

OVARIAN CANCER FACTS

WHAT EVERY WOMAN NEEDS TO KNOW

- Ovarian cancer is the deadliest of the women's reproductive cancers
- Each year over 25,000 women are diagnosed with the disease and over 14,000 die
- Detected early and properly treated, more than 90% of women survive longer than 5 years
- Pap tests only detect cervical cancer

OVARIAN CANCER HAS SYMPTOMS

Three recent studies have confirmed what ovarian cancer survivors have said for years, ovarian cancer has recognizable symptoms, even early-stage disease:

- Abdominal pressure, bloating or discomfort
- Nausea, indigestion or gas
- Urinary frequency or urgency
- Change in bowel habits
- Unusual fatigue
- Unexplained weight loss or gain
- Abnormal bleeding

If symptoms persist and are unusual for you, see your doctor!

RISK FACTORS FOR OVARIAN CANCER

All women regardless of age and race are at risk, but some are at higher risk:

- Family history of breast, ovarian or colon cancer
- Personal history of breast cancer
- Mutation in the BRCA1 or BRCA2 genes
- Ashkenazi Jewish descent **(MORE)**

WHAT YOU CAN DO TO DETECT OVARIAN CANCER

Until an annual screening test is found here is what you can do:

- Have an annual gynecological exam that includes a pelvic/rectal exam. If you are at high risk discuss regular monitoring with your doctor.
- If you have symptoms ask for a CA 125 blood test and transvaginal ultrasound. New information suggests the CA 125 measured serially is a much more accurate test, even in pre-menopausal women.
- If ovarian cancer is suspected see a gynecological oncologist. You can find one in your area by calling the Society of Gynecological Oncologists at 800 444 4441 or go to www.sgo.org and click on directory.

FOR MORE INFORMATION

- www.ovariancancer.jhmi.edu Johns Hopkins Ovarian Cancer web site

The HERA Women's Cancer Foundation

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