

BY THE NUMBERS

**63 years +**

Is the age range where about half of women in the U.S. are diagnosed with ovarian cancer.

**1 in 91**

A woman's risk of getting ovarian cancer during her lifetime. Risk varies according to family and medical history.

Source: American Cancer Society

**THE SILENT KILLER?**

Ovarian cancer is referred to as a silent killer due to the difficulty of diagnosing it and misdiagnosing the symptoms for something else. Ovarian cancer develops in the lower abdomen and symptoms are non-specific. In fact, [many of the symptoms are very general](#) and could be signs of food allergies to gastrointestinal issues.

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FOCUS

Ovarian Cancer Awareness

Ovarian cancer is the fifth leading cause of death among women in the United States. It is considered one of the deadliest gynecologic cancers due to late diagnosis and few to no symptoms in the early stages.

This month, we shed light on this disease and offer insights about the difficulty screening for and detecting it.



DETAIL

Let's better understand ovarian cancer

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Ovarian cancer is a growth of cells that form in a female's reproductive system - the ovaries. The term ovarian cancer refers to the [many types of ovarian cancer](#) and is named for the cells where the disease first forms (epithelial ovarian cancer, germ cell ovarian cancer, stromal ovarian cancer, and primary peritoneal ovarian cancer). The majority of ovarian cancers are epithelial, which begin on the surface of the ovary.

Who is at risk?

- Getting older
- Family history of ovarian, hereditary breast and ovarian cancer (HBOC)
- Genetic mutations, such as BRCA1 & BRCA2, breast and/or colorectal cancers
- Lynch Syndrome, known as hereditary non-polyposis colorectal cancer (HNPCC)
- Never having children—the more children you have, the less likely you are to develop ovarian cancer

Symptoms

There is no reliable way to screen for ovarian cancer in women who do not have any symptoms. **Ovarian cancer can develop and spread throughout a woman's abdomen before it causes any symptoms.** Signs and symptoms include abdominal bloating, feeling full even after a light meal, weight loss, back pain, and frequent urination. For a list of symptoms and screening guidelines, visit [American Cancer Society](#).