

OVARIAN CANCER: What You Need to Know

March 2014



Where Do I Find Help?

- American Cancer Society
[Ovarian Cancer Information](#)
- National Cancer Institute
[Ovarian Cancer Information](#)
- Michigan Dept. of Health and Human Services
www.michigan.gov/cancer
- Michigan Ovarian Cancer Alliance
www.mioca.org

Additional Facts

Estimated 2014 Ovarian Cancer Cases and Deaths in Michigan:

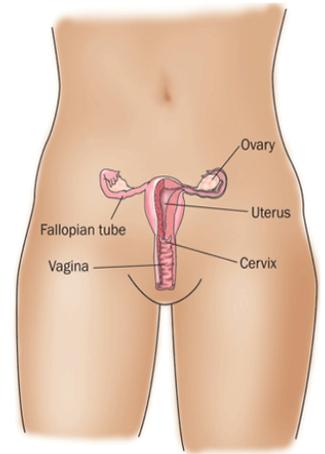
New cases: 780

Deaths: 480

Source: [American Cancer Society Cancer Facts & Figures 2014](#)

What Is Ovarian Cancer?

Ovarian cancer is cancer that begins in the ovaries. Ovaries are reproductive glands found only in females (women). The ovaries are located on either side of a woman's uterus. Malignant or cancerous tumors can form and these can spread to other parts of the body.



What Causes Ovarian Cancer?

Some things can increase your chance, or risk, of getting ovarian cancer:

- ✓ Ovarian cancer may run in your family. Talk with your doctor about this.
- ✓ If you have a family history of ovarian, breast, or colorectal cancer – your risk for ovarian cancer is increased.
- ✓ If you are older – the risk gets higher with age.
- ✓ If you are obese – obese women have a higher risk of developing ovarian cancer.

What Can I Do To Lower My Chances Of Getting Ovarian Cancer?

The following things may lower your risk of getting ovarian cancer:

- ✓ Being pregnant
- ✓ Breastfeeding for several months
- ✓ Using the pill form of birth control for a long time
- ✓ If you have had your tubes tied or a hysterectomy

How Do I Find Ovarian Cancer Early?

Regular women's health exams are important; however early ovarian cancer usually has no clear symptoms and there is no test to detect it early.

Call Your Doctor If You Have any Signs or Symptoms

- ✓ Swelling in your belly or pelvic area a lot of the time
- ✓ Pain in your belly, gut or pelvic area
- ✓ Pain during sex
- ✓ Trouble eating or feeling full quickly
- ✓ Peeing more than normal or having to get to the bathroom faster than normal to pee