



Ovarian Cancer...
It whispers, so listen.

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Hmong Women's Heritage Association

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Hmong Women's Heritage Association wants you to know...

Ovarian Cancer Symptoms

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

Less common symptoms include:

- Fatigue, indigestion, back pain, menstrual irregularities, constipation, and pain with intercourse

If symptoms persist for more than 2 weeks ask your doctor for a combination pelvic/rectal exam, CA- 125 blood test, and transvaginal ultrasound.

Ovarian Cancer Risk Factors

- Genetic Predisposition
- Personal or family history of breast, ovarian or colon cancer
- Increasing age
- Undersired infertility

Facts

- All women are at risk
- Symptoms exist — they can be vague, but increase over time
- Early detection increases survival rate
- A Pap Test DOES NOT detect ovarian cancer

While the symptoms of ovarian cancer (particularly in the early stage) are often not acute or intense, they are silent; they whisper, so listen.

For more information, contact:
Hmong Women's Heritage Association
(916) 394-1405
www.hmongwomenheritage.org



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