

THE PROMISE OF EARLY DETECTION: GYNECOLOGICAL SCREENING TOOLS AND ADVANCES

Detect | Program Resource Guide

What Is a Well-Woman Exam?

A **well-woman exam** is an annual health checkup focused on a woman's reproductive and overall health. The exam typically includes:

- Health history review
- Physical exam
- Breast exam
- Pelvic exam
- Pap smear and/or HPV test – depending on age and screening guidelines.
- STI testing – if indicated by risk factors.

Types of Gynecologic Cancer

- Cervical cancer
- Ovarian cancer
- Uterine (endometrial) cancer
- Vaginal cancer
- Vulvar cancer
- Fallopian tube cancer
- Gestational trophoblastic disease (including choriocarcinoma)

Cervical Cancer Screening Guidelines

- Screening begins at age 21 with a Pap test.
- For ages 21–29: Pap test every 3 years if previous results were normal.
 - HPV test every 5 years beginning at age 25.
- For ages 30–65: Pap test and HPV test every 5 years if previous testing was normal.

Glossary of Terms

CA-125 (Cancer Antigen 125) Test: Looks for high levels of CA-125, which can be a sign of ovarian cancer.

Human Papillomavirus (HPV): A common group of viruses that infect the skin and mucous membranes.

Pap Test: A procedure that collects cells from the cervix for testing to check for abnormal or precancerous changes that may indicate infection, inflammation, or early signs of cervical cancer.

Technological Advances

How could artificial intelligence (AI) improve screening and detection?

- Improving mammograms or CT scans.
- Developing better Pap test screening.
- Improving risk assessments.

Symptoms of Ovarian Cancer Include:

- Bleeding, spotting, or discharge post-menopause.
- Changes in urinary frequency, urgency, pressure, or capacity.
- Changes in bowel movements.
- Changes in appetite or feeling full quickly.
- Nausea or vomiting.

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