

- Women—diseases

## 6 DANGER SIGNS EVERY WOMAN SHOULD KNOW!

Globe · 7 Nov 2022 · 30

EARLY detection can mean the difference between life and death for women with gynecological cancers — uterine, ovarian, cervical, vaginal and vulval. Here are symptoms experts say gals should never ignore!



1. **Bloating:** It's not uncommon for women to experience lower abdominal swelling during their periods. But bloating that lasts more than two days could be a sign of ovarian cancer.
2. **Unexplained vaginal bleeding:** Spotting between periods, after sex or postmenopause should cause gals to consult a physician. Women's health advocate Valentina Milanova says, "It's not just fresh red blood that is cause for concern. A thick, brown sludge or a pinkycolored mucus should also be investigated if it persists."
3. **Pelvic, abdominal or back pain:** According to Milanova, persistent abdominal pain or discomfort could indicate ovarian cancer, and constant pelvic pain or pressure can be a sign of uterine cancer.
4. **Increased urge to pee:** Frequent trips to the toilet may be caused by a bladder or urinary tract infection — which both require medical attention. But it could also occur if a pelvic tumor is pressing on the bladder.
5. **Unusual discharge:** "Healthy vaginal discharge ranges from clear to milky white. Cloudy white discharge could be a sign of gonorrhea, and thick, cottage cheese-like discharge is typically a telltale sign of a yeast infection," explains Milanova. But she cautions an unexplained red or brown discharge can be a sign of cervical or uterine cancer.
6. **Physical changes:** Itching, swelling and thickening skin of the vulva or labia may result from vulvar cancer. A lump in the vagina can be symptoms of vaginal cancer.