Ovarian Cancer develops when cancerous (malignant) cells are found in the ovaries. Ovaries are two, almond-shaped organs inside a woman’s pelvic area. Cancer 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. 39 women every DAY. That’s nearly 2 women every HOUR. Currently there is no medically accurate tool for the early detection of ovarian cancer. If you experience symptoms LONGER THAN 2 WEEKS, seek the attention of a medical expert. While ALL WOMEN are at risk for ovarian cancer, some may have an elevated risk due to:

- **Family History** (of ovarian cancer)
  - The BRCA gene mutation (causes elevated risk of breast and ovarian cancers)
- **Pregnancy/birth** (Having a child, especially before the age of 25. Each pregnancy and birth reduces your risk further.)
- **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 Litigation, a complete hysterectomy, and prophylactic oophorectomy)
- **Breastfeeding**
- **Ashkenazi Jewish Heritage** (people of this background have more prevalence of being BRCA carriers)
- **Increasing age** (most ovarian cancer cases are found in women over 40)

**High-Risk Ovarian Cancer Program**

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

**Stages of Ovarian Cancer**

1. Stage 1: Cancer is confined to one or both ovaries. 94% of cases are found in early stages.
2. Stage 2: Cancer spreads within the pelvic region. 20% of women with ovarian cancer are diagnosed at Stage 2.
3. Stage 3: Cancer spreads to other body parts within the abdomen. 20% of women with ovarian cancer are diagnosed at Stage 3.
4. Stage 4: Cancer spreads beyond the abdomen to other body parts. Diagnosis at Stage 4 can have a survival rate as low as 30.6%.

**Symptoms of Ovarian Cancer**

- Frequent or urgent need to urinate
- Abdominal or pelvic pain
- Bloating
- Fatigue
- Back pain
- Upset stomach or heartburn
- Pain during intercourse
- Trouble eating or feeling full quickly
- Constipation or menstrual changes
- Abnormal bleeding or spotting
- Frequent or unusual vaginal bleeding
- Changes in bowel or bladder habits

**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 woman’s pelvic area.
- Cancer ALL WOMEN ARE AT RISK FOR DEVELOPING OVARIAN CANCER.
- 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.
- 39 women every DAY.
- That’s nearly 2 women every HOUR.
- Currently there is no medically accurate tool for the early detection of ovarian cancer.
- If you experience symptoms LONGER THAN 2 WEEKS, seek the attention of a medical expert.
- While ALL WOMEN are at risk for ovarian cancer, some may have an elevated risk due to:
  - **Family History** (of ovarian cancer)
  - The BRCA gene mutation (causes elevated risk of breast and ovarian cancers)
  - **Pregnancy/birth** (Having a child, especially before the age of 25. Each pregnancy and birth reduces your risk further.)
  - **Oral Contraceptive Pill** (taking the birth control pill consecutively for 3 years or more can reduce the risk of ovarian cancer by 30-50%)
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  - **Increasing age** (most ovarian cancer cases are found in women over 40)

**Risk Assessment**

- **The Magee-Womens Risk Assessment** evaluates a woman’s likelihood of developing ovarian cancer.

**Screening Tests**

- 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.

**Education and Prevention**

- There is no way to PREVENT ovarian cancer but some factors may decrease your risk...
- Participation in ovarian cancer research studies

**For more information visit:**
  - UPMC.com/ovariancancer
  - The American Cancer Society, www.cancer.org
  - The National Ovarian Cancer Coalition, www.ovarian.org

**Ovarian Cancer Statistical information provided by:**

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

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