

## For information & support...



If you have concerns, want to talk to someone or want more information;

- Visit your GP
- Call The MacMillan Nurse's Helpline



**0808 800 1234**

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## Ovarian Cancer

### Why you need to know...



Almost 7,000 women are diagnosed with ovarian cancer in the UK each year.



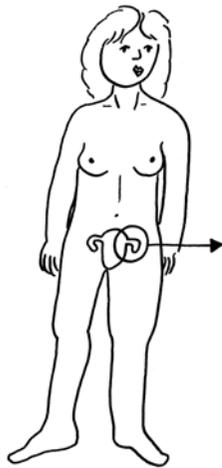
Smear tests will not help to detect ovarian cancer.



Some of the symptoms are similar to those in more common conditions, making it harder to diagnose.

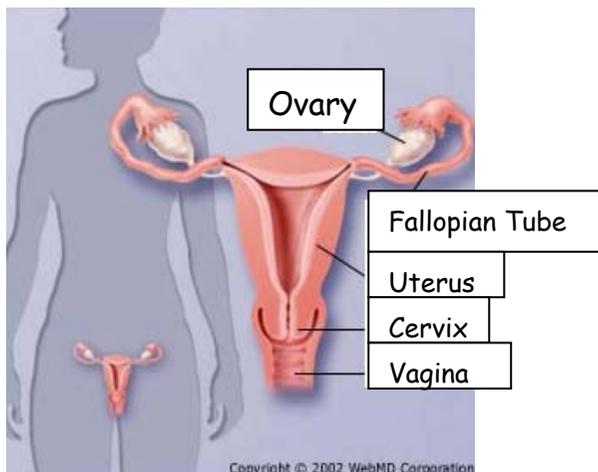
## Where are the Ovaries?

The ovaries are two small, oval-shaped organs that are part of the female reproductive system.



Ovaries

They are in the lower part of the tummy, which is known as the pelvis.



## What can you do about it?

You can't do much about age, ethnic origin or family history but you can look at your diet.



Maintain a healthy weight .



Regular exercise.



Not drinking too much alcohol.



Stop smoking.



Eat more fruit and vegetables.

## What are the Risks?



### Age.

Most cases of ovarian cancer are diagnosed in women following the menopause.



### Family history.

You are more likely to develop ovarian cancer if your mother or sister has had it.



### Ethnicity.

Women from a Icelandic, Jewish, Pakistani or Polish background are at a higher risk of developing Ovarian cancer.

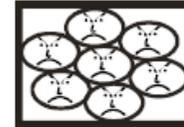


### Weight.

Being overweight may also increase the risk at a younger age.

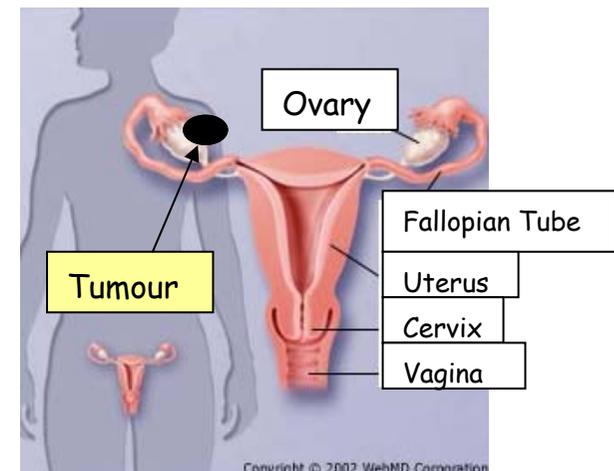
## Ovarian Cancer.

Cells in the ovaries start to grow in an uncontrolled way.



The cells that are growing are similar to cells in the ovaries, but they do not grow into normal ovarian tissue.

They grow into lumpy bundles of cells called tumours. These tumours stop your body working normally.



## Signs & Symptoms.

If you have any of the following 3 symptoms on most days, you should go and see your doctor.



If your tummy is swollen or bigger than normal.



If you have pain in your lower tummy that is there all the time and gets worse.



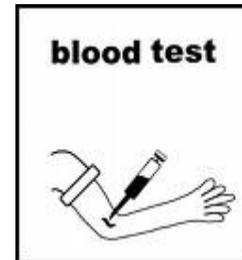
If you find it hard to eat or can't eat very much.

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## Tests for Ovarian Cancer.



Visiting your doctor.



blood test

**Blood test.**  
Measures a protein produced by the ovaries.



**Ultrasound.**  
A check for signs of abnormality such as lumps or hardness.



**CT Scan.**  
Gives a detailed picture of the ovaries.

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