Ovarian cancer symptoms

- Persistent bloating
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that’s your tummy and below)
- Urinary symptoms (needing to wee more urgently or more often than usual)

Occasionally there can be other symptoms:
- Changes in bowel habit (eg diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unexplained weight loss

Any bleeding after the menopause should always be investigated by a GP.

Ovarian cancer symptoms are:
- frequent – they usually happen more than 12 times a month
- persistent – they don’t go away
- new – they are not normal for you

If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to be checked out.

Prepare for your GP appointment
- Track your symptoms using our free ovarian cancer Symptoms Diary (available in print or as an app). Find it at targetovariancancer.org.uk/symptomsdiary
- Find out about your family history. Tell your GP if two or more relatives in your close family have had ovarian or breast cancer

What tests might 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 ovaries

What next?
- Ask your GP what the next steps are
- Be persistent! Return to the GP or seek a second opinion within a couple of weeks if your symptoms don’t go away

Cervical screening tests – sometimes known as smear tests – will NOT detect ovarian cancer.

Most cases of ovarian cancer are diagnosed in women who have gone through the menopause. But younger women can also get ovarian cancer.

The sooner ovarian cancer is detected, the easier it is to treat. Survival can be up to 90 per cent for women in the UK diagnosed at the earliest stage.

Remember

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.

Help us raise awareness by ordering and sharing copies of this leaflet.

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