

recognise the signs and

**BEAT**

ovarian cancer

**B** is for **Bloating**  
it's persistent and doesn't come and go

**E** is for **Eating**  
difficulty eating and feeling full more quickly

**A** is for **Abdominal**  
and pelvic pain you feel most days

**T** is for **Talking**  
tell your GP

[www.ovacome.org.uk/beat](http://www.ovacome.org.uk/beat)

**Symptoms of ovarian cancer can vary from women to women. For a long time it was thought that there were very few symptoms particularly in the early stages. However it has now been found from studies in the USA that there are some symptoms that may occur even in early ovarian cancer.**

**These may include:**

- **Abdominal or pelvic pain that occurs on a regular – but not necessarily constant basis**
- **Persistent abdominal bloating- abdominal distension – not bloating that comes and goes**
- **Feeling full more quickly and not being able to eat as much as normal.**

Other symptoms may include change in bowel habit, passing urine more frequently, vaginal bleeding, indigestion and unusual fatigue.

It is far more likely that these symptoms will be due to something less serious than ovarian cancer. If they persist, keep a diary of your symptoms for a couple of weeks and then talk to your GP.

**Ovacome is a registered charity established in 1996 with over 5,000 members that provides support and information for women affected by ovarian cancer, their families and friends. It is free to join.**

**To learn more about ovarian cancer or to support the work of Ovacome, please contact us on **0845 371 0554** or visit our website at **[www.ovacome.org.uk/beat](http://www.ovacome.org.uk/beat)****