

World Ovarian Cancer Day



On May 8th, 2013, ovarian cancer organizations from around the world united for the first ever World Ovarian Cancer Day. With a goal to educate local communities about ovarian cancer and its symptoms, World Ovarian Cancer Day has built a sense of solidarity for women facing the disease and their families.

The introduction of a global awareness day for ovarian cancer has been embraced as an important step forward in the journey to raise awareness about ovarian cancer. Participating organizations have addressed many gaps in public understanding of ovarian cancer, enlightening others and increasing funding for research to prevent new diagnoses wherever possible. By joining together globally each year, we amplify our respective efforts and work towards creating one voice for every woman.

Ovarian Cancer

Ovarian cancer has the lowest survival rate of all female cancers.

Diagnosed annually in nearly a quarter of a million women globally, it is responsible for 140,000 deaths each year. Symptoms are often misdiagnosed, as they can be confused with symptoms of other less severe illnesses, particularly gastrointestinal complaints. The majority of patients are only identified in the advanced stages when the disease becomes more difficult to treat.

There is no routine, simple test to accurately detect ovarian cancer.

250,000

women diagnosed annually with ovarian cancer

55%

of women diagnosed die within five years

Risk Factors for Ovarian Cancer

- **Age:** the majority of cases occur in post-menopausal women aged 55+
- **Family History:** Women with two or more family members who have had ovarian, breast, colon, or uterine cancer may be at higher risk
- **Genetics:** Being a known carrier of abnormalities in the BRCA1 or BRCA2 genes (genes that help to repair cell damage) also increases the risk
- **Additional Risk Factors:** Women who have not had children, have never taken the contraceptive pill, who started their periods at an early age, or whose menopause started at a later than average age, and women who have been diagnosed with endometriosis may be more likely to develop ovarian cancer

Symptoms of Ovarian Cancer

- Increased abdominal size/persistent bloating (not bloating that comes and goes)
- Difficulty eating/feeling full quickly
- Abdominal or pelvic pain
- Needing to pass urine more urgently or more frequently