

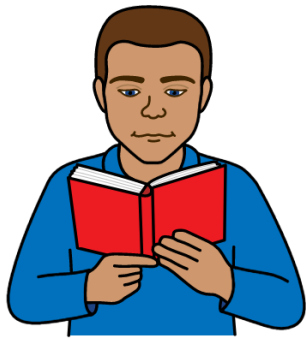


Easy read

# Information about a type of cancer called vulval cancer

This information is for women and  
people with a vulva





## What is in this information

Page

What is vulval cancer?

3

What are the signs of vulval cancer?

4

How does vulval cancer start?

6

Ways to help stop vulval cancer

8

What to do if you are worried

9

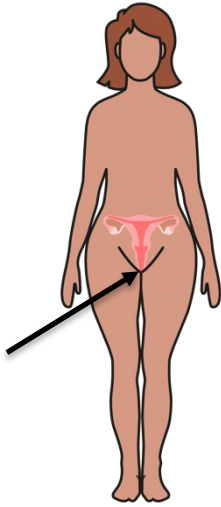
What happens if you have vulval cancer

10

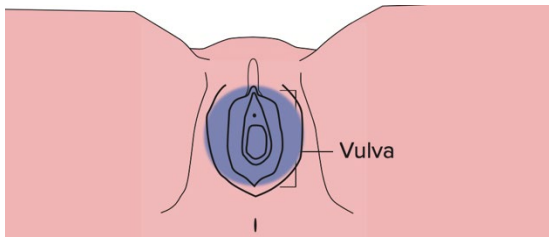
How to get more information

12

# What is vulval cancer?

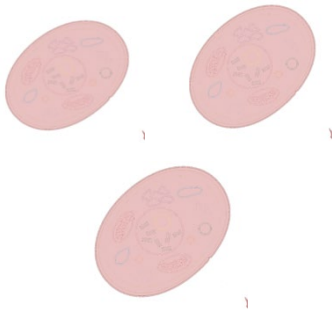


Vulval cancer is a cancer that starts on a part of your body called the **vulva**.



The vulva is on the outside of your body.

It is between your legs near your vagina.



Your vulva is made up of lots of small things called **cells**.

Vulval cancer can happen if the cells start to change and grow in the wrong way.

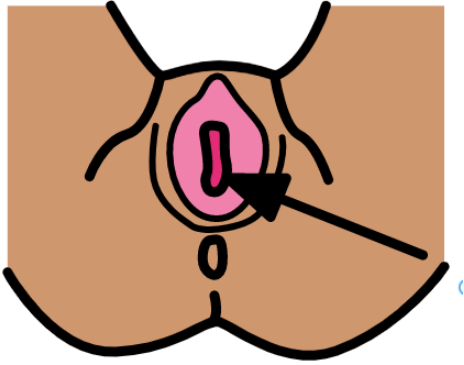


Women and people with a vulva can get vulval cancer at any age.

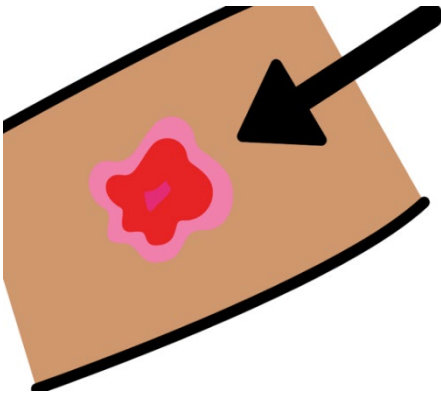
But most people who get it are over 65 years old.

# What are the signs of vulval cancer?

Some signs of vulval cancer are below.



1. An itch on your vulva that won't go away.



2. Pain or something sore on your vulva.

3. A change in the skin on your vulva.  
Like red, lighter or darker areas.  
Or skin that is thicker than before.



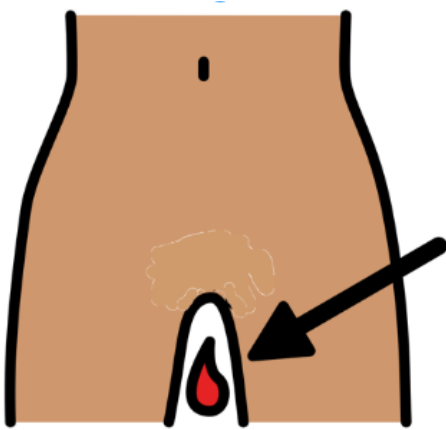
4. A mole on the vulva that changes shape or colour. A mole is like a dark spot.



5. A lump on the vulva.

Some more signs of vulval cancer are below:

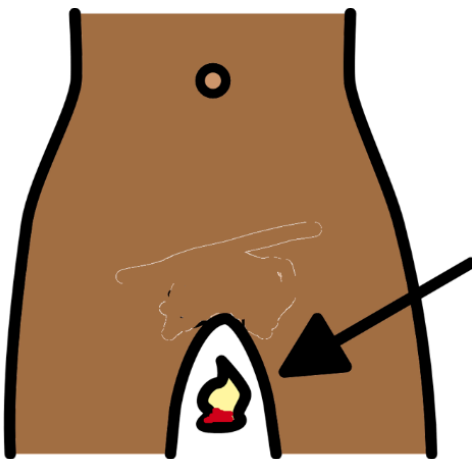
**6. Blood coming from your vagina when you do not think there should be blood.**



For example, bleeding between your periods if you have them.

Or bleeding after the **menopause** has happened. This is when women stop having periods for good.

**7. Stuff coming out of your vagina that has blood in it.**



For example, it might be pink, brown or red with some blood in it.

The stuff coming out of your vagina is called **discharge**. It is usually white or clear.



**8. Pain or burning when you go for a wee.**

## How does vulval cancer start?

There are many types of vulval cancer.

Sometimes the skin on the vulva can change.

These changes could turn into cancer over time.

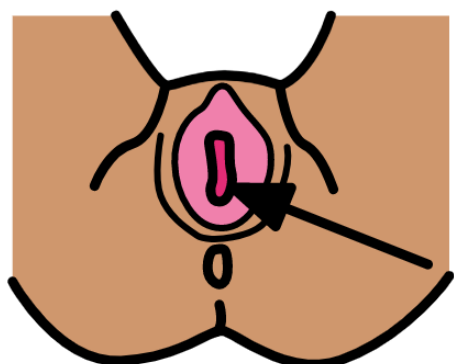
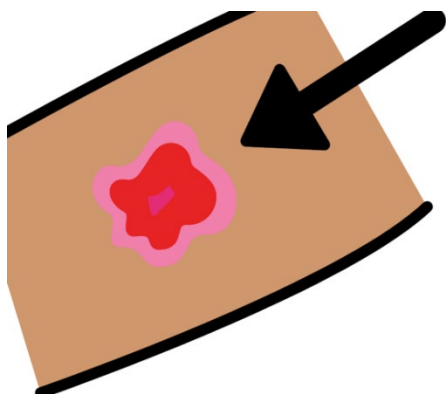
That includes changes to the skin on the vulva called:

- Vulval intraepithelial neoplasia or **VIN** for short.
- Lichen Sclerosus.

These skin changes do not happen to many people.

Vulval cancer might happen because of some viruses that people can get in their skin.

The viruses are called **human papillomavirus**. Or **HPV** for short.





A virus is like an illness that you can catch from other people.

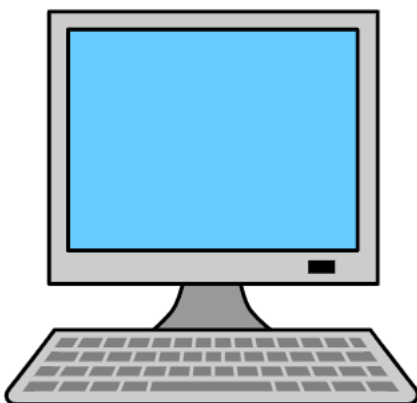
People can get **HPV** from having sex or touching people in a sexual way.



HPV is not usually a problem. It usually goes away on its own.

But some types of HPV can cause vulval cancer over time.

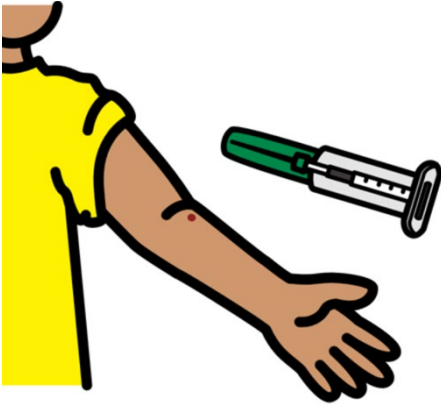
This does not happen often. But it is still best to check if you are worried.



There is more information about HPV on our website:

<https://eveappeal.org.uk/HPV-guide>

## Ways to help stop vulval cancer



Young people aged 12 to 13 can get a **vaccine** to stop them getting some types of HPV.

HPV might sometimes cause vulval cancer.

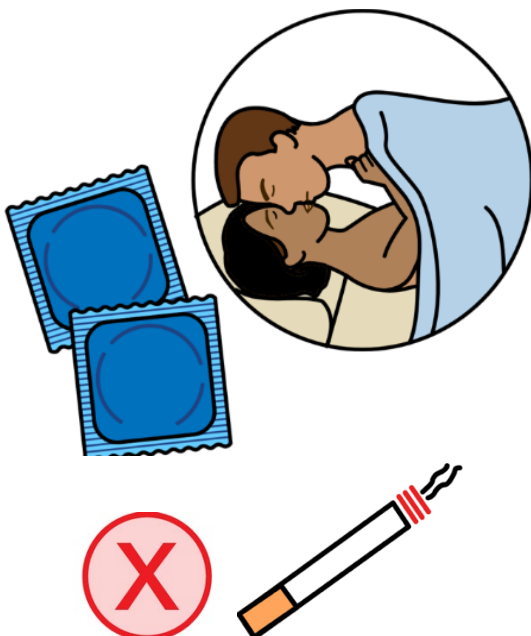


A vaccine can help to stop some illnesses.

You get a vaccine from a doctor or nurse.

Some people can get the vaccine for free.

Ask your doctor if you are not sure.



It might also help to use condoms if you do sexual things with someone else.

And it can help to stop smoking if you do smoke.



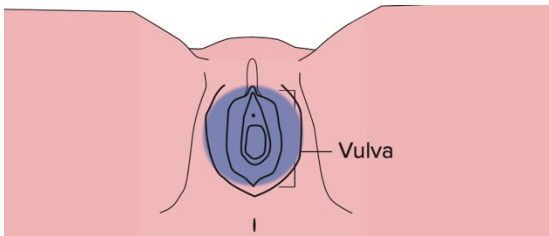
## What to do if you are worried



It is important to check with your doctor if you have any signs of vulval cancer.

It is probably not vulval cancer. But it is best to check.

## What might happen if you go to the doctor



Your doctor might check the skin on your vulva.



Your doctor might send you to another doctor or nurse in hospital if they think there could be a problem.



You might have a test called a **biopsy**.

This is where the doctor takes a tiny bit of your vulva.

This is to check if you might have cancer now. Or if you might get cancer in the future.

## What happens if you have vulval cancer

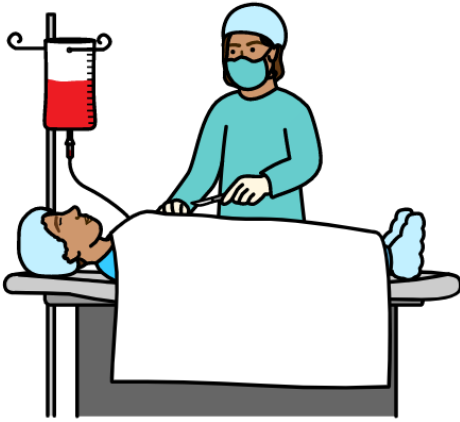
You will get some medical treatment.

That depends on how big the cancer is and where it is in your body.



## Having an operation

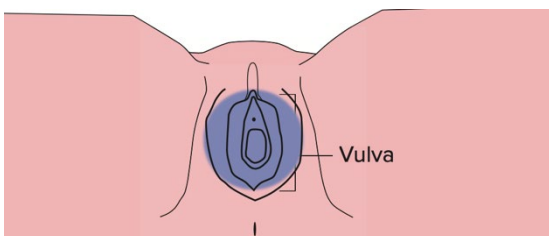
Most people who have vulval cancer have an operation.

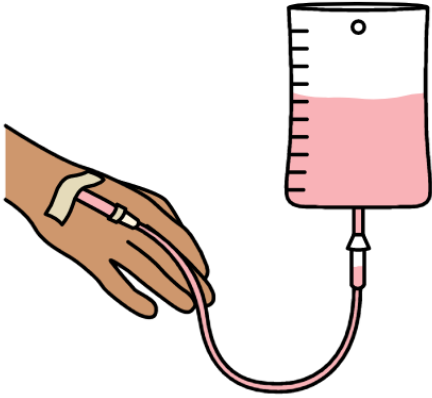


There are different operations you might have.

The operation might take away:

- Only a bit of your vulva.
- Or a bigger part of your vulva.
- Or all of your vulva and some other things near your vulva.

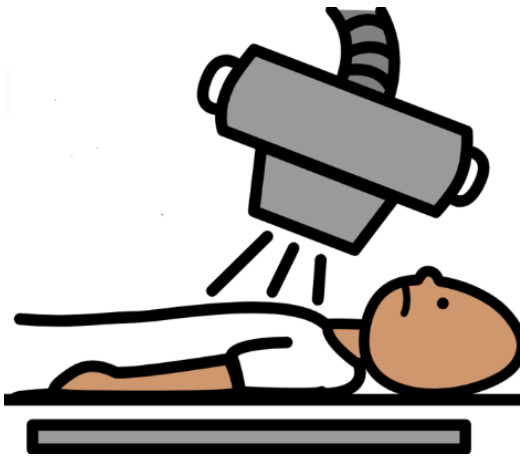




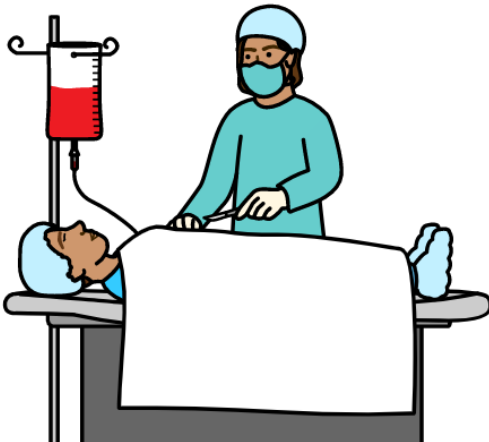
## Medical treatment

You might also get medical treatment called:

- **Chemotherapy.** This is usually pills or a liquid to try to get rid of the cancer.
- **Or radiotherapy.** This is where a machine is used to try to get rid of the cancer.



That can sometimes help to stop the cancer coming back.



You might have radiotherapy, chemotherapy and an operation.

The doctor will talk to you about what treatment you can have.



## How to get more information

We have nurses you can speak to for more information and advice.

This service is private and free.

It is called **Ask Eve**.

Phone us free on: 0808 802 0019



Or email: [nurse@eveappeal.org.uk](mailto:nurse@eveappeal.org.uk)

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