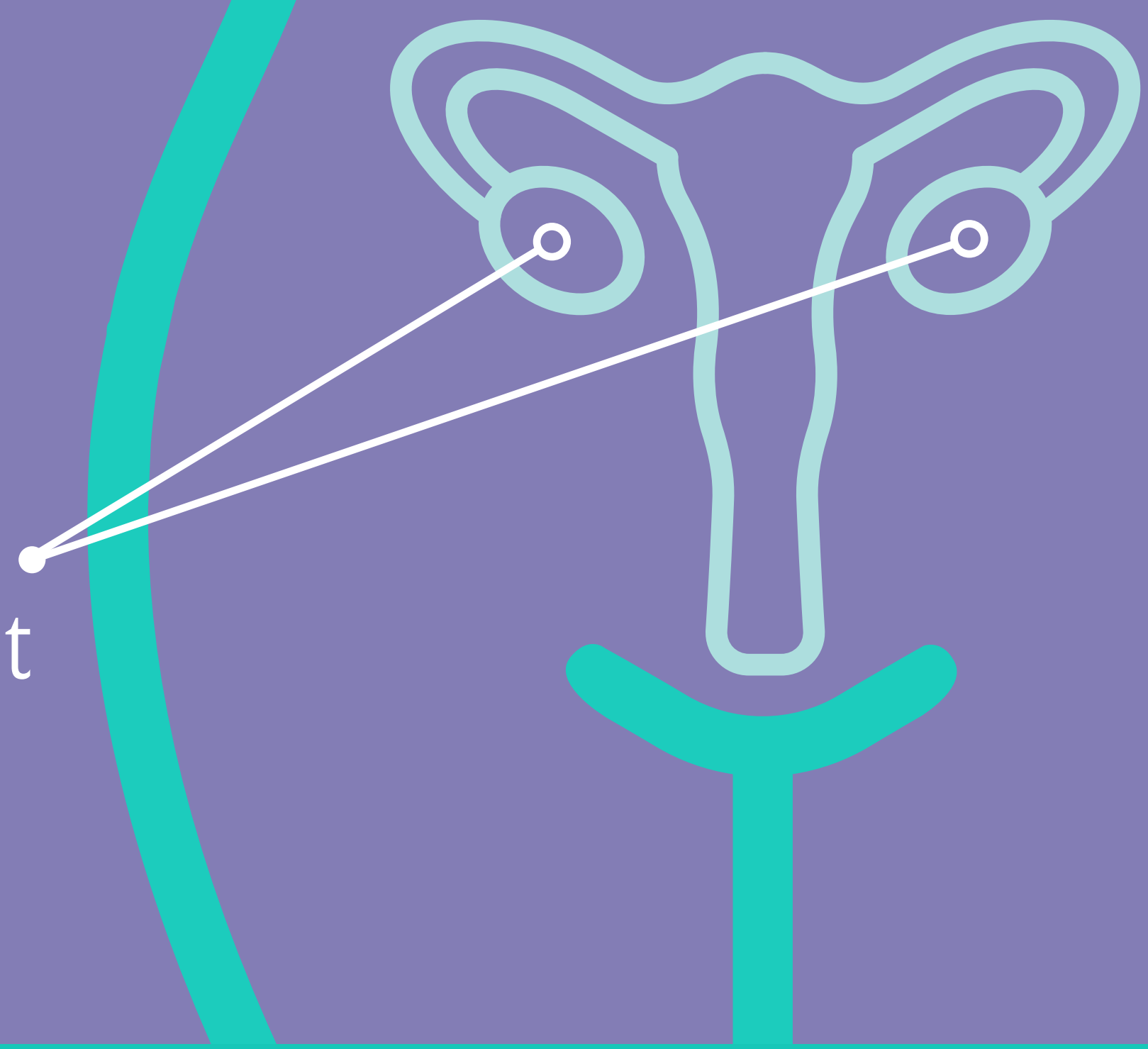


5 Things You Should Know About Ovarian Cancer

The ovaries are small glands on both sides of the uterus that produce hormones and eggs.



Ovarian cancer is the **fifth-leading cause** of cancer death in U.S. women.

1 in 78 women are diagnosed with ovarian cancer in their lifetime.

Women **age 55 – 64** are the most likely to be diagnosed with ovarian cancer.

1 There are more than 30 types of ovarian cancer, which can be classified into three main types:

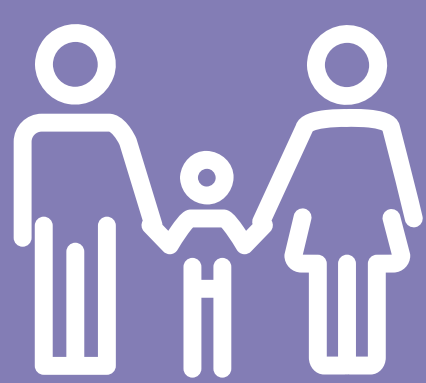
Epithelial tumors: Form in the cells that cover the surface of the ovary. This is the most common and dangerous form.

Stromal tumors: Form in the structural tissue of the ovary and produce hormones. These are rare.

Germ cell tumors: Form in the cells that support the development of eggs in the ovary.

2 Some factors increase your risk:

Family history



Genetic mutations



Age



Hormone replacement therapy



Obesity

Personal history



3 While you can't prevent ovarian cancer, hormonal birth control has been shown to reduce your risk.



Pregnancy and breastfeeding may also reduce risk.

Total removal of fallopian tubes and ovaries may be appropriate for some.

4 Symptoms can be vague and can include:

- Feeling full early
- Pelvic or abdominal pain
- Frequent bloating
- Urinating more often or more urgently

Because symptoms can be associated with other health issues, discuss these with your physician if they persist for two weeks or more.

5 Research continues to look for better detection and treatment options.

Hyperthermic intraperitoneal chemotherapy (HIPEC)

Process of delivering chemotherapy directly to the abdomen following tumor removal surgery

Immunotherapy

Stimulates the immune system to fight the cancer

Genetic testing

Helps in the development of a personalized treatment plan

Sources:

<https://www.nm.org/conditions-and-care-areas/cancer-care/gynecologic-cancer-care/ovarian-cancer>

<https://www.cancer.org/cancer/ovarian-cancer/about/key-statistics.html>

<https://seer.cancer.gov/statfacts/html/ovary.html>