

# Ovarian Cancer - Be Aware, Take Care!

**Don't neglect symptoms just because we are in the midst of a pandemic!**

Ovarian Cancer consists of Ovarian, Fallopian, and Peritoneal cancers. Ovarian cancer has been estimated to be the third most common cancer among Indian women and eighth overall (ICMR 2019). According to projections, by 2040, the number of women around the world diagnosed with ovarian cancer will rise by almost 42%.

*There is a strong genetic predisposition for ovarian cancer. A family history of ovarian cancer increases risk and is also associated with an early onset of disease.*

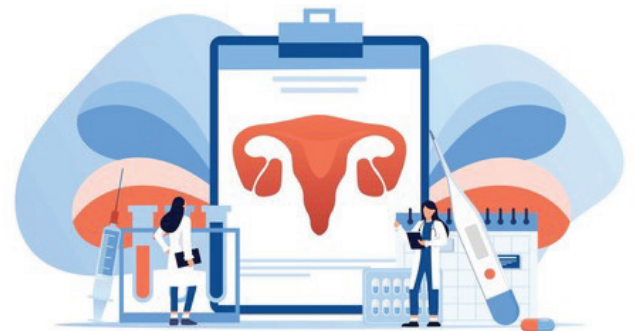
It is extremely difficult to diagnose ovarian cancer because of the location of ovaries and the asymptomatic nature of early ovarian cancer.

*Early detection requires the education of both the patient and her doctor regarding symptoms, commonly associated with ovarian cancer.*



## Key points to consider while screening for Ovarian Cancer:

- Only in consultation with a gynaecologist.
- Women with no increased risk are not recommended to be screened.
- Women with inherited risk may undergo screening after the age of 30 years.



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Facts everyone should know about ovarian cancer

1. A Pap test (cervical smear test) does NOT detect ovarian cancer.
2. Diagnosing ovarian cancer before it spreads makes it much more treatable.
3. Symptom awareness might lead to quicker diagnosis.
4. Common symptoms include:
  - a. Persistent bloating or Distension of abdomen
  - b. Difficulty in eating
  - c. Feeling full quickly
  - d. Pelvic/abdominal pain
  - e. Urinary symptoms



**Consult a Gynaecologist if you have any symptoms**