

## ***Translation 2.b***

### **Signs and symptoms of vaginal cancer**

When vaginal cancer is *small* and could only be found in the cells lining the vagina, it doesn't necessarily show symptoms. Invasive vaginal cancer tends to be bigger and spreads close to tissues deeper in the vaginal walls. Most women with invasive vaginal cancer, have one or more than one symptom such as:

- Abnormal vaginal bleeding (generally after having sex)
- Abnormal vaginal discharge
- A lump in the vagina that could be felt
- Pain during sex

Advanced vaginal cancer extends outside of the vagina and has affects the adjacent lymph nodes. Symptoms of advanced vaginal cancer could be:

- Painful urination
- Constipation
- Pelvic pain or in the upper part of the womb
- Back pain
- Swollen legs

The presence of these symptoms doesn't always mean that you have cancer, in fact, these symptoms are probably caused by another condition other than cancer, such as an infection. The only way to know what's the cause of these problems is by making an appointment with your healthcare professional.

If you have one of these symptoms, see your doctor as soon as possible. Remember, the fastest the diagnosis, the fastest you could start your treatment, which will be more effective.

### **Prevention:**

There is not a guaranteed way to prevent vaginal cancer. However, the risk could be reduced if you take the next

- **Assist to your papsmear and pelvic exams regularly**  
You can increase your chances of finding vaginal cancer early by having regular papsmear and pelvic exams. If it is discovered in early stages, it's more likely vaginal cancer to be cured. Ask your doctor when to start the exams and how often you should repeat them.

- **Ask your doctor about the HPV vaccine**

Having the vaccine to prevent the HPV infection could reduce the risk of vaginal cancer and other types of cancer related to HPV. Ask your doctor if the HPV vaccine is adequate for you

- **Don't smoke**

If you smoke, stop doing it. If you don't smoke, don't start doing it. Smoking can increase the risk of vaginal cancer.