

Recognise the B.E.A.T. signs of ovarian cancer.

ovacome..
ovarian cancer

B

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

E

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

A

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

T

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

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 screening (smear test)
does not detect ovarian cancer.

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

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Charity number 1159682