

TRS-ActiveCare OVARIAN CANCER Signs and Risks

BlueResourceSM – Protecting Your Health – Screening for Ovarian Cancer

What You Need to Know

Ovarian cancer can sneak up on you. Pap tests don't check for ovarian cancer, and often, symptoms don't appear until it's advanced. However, there are things you can do to lower your risk or help detect it early.

Get your annual exam. Half of all ovarian cancer diagnoses are in women 63 and older, but younger women can get it, too. Having regular checkups increases your chances of finding cancer early when it's most treatable.

Know your family history. Tell your doctor if your mother, sister or daughter have had the disease. Your risk is higher if you have a family history.

Consider the pill. Talk with your doctor about birth control pills. They may reduce your risk if used for five or more years.

Look for the warning signs. Talk with your doctor if you have these symptoms: abdominal pain, quickly feeling full when eating, weight loss, pelvic pain, changes in bowel and urinary habits.



Take steps to lower your risks for ovarian cancer.

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