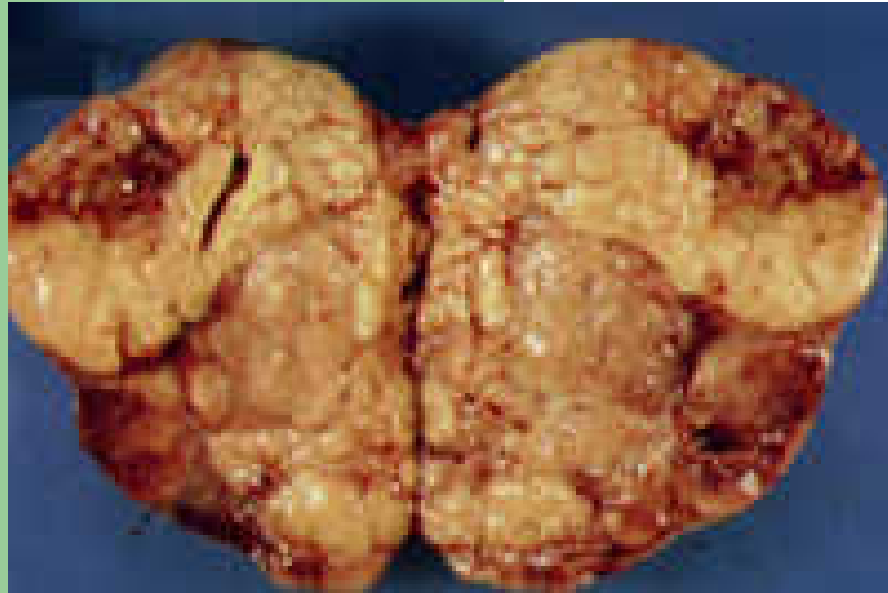


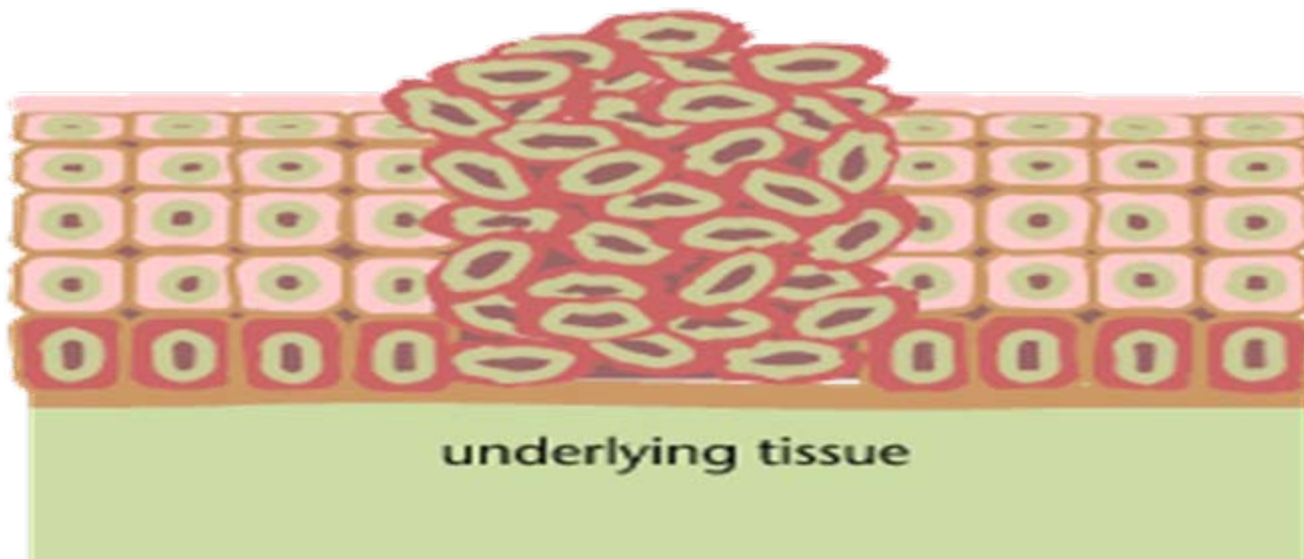
# Ovarian Cancer 101

What You Need To Know



# WHAT IS CANCER?

Cancer is an abnormal growth of cells which can damage and destroy normal tissue, thereby causing death of the person.

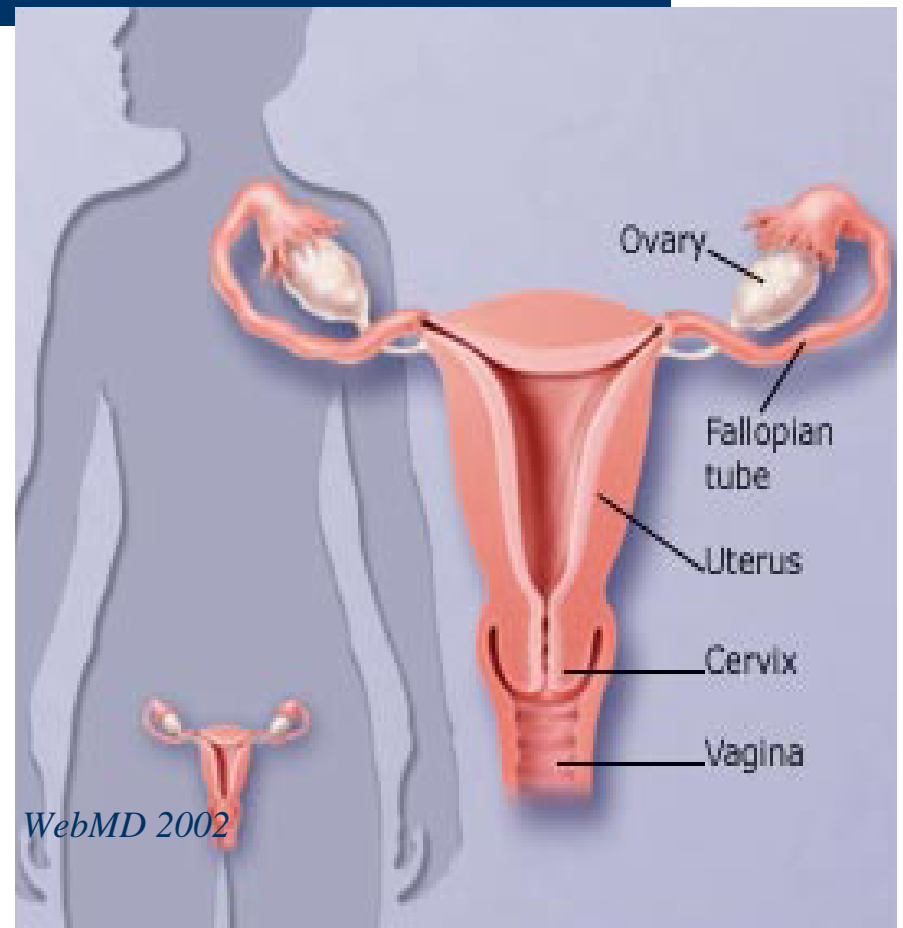


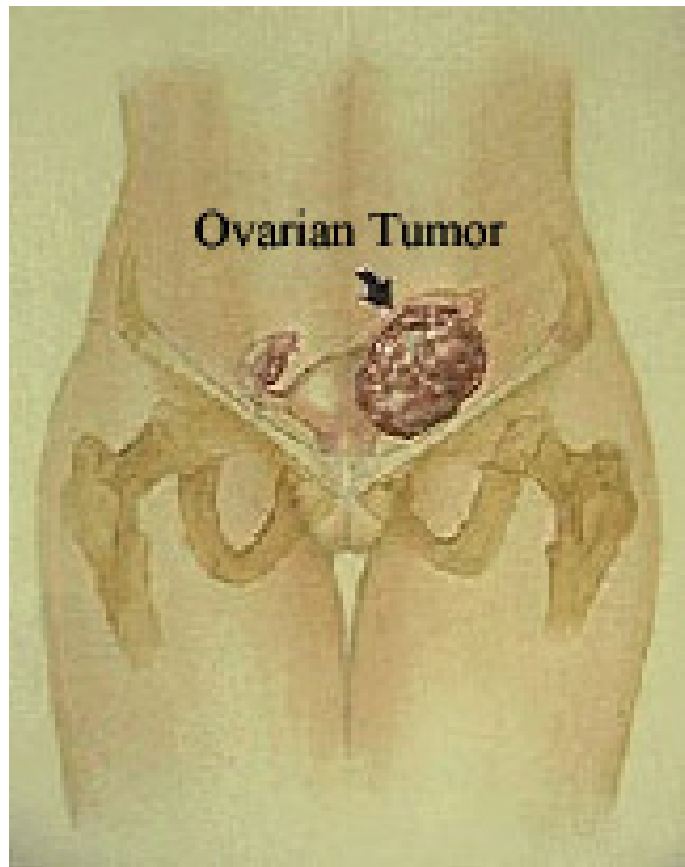
# WHAT IS OVARIAN CANCER?

- When cancer starts in the ovaries, it is called ovarian cancer. The ovaries are a part of a woman's reproductive system. They are in the pelvis. Each ovary is about the size of an almond.

# The female reproductive system

- Vagina
- Cervix
- Uterus
- Fallopian tubes
- Ovaries





# Ovarian Cancer Facts

- Second most common gynecologic cancer in the US
- 24,000 new cases each year
- 70% of women are diagnosed present with advanced disease
- Most deadly of the gynecologic cancers
- Over 14,000 deaths each year

# WHO GETS OVARIAN CANCER?

- Older women are more likely to get the disease than younger women.
- 90% of women who get ovarian cancer are older than 40, with the greatest number being age 55 and older.

# Ovarian Cancer Risk Factors

- Risk increases with age, especially around the time of menopause
- Family history of ovarian cancer or breast cancer
- Personal history of breast cancer
- Infertility/not bearing children
- Endometriosis

# Ovarian Cancer Symptoms

- There are symptoms—NOT a silent disease
- Symptoms more likely to occur in women with ovarian cancer than in the general population:
  - Bloating
  - Increased abdominal pain
  - Difficulty eating or feeling full quickly
  - Urinary symptoms (urgency or frequency)
- Ovarian cancer symptoms are persistent and represent a change from normal
- Ovarian cancer symptoms are typically present almost daily for more than 2-3 weeks

# Ovarian Cancer Symptoms

- Other symptoms reported by women with ovarian cancer, but found with equal frequency in women without ovarian cancer:
  - Fatigue
  - Indigestion
  - Back pain
  - Pain with intercourse
  - Constipation
  - Menstrual irregularities

# Ovarian Cancer Diagnosis

- Vaginal - Rectal exam
- Transvaginal or pelvic ultrasound
- If an irregularity is found
  - CA 125 blood test
  - CT Scan or MRI
  - Biopsy



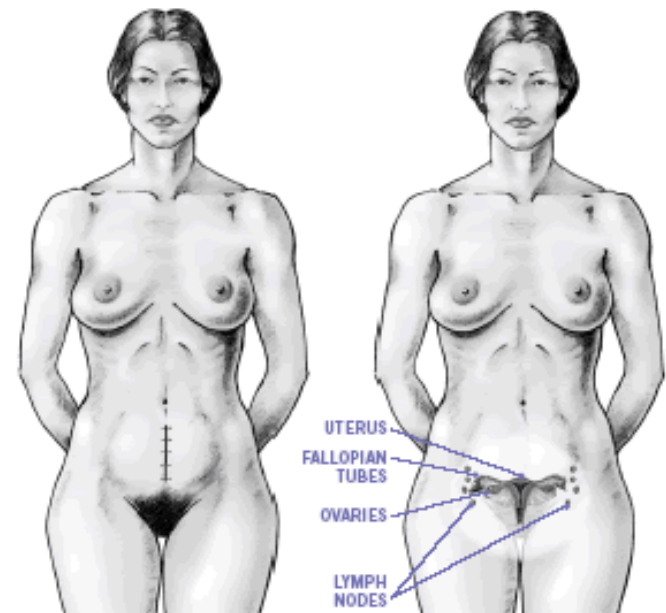
Remember, a Pap test does not  
detect ovarian cancer!

# TREATMENT FOR CANCER OF THE OVARIES:

- SURGERY
- RADIATION
- CHEMOTHERAPY

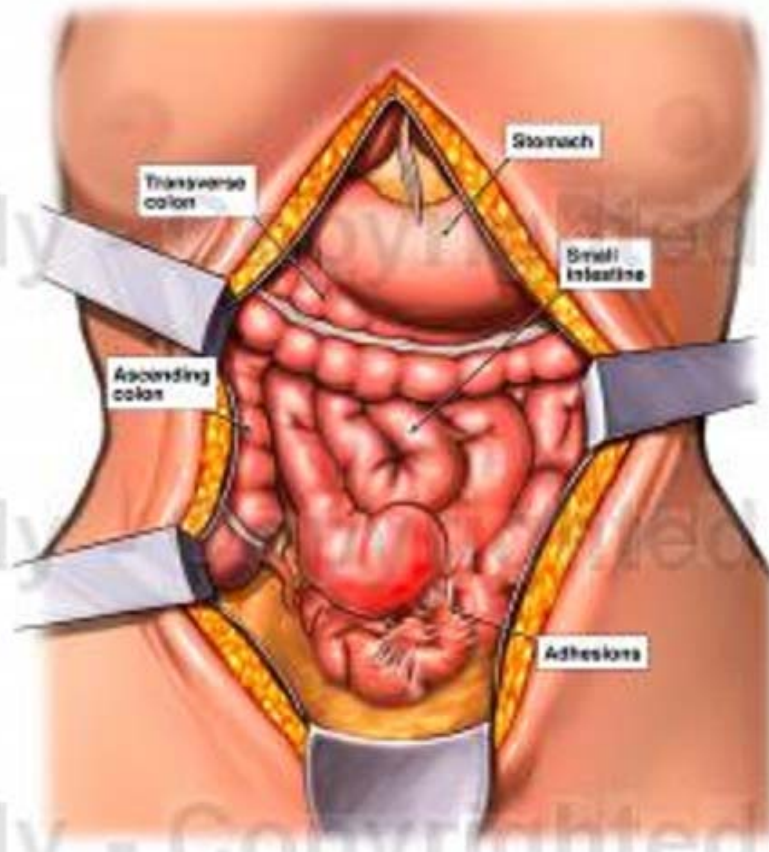
# SURGERY

- Laparotomy: long cut in the wall of the abdomen
- Removes:
  - both ovaries and fallopian tubes
  - The uterus
  - The omentum
  - Nearby lymph nodes
  - Samples of tissue from the pelvis and abdomen



IN A LAPAROTOMY A LONG INCISION OR CUT IS MADE EITHER VERTICALLY OR HORIZONTALLY ON THE LOWER ABDOMEN (LEFT). THE AFFECTED ORGANS ARE REMOVED (RIGHT).

**FIELD OF VIEW DURING OPEN LAPAROTOMY PROCEDURE**



**ANTERIOR VIEW OF INTESTINES AS SEEN THROUGH A MID-LINE INCISION**

# RADIATION THERAPY

- Uses high-energy rays to kill cancer cells
- May be used to relieve pain and other problems



# SIDE EFFECTS OF RADIATION

- Nausea/vomiting
- Diarrhea
- Bloody Stools
- Skin may become red, dry, and tender

# CHEMOTHERAPY

- **Drugs given by vein and directly into the abdomen or by mouth.**



# CHEMOTHERAPY SIDE EFFECTS:

- **Nausea and/or vomiting**
- **Loss of appetite and weight**
- **Temporary loss of hair**
- **Sores in mouth or vagina**
- **Diarrhea**
- **Increased chance of infection**
- **Tiredness**

# How Can I Prevent Ovarian Cancer?

There is no known way to prevent ovarian cancer, but the following may lower your risk:

- Having used birth control pills for more than five years.
- Having had a tubal ligation (getting your tubes tied), both ovaries removed, or hysterectomy.
- Having given birth

# Ovarian Cancer--Take Action

- Find out if you are at risk for ovarian cancer.
  - Log on to [www.wcn.org](http://www.wcn.org) and take a risk assessment
- Learn the symptoms
- If ovarian cancer is suspected or diagnosed
  - Insist on being referred to a gynecologic oncologist before you have surgery.