

About the TOCP?

The Talking Ovarian Cancer Project (TOCP) purpose is to communicate ovarian cancer signs and symptoms to educate women and their healthcare providers on how to detect the disease in early stages when it is easier to treat and survive.

What is ovarian cancer?

Ovarian cancer is a disease in which, cancer cells are found inside, near, or on the outer layer of the ovaries. Ovarian cancer causes more deaths each year than any other gynecologic cancer and can occur in women at any age. It often has no symptoms or has symptoms that mock gastrointestinal or other non-cancerous disorders.

Is there a screening test?

Ovarian cancer has no simple and reliable screening tests such as the Pap test for cervical cancer. Therefore, it is especially important to recognize warning signs early and learn how to reduce your risks.

What are the risks?

The following factors may result in increased risk of ovarian cancer:

- Family history of breast, ovarian or colorectal cancers.
- Women with the BRCA1 or BRCA2 gene mutations.
- Women who have never had children.
- Women of Eastern European or Ashkenazi Jewish heritage.

What are the warning signs?

It's easy to overlook the early warning signs of ovarian cancer due to their being similar to other common illnesses or they tend to come and go. The early symptoms include:

- abdominal bloating, pressure, and pain
- abnormal fullness after eating
- difficulty eating
- an increase in urination
- an increased urge to urinate

These symptoms may be temporary in nature, however, if they persist you should contact your doctor to discuss the potential for the presence of ovarian cancer.

Please help us promote ovarian cancer awareness by posting the flyer on the reverse side and/or scan the QR code on the poster to obtain a digital copy for posting in print/social media.

Thank you,
Talking Ovarian Cancer Project

Our Valued Partners



OVARIAN CANCER KNOW THE FACTS



What Every Woman Should Know

"It whispers... so listen!"



OVARIAN CANCER EVERY WOMAN SHOULD KNOW THE SYMPTOMS

Ovarian cancer can occur in women AT ANY AGE

1 OF 78 WOMEN WILL BE DIAGNOSED
WITH OVARIAN CANCER IN THEIR LIFETIME
1 OF 108 WOMEN WILL DIE FROM THIS
DEADLY CANCER

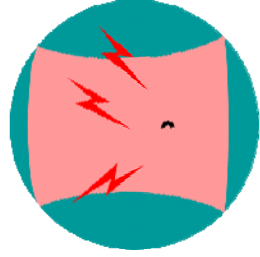
A Pap test
DOES NOT
detect ovarian
cancer

Ovarian cancer causes more deaths each year than
any other gynecologic cancer.

TYPICAL SYMPTOMS OF OVARIAN CANCER



Bloating



Pelvic or
Abdominal Pain



Urinary Urgency
or Frequency



Difficulty Eating
or Feeling Full
Quickly

Ovarian cancer often has no symptoms in early stages. If these symptoms persist for more than two weeks, consult your physician.

Risk factors for ovarian cancer:

- Family history of ovarian, colorectal or breast cancers
- Women who never had children
- Increasing age



There are no reliable screening tests for ovarian cancer. Awareness is your best defense – Know its symptoms, take action.



"It whispers, so listen!"