

ovacome..

ovarian cancer

recognise the

B.E.A.T.

signs of ovarian cancer



is for **BLOATING**  
that doesn't come and go



is for **EATING** difficulty  
and feeling full more quickly



is for **ABDOMINAL**  
and pelvic pain you feel most days



is for **TOILET** changes  
in urination or bowel habits

**Know your norm.** If you experience any symptoms that are unusual for you or persistent,  **speak to your GP.**

0800 008 7054

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

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

**Cervical screenings  
(smear tests) do not  
detect ovarian cancer.**

Ovacome is a registered charity that provides support and information for anyone affected by ovarian cancer.

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@Ovacome



@Ovacomecharity

Registered Charity Number: 1159682