Remember

- Cervical screening tests – sometimes known as smear tests – will **NOT** detect ovarian cancer. There's currently no screening test for ovarian cancer.
- Most cases of ovarian cancer are diagnosed in women who have gone through the menopause. But if you're younger you can still get ovarian cancer.
- 1 in 50 women will be diagnosed with ovarian cancer in their lifetime.
- The sooner ovarian cancer is detected, the easier it is to treat. Survival can be over 90 per cent for women in the UK diagnosed at the earliest stage.
- Other conditions such as irritable bowel syndrome (IBS) have symptoms similar to ovarian cancer but new cases of IBS are very unlikely in women over the age of 50.
- Anyone born with ovaries or fallopian tubes is at risk of developing ovarian cancer. This means most women and trans men, some non-binary people, and some people who have differences in sex development are at risk of ovarian cancer. If your ovaries and fallopian tubes have been removed the risk is lower, but a small risk still remains.

Contact us

At Target Ovarian Cancer our mission is to identify and target the biggest challenges in ovarian cancer so that it doesn't limit life. We're the only ovarian cancer charity working across all four nations of the UK. We work with everyone affected by ovarian cancer and health professionals to ensure we target the areas that matter most for them.

If you're worried about ovarian cancer and you need information and support, we're here for you.

Support line
Call us for free on
0808 802 6000
Monday-Friday
9am-5pm

Only 1 in 5 women are able to name bloating as a potential symptom of ovarian cancer

Help us raise awareness by ordering and sharing copies of this leaflet from **targetovariancancer.org.uk/guides**

Support line: **0808 802 6000**

info@targetovariancancer.org.uk

targetovariancancer.org.uk

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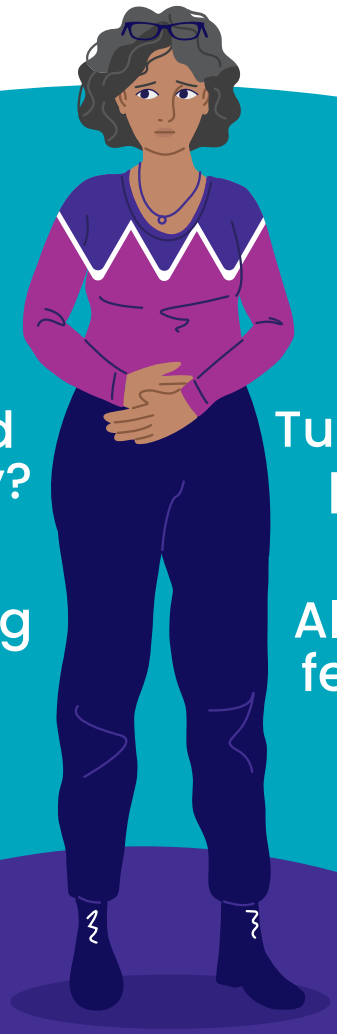

Bloated tummy?

Tummy pain?

Needing to wee more?

Always feeling full?

Worried about the symptoms of ovarian cancer?

Ovarian cancer symptoms

Persistent bloating
(not bloating that comes and goes)

Feeling full quickly and/ or loss of appetite

Pain in your tummy or pelvis
(the area between your hip bones)

Needing to wee more urgently or more often than usual

Other symptoms:

- Changes in bowel habits (diarrhoea or constipation)
- Fatigue (feeling very tired)
- Losing weight without trying
- Unusual bleeding from the vagina before the menopause or any bleeding from the vagina after the menopause

Ovarian cancer symptoms are:

- **new** – they're not normal for you
- **frequent** – they usually happen more than 12 times a month, or 3 times a week
- **persistent** – they don't go away

If you regularly have any one or more of these symptoms, tell your GP even if they're mild. Ask them what the next steps are.

How to prepare for your GP appointment

- Track your symptoms using our free Symptoms diary. Download or order it at **targetovariancancer.org.uk/guides**
- Tell your GP if one or more relative in your close family has had cancer especially if the cancer affected your mother, father, brother or sister. This is because ovarian cancer can run in families.
- You can bring a family member or friend to your appointment for support.

What tests should your GP do?

If your symptoms are frequent and persistent your GP should order a CA125 blood test. They may also order ultrasound scans of your tummy and pelvis.

CA125 blood test: CA125 is a protein found in your blood. A raised CA125 level could be a sign of ovarian cancer. But a raised CA125 level doesn't mean you definitely have cancer. It can also be raised by other conditions such as endometriosis, uterine fibroids, rheumatoid arthritis and ovarian cysts.

It's also possible to have ovarian cancer without a raised CA125 level. If you have a normal CA125 level but your symptoms continue, go back to your GP within a month.

Ultrasound scan: An ultrasound scan creates pictures of the tissues and organs inside your body. If your CA125 level is raised or your symptoms continue, an ultrasound scan will be needed to check your ovaries for any unusual changes.

Read more about these tests at **targetovariancancer.org.uk/testing**

Be persistent!
Return to your GP or seek a second opinion within a month if your symptoms don't go away.

Call our support line on **0808 802 6000** for advice on talking to your GP

"I had constant fatigue, needed to go to the bathroom a lot more and after a few months I got full very quickly. I also started to put on weight, but only around my stomach. My GP thought it was the menopause. But looking back I realised it wasn't weight gain, I was bloated.

No one knows your body better than you. For months, my symptoms were continuing, affecting my day-to-day life and getting worse. I wish I had trusted my gut and pushed for tests from my GP earlier.

If you're experiencing any new and persistent symptoms it's important to see your GP. Tell them you're worried about ovarian cancer so they can arrange blood tests and scans.
Early diagnosis saves lives!"

Sbba

