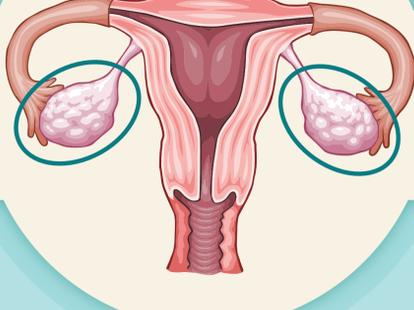


WHAT YOU SHOULD KNOW ABOUT

Ovarian Cancer

Ovarian Cancer develops when cancerous (malignant) cells are found in the ovaries.

Ovaries are two, almond-shaped organs inside a women's pelvic area



ALL WOMEN ARE AT RISK FOR DEVELOPING OVARIAN CANCER

1 in 72

WOMEN WILL BE DIAGNOSED with ovarian cancer in her lifetime.

1 in 100

WOMEN WILL DIE from ovarian cancer in her lifetime.

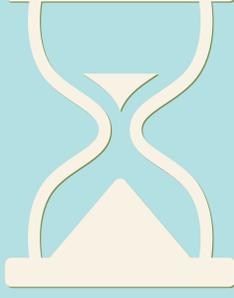
Ovarian Cancer is the **5th deadliest** cancer among women.

22,240

women are diagnosed EACH YEAR

14,230

WILL DIE from the disease THIS YEAR



273 women every WEEK

That's nearly **39** women every DAY

Nearly **2** women every HOUR

STAGES OF OVARIAN CANCER

Before cancer



Healthy ovaries

Stage 1



Cancer is confined to one or both ovaries

Stage 2



Cancer spreads within the pelvic region

Stage 3



Average Stage of Diagnosis
Cancer spreads to other body parts within the abdomen

Stage 4



Cancer spreads beyond the abdomen to other body parts

20%

of cases are found in early stages



Diagnosis at Stage 3 or higher can have a survival rate as low as

30.6%

When diagnosed early, when the cancer is still confined to the ovary,

94%

of ovarian cancer patients survive 5 YEARS & LONGER

So what's the problem?

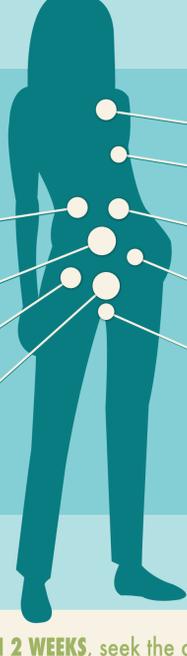
Currently there is no medically accurate tool for the early detection of ovarian cancer.



PAP TESTS DO NOT

detect ovarian cancer - they detect cervical cancer. Recognizing the signs and symptoms of ovarian cancer is the best opportunity for early detection.

Symptoms OF OVARIAN CANCER



FATIGUE

BACK PAIN

UPSET STOMACH OR HEARTBURN

CONSTIPATION OR MENSTRUAL CHANGES

PAIN DURING INTERCOURSE

TROUBLE EATING OR FEELING FULL QUICKLY

BLOATING

ABDOMINAL OR PELVIC PAIN

FREQUENT OR URGENT NEED TO URINATE

If you experience symptoms **LONGER THAN 2 WEEKS**, seek the attention of a medical expert

Risk

While ALL WOMEN are at risk for ovarian cancer, some may have an elevated risk due to:



The BRCA gene mutation (causes elevated risk of breast and ovarian cancers)

40+

Increasing age (most ovarian cancer cases are found in women over 40)



Ashkenazi Jewish Heritage (people of this background have more prevalence of being BRCA carriers)



Family History (of ovarian cancer)

There is no way to **PREVENT** ovarian cancer but some factors may decrease your risk...



Pregnancy/birth (Having a child, especially before the age of 25. Each pregnancy and birth reduces your risk further.)



Breastfeeding



Oral Contraceptive Pill (taking the birth control pill consecutively for 3 years or more can reduce the risk of ovarian cancer by **30-50%**)



Gynecologic Surgeries (Tubal Ligation, a complete hysterectomy, and prophylactic oophorectomy)

The following evaluation methods and recommendations are offered by:

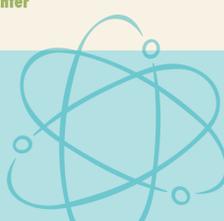
The **Magee-Womens**

High-Risk Ovarian Cancer Program

Part of UPMC CancerCenter



- Risk assessment
- Screening tests
- Genetic counseling and testing
- Education about ovarian cancer risk and potential implications for family members
- A personalized surveillance plan
- Prevention strategies
- Participation in ovarian cancer research studies



For more information visit: UPMC.com/ovariancancer



UPMC CancerCenter
Partner with University of Pittsburgh Cancer Institute

Magee-Womens Hospital
of UPMC

Ovarian Cancer Statistical information provided by

The American Cancer Society, www.cancer.org, and the National Ovarian Cancer Coalition, www.ovarian.org