

# There is no cure for ovarian cancer, but there are ways to potentially prevent it.



## KNOW YOUR FAMILY HISTORY

A family history of breast, ovarian, uterine and/or colorectal cancer increases your risk for ovarian cancer.



## GET GENETIC TESTING

20% of ovarian cancer cases are caused by a genetic mutation; one of the highest percentages among any cancer.



## DISCUSS RISK-REDUCTION OPTIONS WITH YOUR DOCTOR

70% of ovarian cancer, the most common and lethal form, begins in the fallopian tubes. For those at average risk, removing the fallopian tubes at the same time as another planned pelvic surgery can prevent ovarian cancer. Individuals at increased risk may want to take additional steps.

Learn more about risk reduction @ [ocrahope.org/preventovca](https://ocrahope.org/preventovca)

# Important information about ovarian cancer

## RISK FACTORS

↑ INCREASES RISK ↑



Family history of breast, ovarian, uterine and/or colorectal cancer



Inherited genetic mutation



Postmenopausal



Increased age

↓ DECREASES RISK ↓



Pregnancy



Breastfeeding



Use of oral contraceptives

## SYMPTOMS



Bloating



Pelvic or abdominal pain



Difficulty eating/feeling full quickly



Frequent and/or urgent urination



If these symptoms are new, unusual, and persist for two weeks, see your doctor.  
If ovarian cancer is suspected, see a gynecologic oncologist.

Get further information and support @ [ocrahope.org](https://www.ocrahope.org)

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