



Ovarian Cancer Canada  
Cancer de l'ovaire Canada

Dedicated to  
overcoming  
ovarian cancer

# Think Ovarian!

## Facts about Ovarian Cancer in Canada

- Each year, approximately 2,600 women are diagnosed with ovarian cancer.
- It is the most fatal gynecologic cancer—1,750 Canadian women die each year because of this disease.
- There is **NO** effective screening test for the early detection of ovarian cancer.
- A Pap smear does **NOT** detect ovarian cancer—it detects problems with the cervix.
- The HPV vaccine helps prevent cervical cancer, **NOT** ovarian cancer.

### It's important to know...what to look for

See your family doctor if

- you have **one or more** of these symptoms
- and they **last longer** than 3 weeks:

- Swelling or bloating of the abdomen
- Pelvic discomfort or heaviness
- Back or abdominal pain
- Fatigue
- Gas, nausea, indigestion
- Change in bowel habits
- Emptying your bladder frequently
- Menstrual irregularities
- Weight loss or weight gain

### It's important to know...

**what increases risk of ovarian cancer**

- Family history of breast, ovarian or colon cancer
- Never having children

OVARIAN CANCER

*continued on reverse*

- Getting older—it's most common after age 50
- Never having used oral contraceptives

All women are at risk of getting ovarian cancer—but some are at higher risk.

**It's important to know...**

**what reduces the risk of ovarian cancer**

- Birth control pills
- Breast feeding
- Term pregnancies
- Tubal ligation
- Removal of the ovaries and fallopian tubes if risk is high
- If you will be having gynecologic surgery, speak with your doctor about removal of the fallopian tubes. The most common ovarian cancer may originate in the fallopian tubes.

**It's important to know...what you can do**

- Have a pelvic exam every year.
- Let your doctor know if you have had symptoms for more than 3 weeks and **ask about:**
  1. a pelvic exam
  2. a transvaginal ultrasound
  3. a CA-125 blood test

**Even if the tests are negative, ask for referral to a gynecologist or a gynecologic oncologist if symptoms persist.**

- If you have a family history, speak with your doctor about genetic counselling.
- If your doctor suspects ovarian cancer, see a gynecologic oncologist. To find one in your area, contact Ovarian Cancer Canada toll free at 1-877-413-7970 or [info@ovariancanada.org](mailto:info@ovariancanada.org).

*Be persistent. Find a doctor that you are comfortable talking with.*

**It's important to know...**

**where to get more information about ovarian cancer**



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