**What You Need to Know About Ovarian Cancer**

**Risk Factors**

Many factors can increase or decrease a woman's risk of developing ovarian cancer.

**Increases Risk**
- Family history of breast, ovarian, uterine or colon cancer
- Genetic mutations, like BRCA

**Decreases Risk**
- Post-menopausal
- Increased age
- Pregnancy
- Breastfeeding
- Oral contraceptive use

**Survival Rates**

<table>
<thead>
<tr>
<th>Year</th>
<th>Mortality</th>
<th>Survival</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td></td>
<td>49%</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>35%</td>
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</tbody>
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**Currently There is No Early Detection Test for Ovarian Cancer**

A Pap test will not detect ovarian cancer. Most ovarian cancer cases are diagnosed when the disease is advanced. Only 16% of cases are diagnosed in the early stages.

**Know the Symptoms**

- Bloating
- Difficulty eating
- Pelvic / abdominal pain
- Urinary frequency

If these symptoms occur for more than 2 weeks and these symptoms are new or unusual for you, see a gynecologist and ask about ovarian cancer. Research shows that seeing a gynecologic oncologist for surgery and treatment significantly improves outcomes.


OCRA ovarian cancer research alliance


ocrahope.org