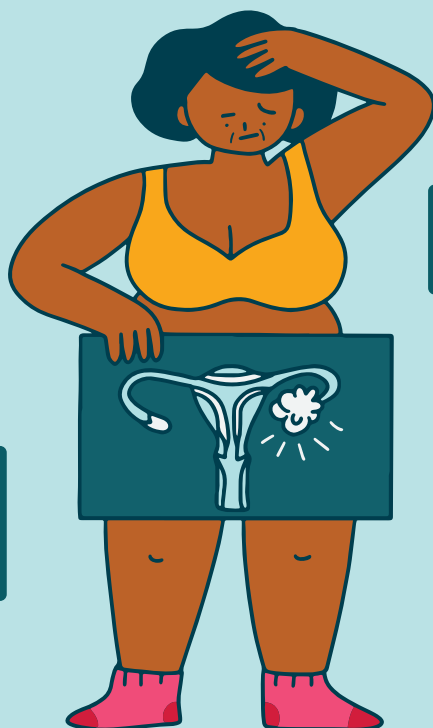


OVARIAN CANCER ACTION

DO YOU KNOW THE SYMPTOMS OF OVARIAN CANCER?



BLOATING

**NEEDING TO
PEE MORE
FREQUENTLY**

**FEELING FULL
MORE QUICKLY**

TUMMY PAIN

ovarian.org.uk

The symptoms

Ovarian cancer has four main symptoms:

- Persistent bloating (it doesn't come and go)
- Difficulty eating or feeling full more quickly
- Needing to pee more frequently or urgently
- Pain around your tummy to the top of your thighs

Other symptoms could include indigestion, back pain, extreme tiredness for no obvious reason, a change in bowel habits (going more often than usual or less frequently), postmenopausal vaginal bleeding, and unexplained weight loss.

These are symptoms of lots of different conditions, and can often be confused with things such as irritable bowel syndrome, an ovarian cyst, indigestion or a urine or kidney infection. However, symptoms are more likely to be a possible sign of ovarian cancer if they are **persistent, frequent (occurring more than 12 times a month), severe or out of the ordinary**.

It's important to remember ovarian cancer is not a common disease. Even if you are experiencing any of the above symptoms it's unlikely that you have it, but it's important to still get it checked out.

I have symptoms, what now?

If you notice any of these symptoms or just feel something isn't right with your body, you should make an appointment to see your GP. Explain what symptoms you are experiencing and how severe/frequent they are. To make this easier you can use our symptoms diary to track them and take this with you: [ovarian.org.uk/SymptomsDiary](https://www.ovarian.org.uk/SymptomsDiary)

What will happen at my appointment?

Your GP may:

- Ask more questions about your symptoms
- Ask questions about your family history of ovarian and other cancers to explore the possibility of a genetic link
- Enquire about your heritage. People from backgrounds including Ashkenazi Jewish, and Greenlander backgrounds may be at greater risk of carrying a genetic fault that increases ovarian cancer risk
- Conduct an external abdominal examination to feel for abnormal lumps
- Conduct an internal vaginal examination.

If your GP is concerned you might have ovarian cancer they will refer for further investigations, including:

- CA125 blood test
- Ultrasound scan.

None of these tests can say conclusively that you have ovarian cancer, so if the results suggest that this could be the case you will be referred to a gynaecologist who will carry out more investigations in order to reach a diagnosis.



KNOW THE SYMPTOMS OF OVARIAN CANCER, AND ACT AS SOON AS YOU FEEL SOMETHING ISN'T RIGHT.

OVARIAN CANCER ACTION

We are the UK's leading ovarian cancer research charity. In the UK only 1 in 3 women live more than 10 years after diagnosis. We are working to better prevent, treat and detect ovarian cancer, so that by 2032 at least half of women with ovarian cancer live for 10 years.

You can find more information and support at [ovarian.org.uk](https://www.ovarian.org.uk)

Contact us:

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