



# Know the Symptoms

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## Early Detection Saves Lives

One in 71 women will be diagnosed with ovarian cancer in her lifetime. It affects mothers, daughters, sisters and friends. With early detection about 94% will survive longer than 5 years after diagnosis. Currently, only 15% of ovarian cancer is caught early. Estimates for ovarian cancer in the United States for 2012: about 22,280 new cases of ovarian cancer will be diagnosed and about 15,500 deaths will occur. It ranks fifth as the cause of cancer deaths in women, and accounts for more deaths than any other cancer of the female reproductive system. (*Source: American Cancer Society*)

## Signs and Symptoms of Ovarian Cancer

- Abdominal pressure, bloating, or discomfort
- Nausea, indigestion, or gas
- Urinary frequency, constipation, or diarrhea
- Abnormal bleeding
- Unusual fatigue
- Unexplained weight loss or gain
- Shortness of breath

**Take action if any symptoms last more than 2-3 weeks.**

Consult a healthcare professional if any symptoms persist and they are unusual for you. Symptoms of ovarian cancer can occur in the abdomen even though the ovaries are in the pelvis. Experts recommend a pelvic/rectal exam at a minimum; a transvaginal ultrasound and a CA125 test may also be necessary. Pap smears test only for cervical cancer. If ovarian cancer is suspected, ask to see a gynecologic oncologist.

**Awareness is our best defense. Be out loud.**

HERA Women's Cancer Foundation  
P.O. Box 6147  
Denver, CO 80206  
970.948.7360  
[www.herafoundation.org](http://www.herafoundation.org)