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Ovarian cancer

What you need to know



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ovarian cancer

the facts

- Over 400 women are diagnosed every year in Ireland
- 6th most common cancer in women
- 4 out of 5 cases diagnosed in women over the age of 50, it can occur in younger women
- Early detection and treatment increase chance of survival
- Symptoms at the early stages can be unclear.

Risks and causes of ovarian cancer

- **Personal/family history:** Your risk is higher if you or a close relative has been diagnosed with breast, ovarian, endometrial, prostate or colon cancer
- **Faulty inherited genes:** If there is a family history of a BRCA1 and/or BRCA2 mutated gene
- **Age:** More common in women over 50
- **Unexplained infertility,** not being able to get pregnant when trying
- **Smoking**
- **Being overweight**

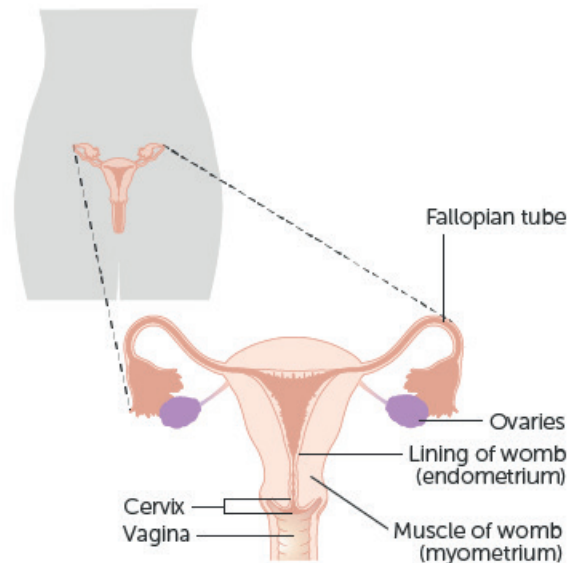
signs & symptoms

Go to your doctor if you have any of the following:

- **Bloating** for no obvious reason
- **Eating less** and feeling full more quickly
- **Abdominal and Pelvic pain** you feel most days
- **Trouble passing urine** or bowel problems

How to reduce your risk of getting ovarian cancer

- Pregnancy and breastfeeding can reduce your risk
- Know your family history
- If you smoke – seek help to quit
- Maintain a healthy diet and a healthy weight



Cancer Research UK

Important things to remember

Ovarian cancer can be difficult to diagnose because the ovaries lie deep in the pelvis:

- Know what's normal
- Talk to someone if you notice changes
- Keep an eye on any changes you've noticed, and if they don't go away you should talk to your doctor