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If any of these signs and symptoms are persistent and unusual for you, speak to your gynecologist immediately.

Seek Guidance

eliminate risk

- Removal of ovaries or tubal ligation—these procedures may reduce, but not entirely
- Multiple pregnancies, breast feeding
- Use of oral contraceptives for 5+ years

Prevention

- Presence of BRCA 1 or BRCA 2 gene mutations
- cancer
- Family or personal history of breast/ovarian

Risk Factors

- Per- or post-menopause
- Uninterrupted ovulation (no pregnancies and no prior use of oral contraceptives)
- Family or personal history of breast/ovarian

- Vague but persistent and unexplained gastrointestinal complaints
- Pelvic and/or abdominal swelling or pain; bloating and/or feeling of fullness
- Unexplained change in bowel habits
- Frequency and/or urgency of urination
- Unexplained weight gain or loss
- New and unexplained abnormal postmenopausal vaginal bleeding

Signs & Symptoms

Listen to your body.

Currently, there is no accurate test for ovarian cancer. The most effective way a woman can protect herself against ovarian cancer is to become educated. Learn the signs and symptoms.

The Facts
Ovarian Cancer:

“Prove to me that I am not at risk for ovarian cancer.”



Ovarian Cancer Research Fund

Ovarian cancer is the leading cause of death from gynecological cancers in the United States. In 2008, it is estimated that over 21,000 women will be diagnosed with ovarian cancer and 15,000 women will lose their lives to it.

Get the facts here and at www.ocrf.org

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