



know the signs and symptoms
know my family history
know how to help
know my story

know.
ovarian
cancer

Together we can save lives and ensure that
no woman with ovarian cancer walks alone.



Ovarian
Cancer
Australia

Close to 1,500 Australian women are diagnosed with ovarian cancer every year, with over 1,000 succumbing to the disease. Only 43 per cent of women will survive five years post diagnosis, well below the average for all cancers.

Ovarian cancer is the most lethal of all women's cancers.

It can be difficult to diagnose ovarian cancer. The symptoms are ones that many women will have from time to time and are often symptoms of less serious and more common problems.

4

The four key symptoms include:

- Abdominal or pelvic pain
- Increased abdominal size or persistent abdominal bloating
- The need to urinate often or urgently
- Feeling full after eating a small amount.



If these symptoms are new or unusual for you and you experience one or more of them persistently over a four-week period, consult your GP.

GPs must also recognise the signs and symptoms. A recent study by Ovarian Cancer Australia (OCA) discovered that 47 per cent of women made two or more visits to a GP presenting with symptoms before being referred to a specialist, and 21 per cent made three or more visits. The common symptoms of ovarian cancer are experienced by over 90 per cent of women with the disease.

Australians must also know their family history and genetic risk. Up to one in five women who develop ovarian cancer have a genetic mutation that can increase the risk of developing the disease. Women with the BRCA1 or BRCA2 gene mutations are at a higher risk of breast and ovarian cancer.

At present, genetic testing is available to women with a personal or family history of ovarian or breast cancer to identify inherited BRCA1 or BRCA2 gene mutations to enable more informed decisions when it comes to prevention and surveillance.

For more information visit www.ovariancancer.net.au

Australia is urging Australians to recognise the signs, know their family history and know how to help.

Want to know how to help?

Host an Afternoon teal

Your cake, cuppa, conversation and donations may just help save a life. Register at www.afternoontea.net.au

Volunteer

Volunteers make an enormous contribution in our small team. We need people with varying skills and experience to help with a range of tasks, from assisting at events or with mailouts, to policy development or strategic advice.

Become an Ovarian Cancer Australia ambassador

Help us raise awareness about ovarian cancer by joining our national network of community ambassadors.

Join our consumer participation register

Participate in consultations, respond to surveys, or become a member of a committee or an advocate.

Make a donation

Your gift of any size makes a meaningful contribution. You could also become a regular donor or set up payroll giving through your workplace.

In honour and in celebration donations

Pay tribute to a woman living with ovarian cancer or remember someone you love. You can also celebrate a special occasion and help OCA by giving a celebration donation on behalf of a friend or family member. Celebration donations make a meaningful birthday, anniversary or Christmas gift.

Remember us in your will

Remembering OCA in your will, no matter how large or small the donation, will leave a lasting legacy and impact those affected by ovarian cancer now and in the future.

Become a corporate partner

Our corporate partners play a significant role in helping us to achieve our goals and raise our profile in the community. Partners share our vision and provide financial or in-kind support.

“It’s really important that women know the signs and symptoms of ovarian cancer. Had I known, I would have urged my mum to take action sooner. Make sure YOU know ovarian cancer.”

Nicky Buckley

TV Presenter and Ovarian Cancer Australia Ambassador

Facts about ovarian cancer

- Each day in Australia, four women are diagnosed with ovarian cancer and three will die from the disease
- The signs and symptoms commonly include: abdominal or pelvic pain, increased abdominal size or persistent abdominal bloating, the need to urinate often or urgently, or feeling full after eating a small amount
- In Australia, the five year survival rate for women diagnosed with ovarian cancer is 43%, compared to the 89% for breast cancer
- Having a family history of breast or ovarian cancer may mean you are more at risk of developing ovarian cancer. Women with a BRCA1 mutation have an increased risk of 40-59% and women with the BRCA2 mutation a 16-18% increased risk.

For more information about ovarian cancer, its signs and symptoms and risk factors visit www.ovariancancer.net.au.

Subscribe to our e-newsletter:

email admin@ovariancancer.net.au



Like us on Facebook:

www.facebook.com/OvarianCancerAustralia



Follow us on Twitter:

@ovariancanceroz



Follow us on Instagram:

OvarianCancerOz



Watch us on YouTube:

OCAustralia

Contact us

Ovarian Cancer Australia
Queen Victoria Women's Centre
Level 1, 210 Lonsdale Street, Melbourne VIC 3000

To find out more or donate visit
www.ovariancancer.net.au or call 1300 660 334.



Ovarian
Cancer
Australia