

What is ovarian cancer?

Ovarian cancer is a disease in which, malignant (cancerous) cells are found inside, near, or on the outer layer of the ovaries. An ovary is one of two small, almond-shaped organs located on each side of the uterus that store eggs, or germ cells, and produce female hormones estrogen and progesterone. 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 less serious, non-cancerous disorders which is why it is called “the silent killer”. Ovarian cancer cells can travel to other parts of the body, where they begin to grow and replace normal tissue. This process, occurs as the cancer cells move into the bloodstream or lymph system and spreads to the liver, the fluid around the lungs, the spleen, the intestines, the brain, and skin or lymph nodes outside of the abdomen.

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 and learn what you can do to reduce your risks. If you notice any changes in your body norms that could be a sign of ovarian cancer, talk to your physician to decide next actions.

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 occur for various reasons and may be temporary in nature. However if they persist, they could be a sign of ovarian cancer and will usually become more severe as the tumor grows.

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.

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 - The Hope Light Foundation

www.hopelightproject.com



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 they persist for more than two weeks, see 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!”

