

## My Action Plan

- I will check my family history for ovarian cancer.
- I will check my family history for breast and colorectal cancer.
- I will be alert for ovarian cancer symptoms.
- I will talk to my doctor about ovarian cancer.
- If I have risk factors, I will talk with a genetic counselor.



## Where can I get more information?

**For an appointment call**  
1-888-369-2427 (888-FOX-CHASE)  
or visit [www.foxchase.org](http://www.foxchase.org)

**Philip E. and Naomi P. Lippincott  
Resource and Education Center**  
215-214-1618  
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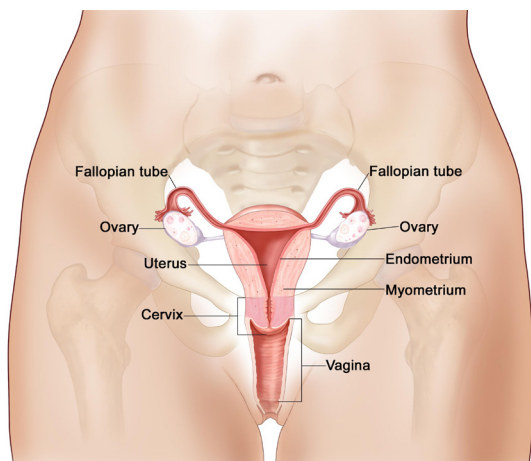
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# Ovarian Cancer



Anatomy of the female reproductive system

**Know the Facts...**



## Am I at risk for ovarian cancer?

There is no way to know for sure if you are going to get ovarian cancer. Certain things raise your chances of getting it. These are called risk factors. Check your risk factors below, for ovarian cancer:

- My mother or sister had ovarian, breast, or colorectal cancer
- I have had breast or colon cancer
- I am a woman over 50 or past menopause
- I have never had children or had children later in life (after age 35)
- I started menstruating (getting a period) at an early age — before age 12
- I have taken estrogen replacement therapy for many years
- I have inherited breast and ovarian cancer syndrome (HBOC), which is caused by mutations in the BRCA1 and BRCA2 genes.
- I am overweight or obese

If you have *checked any* of these risk factors, you may be at risk for ovarian cancer.

## What are the symptoms of ovarian cancer?

Several studies show that even early-stage ovarian cancer can cause the following symptoms:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Urinary symptoms (urgency or needing to go often)

## Why should I be concerned about ovarian cancer?

The symptoms of ovarian cancer are not thought to develop until the chance of cure is poor.

As a woman, be aware of and tell your doctor about any bodily changes from “normal”. The number of symptoms you have, and how often you have them, are key factors in the diagnosis of ovarian cancer.

## Are there any tests for ovarian cancer?

No, there are no screening tests for ovarian cancer. However, your doctor may use the following tests if you have symptoms:

### • Pelvic/Rectal Exams

The Pap test does not find ovarian cancer. A pelvic/rectal exam allows your doctor to feel for lumps and other problems. They may notice if your ovary is larger than it should be.

### • Ultrasound

If a lump or other problem is found during the pelvic exam, your doctor may do an ultrasound. The ultrasound will look to see if a cyst or tumor is present.

### • Blood Test

This test looks for a protein called CA-125 in the blood. Sometimes women with ovarian cancer have a high level of CA-125. However, this test is not useful for screening because other common conditions can also cause high levels of CA-125.

