



CARDINAL CANCER
FOUNDATION

Empowering women to protect their health first.™



Hard Facts

Lifetime risk of developing ovarian cancer:

1 in 75

Lifetime risk of dying from ovarian cancer:

1 in 100

Percentage of cases identified in the early stages:

20-25%

Percentage of patients who will experience a recurrence:

70-80%

Percentage of women whose recurrence will take place within just 3 years:

40-50%

Cardinal Cancer Foundation

888.335.2163

connect@cardinalcancer.org

cardinalcancer.org

What Every Woman Should Know About Ovarian Cancer

Ovarian cancer is one of the deadliest cancers women can face. Here's what you need to know about protecting your health first:



Symptoms

The symptoms of ovarian cancer are diffuse, and include:

- Swollen or bloated abdomen
- Persistent pain in the abdomen or pelvis
- Unexplained weight loss
- Difficulty eating, constantly feeling full
- Pain during intercourse
- Increased urination
- Constipation or diarrhea
- Vaginal bleeding or spotting between periods
- Changes in one's menstrual cycle
- Fatigue, back pain and unexplained exhaustion



What You Can Do

Take these three essential steps to protect your health first:

Step 1: See a dedicated OB/GYN at least once per year, every year.

Step 2: Track and discuss these symptoms with your doctor.

Don't dismiss them.

Step 3: If you are diagnosed with ovarian cancer, seek care from a gynecological oncologist who is experienced in treating this disease.