



OVERCOMING CANCER ✿ CELEBRATING LIFE!



Ovarian Cancer: Awareness is Key

Know The Symptoms

1. Persistent bloating
2. Swelling of abdomen
3. Loss of appetite and feeling fuller
4. Changes in bladder habits
5. Changes in bowel habits
6. Persistent indigestion and nausea
7. Pelvic pain and abdominal discomfort
8. Persistent lack of energy
9. Low back pain
10. Abnormal vaginal bleeding/discharge

Know Your Facts

1. Breast feeding and birth control pills significantly lower the risk of ovarian cancer
2. First pregnancy after age 35 increases the risk of ovarian cancer
3. Ovarian cancer occurs more often after menopause and incidence increases dramatically with age
4. One or more close relatives with ovarian cancer or breast cancer at an early age could indicate an increase in your risk
5. Eat a diet high in fruits, vegetables and whole grains, while limiting the amount of saturated fat, to prevent ovarian cancer

OVARIAN CANCER

- #1 DEADLIEST GYNECOLOGIC
- CANCER WITH NO RELIABLE SCREENING
- 1 IN 75 WOMEN DEVELOP DISEASE
- 75% DIAGNOSED AT AN ADVANCED STAGE
- OVER 249,000 WOMEN DIAGNOSED WORLDWIDE ANNUALLY
- **EVERY MINUTE COUNTS**

EARLY DETECTION SAVES LIVES.

In the absence of a test.
Awareness is BEST.

ZEAL FOR TEAL #OVARCOME