

Am I at Risk?

Ovarian Cancer



9th most common cancer diagnosed in Australian women.

! There is **NO** screening test for ovarian cancer.

Symptoms of ovarian cancer are often **VAGUE** and can mimic those of other disorders.

This can make ovarian cancer difficult to diagnose in it's early, curable stages.

over **75%** of ovarian cancers are diagnosed at an advanced stage.

2 Main Ovarian Cancer Risk Factors

50+ Age

- The older the woman the higher the risk.
- **One in 78 women** will be diagnosed with ovarian cancer before the age of 85.
- Ovarian cancer can be found in women at any age. However, it's most common in women over 50 years of age

Family

- 5%-10% of women diagnosed with breast cancer **have inherited a fault** in one of the known breast cancer genes - BRCA1 & BRCA2.
- A small number have an **increased risk** of developing ovarian cancer because of significant family history.

Learn the Symptoms



Needing to Urinate Often or Urgently



Difficulty Eating or Feeling Full Quickly



Increased Abdominal Size or Persistent Abdominal Bloating



Abdominal or Pelvic Pain

What Can I Do?



Adopt a Healthy Lifestyle



Maintain a Healthy Weight and Diet



Limit Alcohol Intake



Maintain a Regular Exercise Plan