



Nine girls ask

for a cure for Ovarian Cancer

GET THE FACTS ABOUT OVARIAN CANCER

DID YOU KNOW?

- ? Ovarian cancer is the most challenging forms of gynecological cancers to diagnose.
- ? Ovarian cancer occurs in approximately 1 in 70 women.
- ? Each year over 22,000 women are diagnosed with ovarian cancer.
- ? Detected early and treated properly, survival increases to over 90%
- ? A Pap smear is NOT a test for ovarian cancer, it detects cervical cancer.

WHAT SHOULD YOU LOOK FOR?

See a health care professional if symptoms are unusual for you and persist.

- ? Abdominal pressure, bloating, or discomfort
- ? Nausea, indigestion, or gas
- ? Constipation, diarrhea, or frequent urination
- ? Abnormal bleeding
- ? Unusual fatigue
- ? Unexplained weight loss or gain
- ? Shortness of breath

WHO GETS OVARIAN CANCER?

All women are at risk for ovarian cancer, but some are at higher risk.

- ? Family or personal history of ovarian, breast or colon cancer
- ? Not Bearing children

WHAT CAN REDUCE OVARIAN CANCER RISK?

- ? Oral contraceptives
- ? Pregnancy and breast-feeding
- ? Tubal ligation/hysterectomy
- ? Removal of the ovaries

WHAT CAN YOU DO?

Until a screening test is found, here is what you can do:

- ? Have an annual vaginal/rectal pelvic exam. If you are at high risk, discuss regular monitoring with your doctor.
- ? If you have symptoms, ask for a transvaginal ultrasound and a CA 125 blood test.
- ? If ovarian cancer is suspected, consult a gynecologic oncologist. To find one in your area, call the Gynecologic Cancer Foundation at 1.800.444.4441.

For more information please contact
www.ninegirlsask.org
ninegirlsask@live.com
1.619.708.7891