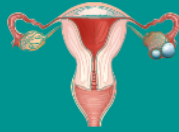


OVARIAN CANCER AT A GLANCE

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In Canada, approximately **3000** women will be diagnosed with ovarian cancer and **1950** are expected to die of the disease this year.

Ovarian cancer is the **deadliest gynecological cancer**, largely because:

- there is currently no reliable screening test
- signs and symptoms are not specific
- it is usually diagnosed at an advanced stage

Cancer can form in **three different types of cells** within the ovary:

1. **Epithelial cells** are the cells that cover the ovary: site of approximately 90% of ovarian cancers
2. **Germ cells** are inside the ovary: site of 5-10% of ovarian cancers
3. **Stromal cells** are the structural cells of the ovary: site of less than 5% of ovarian cancers

Risk factors for ovarian cancer include:



As we **age**, our cells are more likely to acquire damage, or genetic mutations, which increase the risk of cancer.



A **family history** of breast, ovarian, prostate, pancreatic, endometrial or colorectal cancer can indicate a higher risk for ovarian cancer.



Those who have **endometriosis** have nearly a 50% increased risk of ovarian cancer relative to other women.



Application of **talc** powder near the genital area has been linked to ovarian cancer.



Hereditary **genetic mutations** to the BRCA1 and BRCA2 genes can increase the risk of ovarian cancer by up to 50%. Those of Ashkenazi Jewish or French-Canadian heritage are more likely to carry this mutation.

Protective factor:



Oral contraceptive use has been shown to reduce the risk of ovarian cancer by 30-50%, **EVEN** reducing the risk in women who carry the BRCA1/2 mutation.

Treatment: Ovarian cancer is often treated using a combination of surgery, chemotherapy, and/or radiotherapy. The pandemic-related delays along the cancer treatment continuum only emphasize the **importance of diagnosing and treating ovarian cancer early to allow prompt action.**

Talk to your doctor if:

- You have a family history that puts you at an increased risk of ovarian cancer. You may be eligible to be tested for the BRCA1/2 mutation.
- You notice new and persistent or frequent symptoms such as bloating, fatigue, abdominal pain or discomfort, urinary symptoms, changes in bowel habits, difficulty eating, unexplained weight change, and/or menstrual irregularities.

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