

# OVARIAN CANCER

Ovarian cancer is a rapid, uncontrolled growth of severely abnormal cells in one or both ovaries. It is the fifth most common cancer in women and most often affects postmenopausal women. The most common form of ovarian cancer is called epithelial ovarian cancer.

*There is no reliable screening test for ovarian cancer.*

*“Until there is a test, awareness is the best” is the current campaign motto.*

## *Symptoms:*

- **A feeling of being bloated**
- **Vague abdominal pain and pelvic discomfort**
- **Unexplained fatigue and back pain**
- **Gas and indigestion that persist over time**
- **A frequent urge to urinate**
- **Change in bowel habits**
- **Pain during intercourse**

*Ovarian cancer cannot be prevented, but you may be able to reduce some of your chances for developing it.*

- **Studies have found that the use of a combined estrogen and progestin birth control pill for more than 5 years reduces a woman's risk by 40%.**
- **Having surgery to close or tie off your fallopian tubes (bilateral tubal ligation) will lower your chances of developing ovarian cancer. However, you will not be able to become pregnant after having this surgery. Talk to your doctor about whether this choice is right for you.**
- **Having a baby lowers your chances for ovarian cancer. Having more than one baby lowers your chances even more. Breast-feeding also lowers your chances.**

**If you would like more information, please contact  
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