

## signs. symptoms.

Some symptoms of ovarian cancer include:

- Pelvic pain or pain in the lower abdomen
- Gas, nausea and/or upset stomach that does not go away
- Feeling an urgent need to go to the bathroom many times during the day and night without an infection
- Gaining or losing weight without trying
- Swelling, bloating and/or feeling full
- Feeling tired for no reason
- Changes in bowel habits with no diet change
- Pain with intercourse

You may not have all of the symptoms listed above but if you have even one or two and they last more than two weeks, see your doctor.

Ovarian cancer occurs in 1 out of 72 women, at any age.

so listen.



AR KANSAS  
OVARIAN  
CANCER COALITION  
P.O. Box 7796  
Little Rock, AR 72117



Let's talk.  
because it whispers.

## ovarian cancer

is a disease in which malignant or cancerous cells are found in the ovary. An ovary is one of two small, almond-shaped organs located on each side of the uterus. The ovaries make female hormones and store eggs or germ cells. In women age 35 to 74, ovarian cancer is the fifth leading cause of cancer deaths.

### FACTS:

- ALL women are at risk for ovarian cancer.
- There are symptoms. They can be small at first but increase over time.
- Ovarian Cancer can be treated if found early. But most cases are not found until the disease has spread outside the ovaries.
- A PAP smear test DOES NOT find ovarian cancer.

While the symptoms of ovarian cancer (particularly in the early stages) are often not acute or intense,

They are not silent.  
They whisper...



## Ovarian Cancer: Less “Silent” Than We Thought

*“Ovarian cancer often shows up with advanced disease when cure is less likely. Traditionally, it has been thought that this cancer has no symptoms in early stage disease. Recent studies have shown that often, even with early ovarian cancer, symptoms are present although they may be subtle. Pelvic pressure or pain, bloating, increased amount of urination, and increase in abdominal size are frequently connected with ovarian cancer. If these symptoms continue over 2 weeks, they may indicate the need for investigation including, at a minimum, a recto-vaginal examination as part of the evaluation of the pelvis. Any suspicious findings should prompt radiographic studies and possibly serum tumor markers. Early stage ovarian cancer is highly curable and promoting these early symptoms may permit women to undergo intervention before the cancer has spread.”*

Alexander Burnett, M.D.  
Associate Professor  
Division Director  
UAMS Division of Gynecologic Oncology

## screening for ovarian cancer.

There is no proven screening test for ovarian cancer.

It is for this reason that women must become extremely diligent about understanding symptoms and talking with their doctors.

What are some **diagnostic tests** that can be used to detect ovarian cancer?

- Yearly vaginal and rectal exam
- Transvaginal sonography
- Blood tests, like a CA125

If any of these tests are positive, talk with your doctor right away.

## assessing your risk.

All women are at risk for ovarian cancer. It is important for you to know what things put you at higher risk for this disease.

What are some **risk factors** linked to ovarian cancer?

- Genetics or things you are born with
- Personal or family history of breast, ovarian, or colon cancer
- Getting older
- Never had children

## treatment.

Treatment for ovarian cancer is changing through research and clinical trials. Talk with your doctor and understand the choices you can make.

Cancer experts agree that when ovarian cancer is found, surgery and follow up treatment require a special doctor trained to treat cancer in women.

Please contact AROVCC for names of doctors in your area.

## mission.

The Arkansas Ovarian Cancer Coalition (AROVCC) is a non-profit organization whose purpose is to educate the public about the signs and symptoms of ovarian cancer. AROVCC is comprised of individuals who each have been personally touched by ovarian cancer. Our group works to help save lives by disseminating information on the signs and symptoms of ovarian cancer, ovarian cancer research, and available resources.

The time has come to harness and direct the growing power and passion of survivors, caregivers, researchers, healthcare professionals, and policy-makers to build an all encompassing strategy to defeat ovarian cancer.

Please join us by becoming an advocate for yourself and all the women in your life.

More information is available at:  
[www.arkansasovariancancer.org](http://www.arkansasovariancancer.org)  
St. Vincent New Outlook 1-800-446-7341  
[arovcc@gmail.com](mailto:arovcc@gmail.com)



## arkansas' up & coming research

### Ovarian Cancer: New Hope for Early Diagnosis

*“As we all are aware, diagnosis of ovarian cancer at its earliest stages (Stages I and II) could have a major impact on survival and cure of patients with this disease. CA125 currently is used to monitor patient status (e.g. response to therapy or recurrent disease) who have already been diagnosed. CA125 has on its own not proven to be an adequate diagnostic test to recognize all or most early stage cancers. More recently our group here at UAMS has identified a new set of cancer markers which we believe can complement the CA125 test. Such a panel of markers is currently undergoing validation to determine their effectiveness in recognizing early stage ovarian cancers.”*

Dr. Tim O'Brien  
UAMS BioVentures