

Not sure how to start the kōrero?

Try these



"I've noticed some changes in my body. Can we talk about it?"



"I want to share something I found out about women's health. It could be important for us."

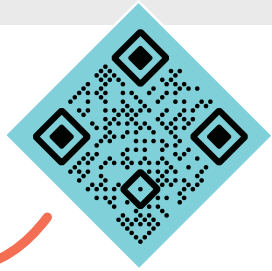


"I'm planning to book a women's health check-up. Do you want to come with me?"



FOR MORE INFORMATION

SCAN the QR code or CHAT to your healthcare professional



References: 1. Moyett G. Gynaecologic cancers: A comprehensive overview of the silent threats. Res Rep Gynecol Obstet. 2023;4(3):151-2. Cancer Australia. Gynaecological cancers fact sheet, 2020. Available at: https://www.canceraustralia.gov.au/sites/default/files/migrated-files/publications/gynaecological-cancers-fact-sheet/pdf/2020_gync_gynae_cancer_factsheet.pdf (accessed 19 Nov 2025). 3. Cherry RJ and Gangji A. New Zealand Med Journal. 2022;135(1550):74-85. 4. Cancer Council Australia. Understanding your Pap test or cervical screening test results. Available at: <https://www.cancer.org.au/cancer-information/causes-and-prevention/early-detection-and-screening/understanding-your-cervical-screening-test-results> (accessed 20 Nov 2025). 5. Tran C, et al. Current Treatment Options in Oncology, 2025;26:167-178. 6. Best Practice Advisory Centre. Endometrial cancer – early detection and referral, www.bpac.org.nz/2023/endometrial-cancer.aspx (accessed 03 Nov 2025). 7. Best Practice Advisory Centre. Ovarian cancer – early detection and referral. Accessed November 3, 2025. www.bpac.org.nz/2023/ovarian-cancer.aspx.

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Any information provided on the website should be discussed with a healthcare professional and does not replace a healthcare professional's advice.

This leaflet is intended for NZ audiences only.

Let's kōrero about Gynae Cancers

Because your strength is your story



Te mana o te mōhio – Le Mana o le iloa

The power of knowing

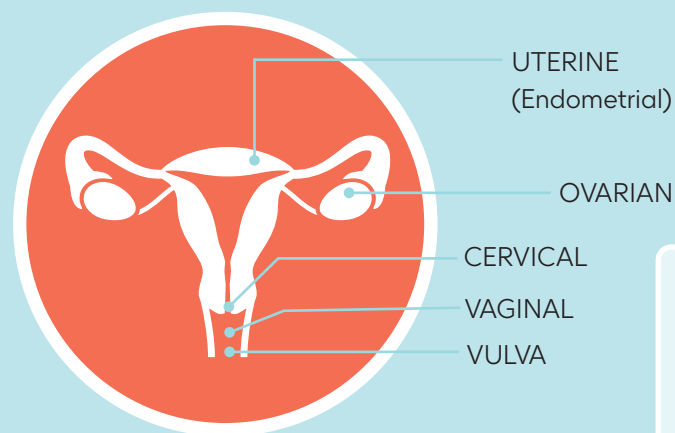
Why this matters

Gynae cancers can be silent, but knowledge speaks loudly.¹

When we share information, we protect ourselves and our whānau. This guide helps you spot signs early, understand your risk, and find support—because every wahine deserves the power of knowing.

You don't know, what you don't know

When we say gynae cancer, most people think cervical. But did you know there are five types? Each affects a different part of the female reproductive system.²



Sadly, gynae cancers account for about **10% of all cancers and cancer deaths in Aotearoa.**³

But you know your body best

Frequently Asked Questions (FAQ)



Q1. What are some symptoms of gynaecological cancers?

Signs and symptoms vary by gynae cancer type, but common ones include^{1,2}

- Unusual vaginal bleeding or discharge
- Pain in the tummy (abdomen) or pelvic area
- Persistent bloating or feeling full
- Unexplained weight changes
- Fatigue or feeling very tired

Remember: having these symptoms does not mean you have gynae cancer, but it is important to get any persistent changes checked by your healthcare provider.¹

Q2. Does a pap smear / cervical screening test detect all five gynaecological cancers?

No. A pap smear test/cervical screening test is only used to check for cervical cancer.

For the other four Gynaecological cancers, there aren't any reliable screening options yet – but knowing the signs and understanding your risk factors early can make a big difference.^{4,5}

Q3. Does family history matter?

Yes. Whakapapa plays a big role. If your whānau has a history of cancer e.g. ovarian, endometrial, breast, or colorectal cancer, talk to your doctor about your risks.^{6,7}

Q4. What can I do to help those around me?

Start with small steps

- **Speak up**
Share your experiences and story openly
- **Encourage checks**
Remind loved ones about regular health checks and screening
- **Promote healthy habits**
Staying active and eating well
- **Show up**
Offer to go to appointments together or share trusted resources

Early detection SAVES lives¹

A simple kōrero makes a difference—sharing knowledge with your mothers, sisters, daughters, and friends can protect more than one life.