# BE KIND TO YOURSELF



NATIVE AMERICAN WOMEN AND CERVICAL CANCER



### HOW IS CANCER OF THE CERVIX FOUND?

Early cervical pre-cancers or cancers often have no signs or symptoms. That's why it's important for women to have regular Pap tests. Symptoms often do not start until the cancer is further along and has spread to nearby areas. You should report any of the following to your doctor right away:

### **Abnormal vaginal bleeding**

Such as bleeding after sex, bleeding after menopause, bleeding and spotting between periods, and having periods that are longer or heavier than usual. Bleeding after douching, or after a pelvic exam is a common symptom of cervical cancer but not pre-cancer. An unusual discharge from the vagina (not your normal period)

### Pain during sex

Of course, these symptoms do not mean that you have cancer. They can also be caused by something else. But you must check with a health care provider to find out. It is best to not wait for symptoms to appear. Get regular

### Pap tests and pelvic exams

The 5-year survival rate for cancer that is found only in the cervix (early invasive cancer of the cervix) is about 92%. The overall 5-year survival rate (for all stages combined) is about 71%. The 5-year survival rate refers to the percent of patients who live at least 5 years after their cancer is found. Many of these patients live much longer than 5 years. Talk with your cancer care team if you have questions about your own chances of a cure, or how long you might survive your cancer. They know your situation best.



## ADDITIONAL INFORMATION

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