Its upper margin is connected to the uterus, while its lower margin is connected to the vagina.

VAGINAL CANCER - begins in the vagina (also called the birth canal), a muscular tube-like channel that extends from the cervix to the external part of the females sex organs (vulva).

VULVAR CANCER - begins in the vulva, the outer part of the female reproductive system. It includes the opening of the vagina, the inner and outer lips (also called labia minora and labia majora), the clitoris and the mons pubis (soft, fatty mound of tissue, above the labia).

Other types of gynaecological cancers include fallopian tube cancer and placenta cancer (a pregnancy-related cancer).

GYNAECOLOGICAL Cancer

Symptoms

Symptoms of gynaecological cancer can include:

- abnormal or persistent vaginal bleeding (e.g. bleeding after menopause or sex, or that is not part of your menstrual cycle)
- unusual vaginal discharge
- pain, pressure or discomfort in the abdomen
- swelling of the abdomen
- change in bowel or bladder habits
- pain during sex
- itching, burning or soreness
- lumps, sores or wart-like growths.

A number of conditions may also cause these symptoms. If you start to experience these symptoms or if you have experienced these symptoms multiple times over a 4-week period, we encourage you to discuss them with your doctor.

While the causes of many gynaecological cancers are not fully understood, there are a number of factors associated with the risk of developing one or more types of gynaecological cancer.

These risk factors include:

- increasing age
- having a strong family history
- identified gene mutations
- reproductive history, such as child-bearing
- exposure to hormones – natural or medicated
- exposure to diethylstilbestrol (DES) in the womb
- viral infection, such as human papilloma virus (HPV)
- lifestyle factors, such as smoking and those leading to excess body weight.
Diagnosis of a gynaecological cancer may involve a number of tests, including:

- a physical examination, with a pelvic examination
- a pap smear to test for cervical cancer only
- blood tests, such as a CA125
- imaging tests – which may include a transvaginal ultrasound or a CT scan, magnetic resonance imaging (MRI) or PET scans may also be suggested
- taking a sample of tissue (biopsy) for examination under a microscope

Women must regularly undergo full gynaecological examinations that include a pap smear (for cervical cancer).
GYNAECOLOGICAL CANCER

TREATMENT OPTIONS

Treatment and care of women with gynaecological cancers is usually provided by a team of health professionals – called a multidisciplinary team.

Treatment for gynaecological cancers depends on the stage and type of the disease, the severity of symptoms and the woman’s general health. Treatment often usually involves surgery to remove as much of the tumour as possible, and to determine its stage (how far the cancer may have spread). Radiotherapy, chemotherapy, and hormonal therapies, may also be used.

Research is ongoing to find new ways to diagnose and treat different types of cancer.

Some women may be offered the option of participation in a clinical trial to test new ways of treating their gynaecological cancer.
WHY DO WE NEED CLINICAL TRIALS?

Clinical trials are essential to the development of new treatments (interventions).

Most modern medical interventions are a direct result of clinical research. New interventions for most diseases and conditions — including cancer, heart disease, high blood pressure and asthma — have been developed through clinical research.

Clinical trials often lead to new interventions becoming available that help people to live longer and to have less pain or disability.

Clinical trials can also help to improve health care services by raising standards of treatment.

Doctors and hospital staff involved in clinical trials are continually trained to provide best practice patient care.

Australian clinical trials are recognised internationally for including very high quality patient care.

ANZGOG’s membership of 785 medical professionals work at hospitals and research institutes across Australia and New Zealand, collaborating together to conduct research which will improve the lives of women with gynaecological cancers.
GET INVOLVED

TAKE ACTION TODAY – HELP RAISE FUNDS, HELP RAISE AWARENESS

Take part in one of our Save the Box fundraising activities or DONATE NOW

DONATE NOW

For clinical research into new treatments to improve the lives of women, donations over $2 are tax deductible and all money raised will go to the Australia New Zealand Gynaecological Oncology Group (ANZGOG).

To make a donation go to:
www.savethebox.org.au
Take part in the Save the Box - Money Box Challenge and see how much money you can raise by taking your money box with you everywhere for 7 days and ask people to make a contribution. Save the Box in September, during International Gynaecological Cancer Awareness Month, to help you raise funds and get people talking about gynaecological cancer research.

The challenge is all about reaching out to family, friends and colleagues to help you raise funds for gynaecological cancer research. You can choose a fundraising target (e.g. $500) as small or large as you want. Raise more than $100 and you will receive a free T-Shirt.

To register simply go to:  
www.savethebox.org.au
HOST AN EVENT

Bring a cake box, a lunch box, a mystery box, a box set of music, a gift box or organise a soap box marathon... get creative and host a fun Save the Box event in September for you and your friends!

Please email your activity to: coordinator@anzgog.org.au

And we are happy to help where we can.
PLEASE HELP FUND OUR RESEARCH.

SAVE THE BOX IS FUNDRAISING FOR GYNAECOLOGICAL CANCER RESEARCH CONDUCTED BY AUSTRALIA NEW ZEALAND GYNAECOLOGICAL ONCOLOGY GROUP (ANZGOG)

FOR MORE INFORMATION
WWW.SAVETHEBOX.ORG.AU