



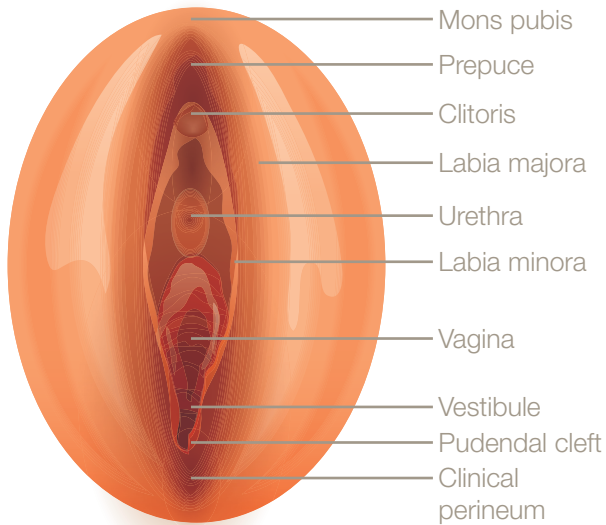
#knowyourvulva

Vulva cancer is one of the rarer cancers with around 1,000 cases diagnosed annually. Early detection is key to improving survival rates. We want to encourage women to regularly check their vaginas' and vulvas' and know what is 'normal' for them.

Use this mirror to check yourself on a weekly basis, looking out for any of the signs or symptoms listed overleaf. If you are worried about anything or symptoms persist for a month, see your GP.

What is the vulva?

- The vulva is the external part of the female genitalia
- The vagina is the internal canal



Use a handheld mirror and check for:

- Lumps
- Bumps
- Colour changes
- White patches
- Fusing
- Wart like growths
- Ulcers
- Cuts/tears

Notice any:

- Itching
- Burning
- Bleeding between periods

Taking care of your vulva

- Avoid soap products
- Use your oestrogen cream for Vaginal Atrophy symptoms
- Use your steroid cream to treat Lichen Sclerosus (LS) symptoms
- Take note of discharge
- Use water or oil based natural lubes
- Don't wear underwear at night
- Wear 100% cotton underwear and sanitary products
- Check your vulva regularly
- Seek medical help if something isn't right for you

Useful websites

- <https://lsvcukawareness.weebly.com>
- pelvicroar.org
- mymenopausalvagina.co.uk
- sylk.co.uk
- eveappeal.org.uk
- Macmillan.org.uk
- Cancerresearchuk.org

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#pelvicroar
Vulva Cancer UK Awareness
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Me and My Menopausal Vagina

For a free sample of Natural Sylk Lube visit www.sylk.co.uk



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