

A SYMPTOM CALENDAR FOR EARLY DETECTION OF: Ovarian, Uterine, Endometrial, Fallopian, Cervical Cancers

The INTENTIONS of symptoms are to get your ATTENTION!

1. Lower **back pain**, sharp or dull pressure on either side, or all the way across your lower back.
2. Upper **leg pain** and/or pressure. Can feel like sciatica.
3. Menstrual like **cramping**. Can be light to heavy cramping, can come in waves, and can be similar to the feelings of early labor contractions.
4. **General Fatigue, Shortness of Breath**, a feeling of being 'Unwell'.
5. Pressure, Pain, bleeding with **intercourse**.
6. **Vaginal Discharge** with or without odor that can be watery, bloody, or a yellowish color.
7. Feeling full before you've eaten much. **Indigestion**, flatulence, **quickly sated**.
8. **Bladder weakness**, changes in frequency, unable to fully empty, sense of pressure.
9. **BLOATING OR LOWER ABDOMINAL FULLNESS**.
10. **Feeling Constipation** pressure and/or pain with or without being actually constipated.
11. **ANY IRREGULAR BLEEDING**. Very light, to heavy, blood is an extremely important symptom.
12. **Breast tenderness**, the kind of tenderness that is associated with periods.
13. **Abdominal pain**, sharp or tender, and can be around your belly button.
14. **Pelvic pain**, pressure, on one or both sides.
15. A sense of knowing that something is wrong. **Trust your intuition**.

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KNOW YOUR SYMPTOMS • DON'T IGNORE THEM • RECORD THEM • MAKE THE CALL
Early Detection can SAVE YOUR LIFE!

Print this page. Record the corresponding number on each day that you experience symptoms. If you experience multiple symptoms over a 2-week period, call your Doctor. Bring your calendar record to your appointment. Your symptom calendar may help your Doctor to decide on your diagnosis plan. Pelvic exam, pelvic ultra-sound, and CAT scans are some of the recognized diagnostic protocol.

— **QUIET, NOT SILENT** —