thinking ahead...

Gallagher Benefit Services, Inc.

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WELLNESS
WEEKLY

September

Ovarian Cancer Awareness Month

Ovarian Cancer is one of the most deadly of women's cancers. Each year, approximately 21,880 women will be diagnosed with ovarian cancer. In 2010, approximately 13850 women will die in the United States from ovarian cancer. Many women don't seek help until the disease has begun to spread, but if detected at its earliest stage, the five-year survival rate is more than 93%.

Ovarian cancer can strike a woman of any race or at any age. We do know that women with certain risk factors may have a greater chance of developing ovarian cancer. These risk factors include:

- Family history of breast or ovarian cancer
- Personal history of cancer
- Women over the age of 55
- Women who were never pregnant
- Women on menopausal hormone replacement therapy

Ovarian cancer symptoms are often subtle and difficult to diagnose. Research suggests there are four symptoms that may be associated with ovarian cancer:

1. Bloating,
2. Pelvic or abdominal pain
3. Difficulty eating or feeling full quickly
4. Urinary urgency or frequency

Other symptoms can include:

- Fatigue
- Upset stomach or heartburn
- Back pain
- Constipation
- Menstrual changes

If symptoms persist daily for more than two to three weeks, talk to your physician. Your doctor may order the following tests:

- Physical examination - Your doctor will palpate your abdomen to look for discomfort and tenderness or abnormal fluid
- Pelvic examination
- Blood Test - Your doctor may order a CA-125 blood test. CA-125 is found on the surface on ovarian cancer cells and also normal tissue.
- Ultrasound
- Biopsy

Facts:
- All women are at risk
- Symptoms exist – they can be vague, but increase over time
- Early detection increases survival rate
- A Pap Test DOES NOT detect ovarian cancer

For more information, contact: National Ovarian Cancer Coalition, Inc. 1-888-OVARIAN or www.ovarian.org