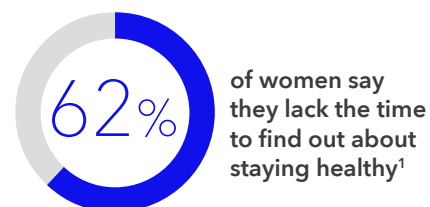


Women  
like me  
#MyHealthMyPriority



# Listen to your body, understand your symptoms

If you are experiencing any of the symptoms below, don't let them takeover your quality of life. Put your mind at rest and make time to consult your doctor or healthcare specialist.



## AUB (Abnormal Uterine Bleeding)

AUB is a **common symptom** that leads a woman to seek gynecological advice

- ☐ Cycle length is greater than 35 days<sup>2</sup>
- ☐ Cycle length is less than 21 days<sup>3</sup>
- ☐ Heavier and increased menstrual bleeding<sup>4</sup>

- ☐ Irregular episodes of bleeding occurring outside of menstrual cycle<sup>5</sup>
- ☐ Longer duration of flow occurring at unpredictable intervals<sup>6</sup>
- ☐ Bleeding that occurs more than 12 months after the last menstrual cycle<sup>7</sup>
- ☐ Erratic or irregular bleeding not associated with intrauterine pathology<sup>8</sup>

## Fibroids

Occur most often and become symptomatic in women aged **30 - 50<sup>9</sup>**

- ☐ Heavy and/or painful periods<sup>10</sup>
- ☐ Abdominal pain<sup>10</sup>
- ☐ Lower back pain<sup>10</sup>
- ☐ A frequent need to urinate<sup>10</sup>
- ☐ Constipation<sup>10</sup>
- ☐ Pain or discomfort during sex<sup>10</sup>

## Uterine Polyps

**1 in 3 women** develop uterine polyps<sup>11</sup>

- ☐ Irregular menstrual bleeding<sup>12</sup>
- ☐ Bleeding between menstrual periods<sup>12</sup>
- ☐ Heavy menstrual periods<sup>12</sup>
- ☐ Vaginal bleeding after menopause<sup>12</sup>
- ☐ Infertility<sup>12</sup>

## Uterine Cancer

Almost **80%** of women in Europe diagnosed with uterine cancer are alive **five years** after their diagnosis<sup>13</sup>

- ☐ After the menopause, bleeding at any time<sup>14</sup>
- ☐ Before the menopause, bleeding between periods or after sex<sup>14</sup>
- ☐ Non-infected vaginal discharge<sup>14</sup>
- ☐ Pain during or after sex<sup>14</sup>
- ☐ Pain in the lower abdomen<sup>14</sup>

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