

Ovarian Cancer

Annual Exams are the Best Prevention

What are ovaries?

The ovaries are female reproductive organs located on either side of the uterus. The ovaries produce eggs and female hormones - estrogen and progesterone.

What is ovarian cancer?

Ovarian cancer develops when cells in the ovary grow in an uncontrolled fashion and invade other tissues in the body.

What are the risk factors?

Age is the biggest risk factor. Most ovarian cancers are diagnosed in women who have gone through menopause. Another important risk factor is having a family history of ovarian cancer.

What are the signs of ovarian cancer?

Women who experience the following symptoms daily for more than a few weeks should see a doctor.

Symptoms include:

- Bloating
- Pelvic or stomach pain
- Difficulty eating or feeling full quickly
- Urinary urgency or frequency

How can I prevent ovarian cancer?

The best way to prevent ovarian cancer is to alter the risk factors you do have control over. For example, think about using methods of birth control that stop menstruation, consider a hysterectomy when the time is right, try to have children before 30 years of age, and breastfeed.

How is ovarian cancer diagnosed?

Ovarian cancer is usually discovered if your doctor feels a tissue mass while checking your pelvic area during your annual gynecological exam. For this reason, **it's critical for women to visit their gynecologist every year for a routine exam.**

How can I schedule an exam?

Contact the Institute for Women's Health by calling **1.877.41WOMAN**.