



Ovarian cancer is the deadliest gynecological cancer and is the 5th leading cause of cancer-related deaths among women.

1
IN
79
Ovarian cancer occurs in 1 in 79 American women

Ovarian cancer is most frequently diagnosed among women aged 55 - 64 (24.3%).

222,060

Approximate number of women in the US who have or have a history of ovarian cancer.

22,240

Women who will receive a new diagnosis of ovarian cancer in 2018.

14,070

Estimate death from ovarian cancer in 2018.

1 IN 108

A woman's lifetime risk of dying from ovarian cancer.

SURVIVAL RATE

- For all types of ovarian cancer, the 5-year relative survival rate is 46.5%, while the 10-year survival rate is 35%.
- However, women younger than 65 are twice as likely to survive 5 years than women 65 and older.
- If ovarian cancer is found and treated before the cancer has spread outside the ovary (stages IA and IB), the 5-year relative survival rate is 92.5%.
- However, only 15% of all ovarian cancers are found at this early stage.

RISK FACTORS

- A strong family history of breast or ovarian cancer.
- A history of breast cancer, or those who tested positive for inherited mutations in BRCA1 or BRCA2.
- A history of pelvic inflammatory disease and Lynch syndrome.
- The use of estrogen alone as menopausal hormone therapy.
- Tobacco smoking.
- Heavier body weight.

SYMPTOMS

Symptoms are often vague and easily confused with other diseases. However, new studies indicate that ovarian cancer has recognizable symptoms, even in the early stages of the disease.

95 percent of patients with ovarian cancer report the following symptoms:

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

Take action if any symptoms last more than two to three weeks.

Early recognition of symptoms is the best way to save women's lives.

ASK YOUR DOCTOR

While everyone has these symptoms from time to time, it is important to know your own body. If you have these symptoms and they are not normal for you, then ask to have these important tests to help you rule out ovarian cancer:

- Bimanual pelvic exam.
- Ca125 blood test (If it comes back elevated, ask your doctor to repeat this test monthly for several months. If it comes back progressively more elevated each time, even if the values are low, this is an indication that the condition could very likely be serious.)
- Transvaginal ultrasound.

If ovarian cancer is suspected, it is very important to ask your doctor for a referral to a gynecologic oncologist.

The mission of the HERA Women's Cancer Foundation is to eliminate ovarian cancer by promoting Health, Empowerment, Research, and Awareness. For more information, visit www.herafoundation.org.

RESOURCES

SEER: Surveillance, Epidemiology, and End Results Program of the National Cancer Institute

ACS: American Cancer Society