

Ovarian cancer affects women from all communities.

It is most common in women between the ages of 50 and 79, but it can occur in anyone born with ovaries, at any age.

You should also be aware that cervical screening (smear) tests do not detect ovarian cancer.

Recognise the signs of 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

Many women do not know these signs and symptoms of ovarian cancer. It is far more likely these symptoms will be due to something less serious, but if they are persistent or you are worried, speak to your doctor or get in touch with Ovacome.

Remember

you are the expert on your body. Your health matters. It's important to see a doctor if you experience symptoms.



Ovacome is the UK's national ovarian cancer support charity. Our aim is to reduce isolation, share information and support anyone affected by the disease.

If you have questions or have been affected by ovarian cancer, please call our support line on 0800 008 7054.

You will find more information and support on our website www.ovacome.org.uk.

We provide a range of services, such as:

- **a 24 hour online forum:** healthunlocked.com/ovacome
- **support groups:** 0800 008 7054
- **booklets with trusted information about ovarian cancer:** www.ovacome.org.uk/information

If English is not your first language, you can call one of our dedicated community language phone lines. You will be greeted by a voicemail and asked to leave a message explaining what support you are looking for.

Arabic: 0121 647 6630

Bengali: 0121 647 6631

Gujarati: 0121 647 6632

Polish: 0121 647 6633

Romanian: 0121 726 4811

Punjabi: 0121 647 6634

Urdu: 0121 647 6635

Mandarin: 0121 647 6639

Cantonese: 0121 647 6638

Hindi: 0121 726 4810

Please note that Ovacome is a UK charity and can only offer advice on the NHS and UK based services.