



In loving memory of
Jessica Broy

May her story help another woman listen
to her body and advocate for her health. ♥

KNOW THE SIGNS

OVARIAN CANCER AWARENESS

There is no simple, reliable routine screening test for ovarian cancer in women without symptoms.

A Pap test does NOT screen for ovarian cancer.

WARNING SIGNS

- Bloating or increased abdominal size
- Pelvic or abdominal pain or pressure
- Feeling full quickly or difficulty eating
- Frequent or urgent urination
- Constipation or other bowel changes
- Back pain
- Unusual vaginal bleeding or discharge



EARLY DETECTION MATTERS

Ovarian cancer is often silent in the early stages and can only be detected with a thorough evaluation by a **GYNECOLOGICAL ONCOLOGIST**.

Pay attention to what is normal for you. If symptoms are new, unexplained, or last about **2 weeks or longer**, contact a healthcare professional. Unusual vaginal bleeding should be evaluated promptly.

KNOW YOUR RISK

Tell your doctor about personal or family history of **ovarian, breast, uterine, or colorectal cancer**. Inherited changes such as **BRCA1, BRCA2** and **Lynch syndrome** can raise risk, and genetic counseling/testing may be appropriate.



Created by Robin Hook

SPEAK UP. ASK QUESTIONS.

If something doesn't feel right, tell your doctor exactly what changed, how often it happens, and how long it has been happening.

"These symptoms are new for me and persistent. I am concerned about ovarian cancer. What evaluation is appropriate to find out what is causing them?"

TESTS USED TO EVALUATE SYMPTOMS

- **Pelvic exam** – can help assess the reproductive organs.
- **Transvaginal ultrasound** – creates images of the ovaries and pelvis.
- **CA-125 blood test** – may help in some situations, but cannot by itself diagnose or rule out ovarian cancer.
- **CT or MRI** – may be used when further evaluation is needed.
- **Genetic counseling/testing** – may be recommended based on personal or family history.



A thorough evaluation by a **GYNECOLOGICAL ONCOLOGIST** is often needed to detect ovarian cancer.

Their specialized training and experience are crucial when symptoms persist or risk factors are present.

Important: A normal CA-125 does not guarantee ovarian cancer is absent, and an elevated CA-125 does not necessarily mean cancer is present.

IF YOU FEEL DISMISSED

Ask: "If you do not recommend testing now, please explain why and what the next step will be if my symptoms continue." You can ask that your symptoms and concerns be documented and seek a second opinion when needed.



Early attention to symptoms matters.
Know your body. Know your family history.
Keep asking questions.

Medical information: CDC – Inside Knowledge: Get the Facts About Gynecologic Cancer.
This card is for awareness and does not replace medical advice.