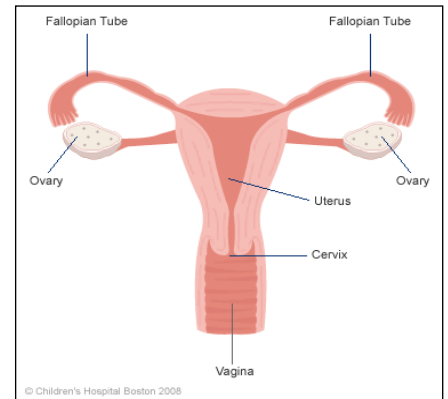


# Ovarian Cancer Facts

## OVARIES:

- Women have two ovaries (about the size of almonds) that are located in the pelvis, one on each side of the uterus.
- They are responsible for production, storage, and release of eggs, as well as production of female hormones.



## SYMPTOMS OF OVARIAN CANCER:

- Bloating or increased abdomen size
- Abdominal or pelvic pain
- Feeling full quickly or unable to eat normally
- Urinary symptoms (urgency or frequency)

## OTHER SYMPTOMS REPORTED BY WOMEN WITH OVARIAN CANCER:

*Bowel changes (constipation or diarrhea), indigestion, gas, nausea, abnormal vaginal bleeding, pain with intercourse, unexplained weight loss or gain, persistent lack of energy, and shortness of breath.*

## SEE YOUR HEALTHCARE PROFESSIONAL IF YOUR SYMPTOMS:

- 🚩 Are new or unusual for you
- 🚩 Are persistent and becoming more severe
- 🚩 Occur almost daily for more than one to two weeks
- 🚩 Or you are experiencing multiple symptoms

## TESTS MAY INCLUDE:

- Vaginal/rectal pelvic exam
- Transvaginal ultrasound
- CA 125 blood test
- CT scan or MRI

**A PAP TEST IS NOT A TEST FOR OVARIAN CANCER**

A Pap Test is a test for cervical cancer.

## **OVARIAN CANCER RISK FACTORS:**

- Increasing age: Nearly 90% of women diagnosed are 45 years of age or over.
- A personal history of ovarian, breast or colon cancer.
- A family history of ovarian, breast or colon cancer (on father's or mother's side of family).
- Never been pregnant or given birth.
- A long menstrual history (first menstrual period before age 12 and/or menopause after age 50).
- Having a BRCA 1 or BRCA 2 gene mutation.

## **REDUCING YOUR RISK:**

- Using oral contraceptives (birth control pills).
- Pregnancy and breast feeding.
- Oophorectomy (removal of the ovaries).
- Hysterectomy (removal of uterus).
- Tubal ligation (fallopian tubes tied).

## **SPECIALIZED CARE FOR WOMEN WITH OVARIAN CANCER: TREATMENT BY A GYNECOLOGIC ONCOLOGIST**

If ovarian cancer is suspected, consult a gynecologic oncologist (a doctor who specializes in women's cancers). Research has shown that women who have their ovarian cancer surgery and care by a gynecologic oncologist have better outcomes. To find a gynecologic oncologist in your area call 1-800-444-4441 or search for gynecologic oncologists by zip code at [www.wcn.org](http://www.wcn.org).

## **OVARIAN CANCER STATISTICS:**

- It's estimated that 22,000 women will be diagnosed with ovarian cancer in the US this year.
- It's estimated that 14,000 women will lose their lives to ovarian cancer in the US this year.
- The median age at diagnosis is 63 years of age (half are older than 63 and half are younger).
- Ovarian Cancer has the highest mortality rate of any of the gynecologic cancers.
- When diagnosed at an early stage, a woman has a 94% chance of surviving ovarian cancer.
- Less than 20% of all patients with ovarian cancer are diagnosed at an early stage.
- Recognizing the symptoms and prompt medical evaluation may lead to early detection.



**TEAL IS THE RIBBON COLOR FOR OVARIAN CANCER**

**SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH**

*This fact sheet refers to epithelial ovarian cancer, the most common type of ovarian cancer. (The Ovarian and Breast Cancer Alliance does not give medical advice. The information provided here is not intended to replace the services of a medical professional.)*