

KNOW THE SIGNS: OVARIAN CANCER

- Only 15% of all ovarian cancer cases are detected at the earliest, most curable stage
- One in 71 women will develop ovarian cancer in her lifetime
- Ovarian cancer is the fifth leading cause of cancer death in women

Symptoms

- Bloating
- Urinary symptoms, urgency or frequency
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly

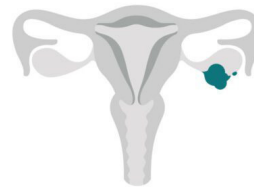
These symptoms are particularly concerning if they occur **almost daily for a few weeks or more**. If this happens to you, see a doctor, preferably a gynecologist, and specifically ask about the possibility of ovarian cancer as a cause of your symptoms.

If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist.

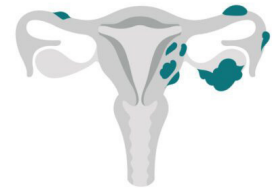
Risk Factors

- Risk increases with age, especially around the time of menopause
- Family history of ovarian cancer, fallopian tube cancer, primary peritoneal cancer, or premenopausal breast cancer, or a personal history of premenopausal breast cancer
- Infertility and not bearing children are risk factors, while pregnancy and the use of birth control pills decrease risk
- Family history of both colon and endometrial cancers: any male family member with breast cancer
- Ashkenazi Jewish heritage

Stages of Ovarian Cancer



Stage 1: The cancer is found in one or both ovaries. Cancer cells also may be found on the surface of the ovaries or in fluid collected from the abdomen.



Stage 2: The cancer has spread from one or both ovaries to other tissues in the pelvis, such as the fallopian tubes or uterus. Cancer cells may also be found in fluid collected from the abdomen.



Stage 3: The cancer has spread outside the pelvis or nearby lymph nodes. Most commonly the cancer spreads to the omentum (an apron of fatty tissue that hangs down from the colon and stomach), diaphragm, intestine, and the outside (surface) of the liver.



Stage 4: The cancer has spread to tissues outside the abdomen and pelvis. The most common place for the cancer to spread is in the space around the lungs. Additionally, if the cancer spreads inside the liver or spleen, it is considered stage IV.

Risk Reduction

- Use of oral contraceptives
- Consider risk reducing surgery if genetic testing indicates very high risk
- Understand your risk and listen to your body for symptoms
- If ovarian cancer is suspected or diagnosed, seek care first from a gynecologic oncologist