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

OCRA is the world’s leader in fighting ovarian cancer from all fronts—in the lab, on Capitol Hill, and by the side of patients and their families. Learn more about our commitment to finding a cure and the support services we offer at ocrahope.org
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  212-268-1002