

Mayo Clinic Minute

3 things women should know about gynecologic cancer

Video	Audio
Reporter	There are many forms of gynecologic cancer: endometrial or uterine, ovarian vulvar, cervical and vaginal.
Amanika Kumar, M.D. OB-GYN Mayo Clinic	"Each cancer is a little bit different."
Reporter	Dr. Amanika Kumar has three tips to help women stay healthy when it comes to gynecologic cancer. No.1 is lifestyle.
Amanika Kumar, M.D.	"It's important to live a healthy lifestyle to maintain a normal weight."
Reporter	Eating a healthy diet and exercising have both been shown to help reduce your risk of many cancers. No. 2 is screening.
Amanika Kumar, M.D.	"Get a yearly physical exam that includes a pelvic exam to maintain or stay up to date with your screening tests, such as Pap smears."
Reporter	No. 3 is being aware of symptoms.
Amanika Kumar, M.D.	"Being aware that postmenopausal bleeding or abnormal bleeding, or bloating and early satiety are all symptoms of a cancer. And if you have a concern, go to your doctor or go to your health care practitioner, and bring that up."
	Because early detection and treatment saves lives.
	For the Mayo Clinic News Network, I'm Vivien Williams.