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## BE OVARY AWARE

This month's BEAT campaign, from Ovacome, the ovarian cancer charity, highlights a list of early symptoms to watch out for. Remember the acronym BEAT: B for bloating that is persistent; E for eating less and feeling fuller; A for abdominal and pelvic pain; and T for telling your GP and talking about your symptoms. For more information, visit [www.ovacome.org.uk](http://www.ovacome.org.uk) or call 0845 371 0554.