



## Message From Marli Foundation, Inc

(501-c3 Non-Profit - "Ovarian Cancer Awareness")

### The Facts

*Ovarian cancer is one of the five leading causes of cancer death in American women.*

*A woman's lifetime risk of getting ovarian cancer is 1 in 72.*

*Each year, over 20,000 women are diagnosed and about 15,000 women die of ovarian cancer.*

*A woman's chance of survival is better if the cancer is found early.*

*A Pap test does NOT detect ovarian cancer, it tests for cervical cancer.*

### What Should You Look For?

Ovarian cancer has symptoms. Take action and see your doctor, preferably a gynecologist, if the following symptoms are unusual for you and occur almost daily for more than a few weeks:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

### "Ovarian Cancer Awareness"

*Additional symptoms have been commonly reported by women with ovarian cancer.*

*They include fatigue, indigestion, back pain, pain with intercourse, constipation and menstrual irregularities.*

*These symptoms are not as useful in identifying ovarian cancer because they are also found as often in women who do not have the disease.*

### Who Gets Ovarian Cancer?

All women are at risk for ovarian cancer, but some are at higher risk.

- Women with a family or personal history of ovarian, breast or colon cancer.
- Post-menopausal women.
- Women who have never been pregnant or given birth.

### What Can Reduce The Risk of Ovarian Cancer?

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| <u>Oral contraceptives</u>          | <u>Tubal ligation/hysterectomy</u> |
| <u>Pregnancy and breast feeding</u> | <u>Removal of the ovaries</u>      |

### What Can You Do To Detect It?

Until a screening test is found:

- Have a vaginal/rectal pelvic exam every year. If a family member has cancer, discuss regular monitoring with your doctor.
- If you have symptoms, ask for a transvaginal ultrasound and a CA-125 blood test.
- If ovarian cancer is suspected, consult a gynecologic oncologist.

### "Ovarian Cancer Awareness"

#### Where Can You Get More Information?



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[www.messagefrommarli.org](http://www.messagefrommarli.org)