

Michigan Cancer Consortium Tool of the Month  
September is National Ovarian Cancer Awareness Month



September 2020

Michigan Cancer Consortium – Tool-of-the-Month  
September is National Ovarian Cancer Awareness Month

Use this toolkit to easily promote awareness and action related to ovarian cancer:

[Sample article](#) for MCC member organization employee newsletters; can also be used as the basis for a press release

[Resources](#) – find both **Provider** and **Patient** resources to share within your organization and community

[Social media](#) – ready-to-use social media to promote awareness and a call-to-action for women and their families

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### **Sample Newsletter Article**

**Intended use:** use this article in your employee newsletters and as the basis for a press release; to promote awareness and a call-to-action for women and their families

#### *Women: Do You Know the Four Symptoms That Occur More Often with Ovarian Cancer?*

### **September is National Ovarian Cancer Awareness Month**

September is National Ovarian Cancer Awareness Month. It provides an opportunity to talk about this dangerous cancer and the fact that symptom awareness may be lifesaving.

#### **Ovarian cancer is not a Silent Killer**

Studies have shown that ovarian cancer is not silent. Rather, the warning signs are subtle. Four symptoms have been proven to occur more often in females with ovarian cancer as compared to those in the general public. If any of these symptoms are new and unusual and occur at least 12 times in one month, the woman should see a doctor – preferably a gynecologist:

- Bloating
- Pelvic and abdominal pain
- Difficulty eating or feeling full quickly
- Urinary Issues including changes in frequency or urgency.

#### **Factors That May Decrease and Increase the Risk of Ovarian Cancer**

Factors which may decrease the risk of ovarian cancer include: oral contraceptive use, removal of fallopian tubes and/or ovaries, and breastfeeding.

Factors which may increase the risk of ovarian cancer:

- Personal or family history of ovarian, breast, uterine, or colorectal cancer. Approximately 20% of ovarian cancer is hereditary. Any female who has been diagnosed with a form of ovarian cancer should be referred to a genetic counselor.
- Increased number of menstrual cycles in a lifetime (never had children, late menopause, etc.)
- Infertility, regardless of whether fertility drugs were used
- Use of Hormone Replacement Therapy
- Increasing Age (Note: ovarian cancer affects all ages and all ethnic groups.)
- Obesity

#### **Why Symptom Awareness is Key**

Due to the lack of an early detection test, only about 20% of ovarian cancer is detected early. In 2020 in the United States, it is estimated there will be 21,750 new cases of ovarian cancer and 13,940 women will die from the disease.<sup>1</sup>

#### **Until There's a Test, Awareness is Best**

Early detection of cancer is vital. Since there is no screening test for ovarian cancer, symptom awareness is key. Know your body and know the symptoms.

<sup>1</sup> [American Cancer Society Facts and Figures 2020.](#)

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## Resources

**Intended use:** promote available ovarian cancer resources to both health care providers and patients. Also be aware of public outreach resources.

### MCC Provider Ovarian Cancer Resources – this page includes:

- Ovarian Cancer Fact Sheet
    - Also see CDC ovarian cancer fact sheet at [http://www.cdc.gov/cancer/ovarian/pdf/ovarian\\_facts.pdf](http://www.cdc.gov/cancer/ovarian/pdf/ovarian_facts.pdf)
  - Provider tools
  - Provider education
  - Websites of interest
  - Other resources
- MCC Provider page URL: <http://www.michigancancer.org/Resources/OvarianPV.html>

### Patient Ovarian Cancer Resources

Education and awareness materials (signs and symptoms, detection, treatment, clinical trials, survivorship recurrence) can be found and these include:

- Ovarian Cancer Consumer Fact Sheet
- Ovarian cancer symptom cards in English/Arabic and English/Spanish
- Gynecologic cancer symptoms diary
- Listing of gynecologic oncologists in Michigan. Gynecologic oncologists are the preferred healthcare provider for women with any reproductive cancer, including cancer of the ovary.
- Websites
- [Michigan Ovarian Cancer Alliance](#) – See MIOCA's website for an up to date list of general, financial, support, and research resources.

MCC Patient page URL: <http://www.michigancancer.org/Resources/OvarianPT.html>

### Public Outreach Resources

- CDC's Inside Knowledge Campaign – get the facts about gynecologic cancers
- MCC Public Outreach page URL: <http://www.michigancancer.org/Resources/OvarianPO.html>

### **Websites:**

- [Michigan Ovarian Cancer Alliance](#) – State wide organization which provides resources and support to survivors, advocates, educates, raises awareness, and funds research. (Partner member of OCRFA) <http://mioca.org>
- American Cancer Society – Learn about Ovarian Cancer <http://www.cancer.org/cancer/ovariancancer/>
- [Ovarian Cancer Research Fund Alliance](#) – Largest global organization dedicated to advancing ovarian cancer research while supporting women and their families. Learn about ovarian cancer: statistics, risk factors, treatment, symptoms/detections, FAQs. <http://www.ovariancancer.org/>

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**Social Media – intended use:** use social media below to create interest and a call-to-action for women and their families

### **Tweets:**

Know your body. Know the [symptoms](#) of #ovariancancer.

Until there's a test, awareness is best. Learn the [symptoms](#) of #ovariancancer.

#Ovariancancer affects all ages and all ethnic groups. [Learn more.](#)

Women without ovaries can still be diagnosed with #ovariancancer. [Learn more](#)

Know the link between #breastcancer and #ovariancancer – [learn more.](#)

### ***These could be used in succession over a few days:***

#Ovariancancer is subtle. Knowing the 4 [symptoms](#) of ovarian cancer might save your life. Symptom #1: Bloating

There are [4 main symptoms](#) of #ovarian cancer. Symptom #1: Bloating

#Ovariancancer is subtle. [Knowing the 4 symptoms of ovarian cancer](#) might save your life. Symptom #2: Pelvic and Abdominal Pain.

#Ovariancancer whispers. Symptom #3: Difficulty Eating or Feeling Full Quickly. [Know the 4 main symptoms.](#)

Early detection of #ovariancancer is vital to survival. [Know the 4 main symptoms.](#) Symptom #4: Urinary Issues – Changes in Frequency or Urgency

### **Facebook Posts:**

Women, [do you know the four symptoms of ovarian cancer?](#) Bloating, pelvic and abdominal pain, difficulty eating or feeling full quickly, and urinary issues (changes in frequency or urgency). Until there's a test, awareness is best – talk with your health care provider.

September is National Ovarian Cancer Awareness Month. With no early detection, only about 20% of cases are diagnosed in the early stages. 90% of women diagnosed with ovarian cancer report symptoms. [Know the symptoms!](#) Until there's a test, awareness is best! Learn more.

Due to a lack of early detection test, only about 20% of ovarian cancer is diagnosed early. [Educate yourself by learning more about the symptoms](#) and risk factors related to this deadly disease.

Ovarian cancer affects females of all ages and all ethnic groups. During National Ovarian Cancer Awareness Month, [educate yourself about this subtle killer and know the symptoms.](#)

Is there a link between breast cancer and ovarian cancer? Do fertility drugs increase your risk of developing ovarian cancer? Is there an association between hormone replacement therapy and ovarian cancer? [Get answers to these questions and more.](#)