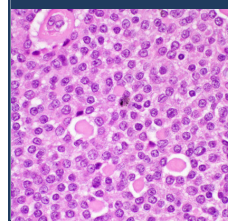


An [ACT]IVATED patient is informed, empowered, and engaged in their care.

- Get information about choosing a gynecologic oncologist or specialized treatment center
- Talk with family and friends about how you feel and how they can help you
- Find out what your insurance covers
- Bring a loved one to appointments to help digest information and to ask questions
- Talk openly with your doctor about your fears or concerns, particularly around sexual health
- Determine if financial assistance is available

Ovarian Cancer Cells



RISK FACTORS FOR OVARIAN CANCER

- Familial history of ovarian or breast cancer with a *BRCA1* or *BRCA2* mutation
 - Approximately 10%-15% are associated with an increased risk of family history
 - It's now recommended that any patient with ovarian cancer receive genetic testing, even if there's no family history
- Women over the age of 60
- Women with Lynch syndrome
- Women who have a personal history of breast cancer
- Women who are on estrogen replacement therapy (without progesterone) for more than five years
- Women who have had endometriosis

STAGES OF OVARIAN CANCER

- **Stage I:** cancer confined to one or both ovaries
- **Stage II:** cancer has spread into the uterus or pelvis
- **Stage III:** cancer has spread to the lymph nodes or upper abdomen
- **Stage IV:** cancer has metastasized into distant organs such as the lungs or liver

SUBTYPES OF OVARIAN CANCER

- **Epithelial ovarian cancer:** most common type of ovarian cancer; develops from cells covering the outer surface of the ovary
 - **Subtypes include:** Serous carcinomas, endometrioid carcinoma, clear cell carcinoma, and mucinous carcinoma
- **Sex cord-stromal tumor:** develop from connective tissue cells that hold the ovary together. Account for less than 5% and are usually found at an early stage and have a good outlook
- **Germ cell tumor:** develop from cells that produce the ova or eggs

OVARIAN CANCER EXPERT TIPS

[ACT]IVATION TIP: "If you are newly diagnosed, ask your doctor whether your cancer is from the ovary, fallopian tube, or a primary peritoneal cancer." - Dr. Ebony Hoskins

[ACT]IVATION TIP: "If you have any abdominal bloating or pain, feel a mass, have difficulty in urination or with bowel movement and you really can't put your hand on what it is and it's been going on for a week or two, pop into the doctor. Don't let it go three months." - Dr. Ebony Hoskins

[ACT]IVATION TIP: "Ask your doctor if your tumor been studied or has there been any sequencing to determine if you are a candidate for targeted therapy." - Dr. Ebony Hoskins

[ACT]IVATION TIP: "Ask your doctor, 'Am I a candidate for a clinical trial? Do you offer a clinical trial or are there clinical trials that would fit my scenario that's local that I could go to? Are there clinical trials that are available of state that you think I will be a good fit for?'" - Dr. Ebony Hoskins

[ACT]IVATION TIP: "Make sure you understand not only your stage of ovarian cancer but also your subtype as that impacts treatment options." - Dr. Ebony Hoskins

OVARIAN CANCER RESOURCES

- [ACCC](#)
- [Triage Cancer](#)
- [Ovar'coming Together](#)
- [Cure Our Ovarian Cancer](#)
- [CancerCare](#)
- [Cancer Support Community](#)
- [Ovarian Cancer Support](#)
- [Ovarian Cancer Research](#)
- [Cancer Grace](#)
- [Foundation for Women's Cancers](#)
- [Our Way Forward](#)
- [Association](#)
- [Family Reach](#)
- [Steps Through OC](#)
- [National Ovarian Cancer Coalition](#)

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