



PINK HOPE

# AM I AT RISK? Ovarian Cancer

**9th most common cancer** diagnosed in Australian women.



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

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

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.

## 2 Main Ovarian Cancer Risk Factors



### 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.



[www.pinkhope.org.au](http://www.pinkhope.org.au)



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## Learn the symptoms



Needing to urinate often or urgently



Difficulty eating or increased abdominal feeling full quickly



Increase abdominal size or persistent abdominal bloating



Abdominal or pelvic pain

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## What can I do?



Adopt a healthy lifestyle



Maintain a healthy weight and diet



Limit alcohol intake



Maintain a regular exercise plan

