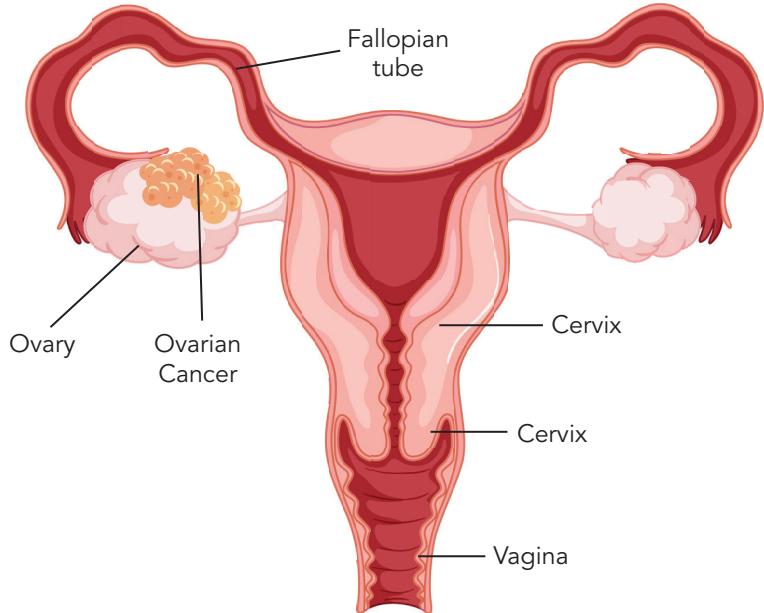


# What is Ovarian Cancer?



## OVERVIEW

Ovarian cancer occurs when abnormal cells in your ovaries or fallopian tubes grow and multiply out of control.

## SYMPTOMS

- Pelvic or abdominal pain, bloating
- Early fullness or loss of appetite
- Abnormal vaginal bleeding or discharge
- Changes in bowel habits (diarrhea or constipation)
- Enlarged abdomen
- Frequent urination

## RISK FACTORS

- Over the age of 60
- Obesity
- Family history of ovarian cancer or inherited gene mutation (BRCA/Lynch syndrome)
- Have never been pregnant or pregnancy occurring at a later age
- Endometriosis (uterine-like tissue growing outside the uterus)

## STATISTICS

- Ovarian cancer is one of the leading causes of cancer deaths in the U.S. among women.
- An estimated 20,890 women will be diagnosed and 12,730 will die from ovarian cancer in the U.S. in 2025.
- The lifetime risk of developing ovarian cancer is about 1 in 91; risk of death is 1 in 143.
- Most diagnoses occur in women aged 63 or older.
- Ovarian cancer rates have gone down about 1-2% each year since 1990, and nearly 2% per year from 2012 to 2021. Death rates have also fallen by 43% since 1976. This may be due to an increased use of oral contraceptives, surgical interventions such as preventive removal of fallopian tubes and better management of women at high risk of ovarian cancer.

Source: American Cancer Society

## What Can You Do?

- Birth control pills may lower your ovarian cancer risk. Discuss the pros and cons with your doctor.
- Share your family history with your doctor to assess risk. You may be referred for genetic testing. High-risk genes such as BRCA could lead to risk-reducing surgery to remove ovaries and fallopian tubes as prevention.



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