

### What Is Ovarian Cancer?

**Ovarian cancer** develops in the ovaries, which are the organs in the female reproductive system where eggs are produced. This cancer type can also include fallopian tube cancer and primary peritoneal cancer.

### What Is an Empowered Patient?

The World Health Organization defines being an empowered patient as “a process through which people gain greater control over decisions and actions affecting their health.”

### Shared Decision-Making (SDM)

Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

### Self-Advocacy Steps

- **Learn about your specific diagnosis:** Ask your doctor about the type and stage of your ovarian cancer. This information will help to guide your treatment options.
- **Ensure you have had biomarker testing, including genetic testing:** The test results will help you and your care team better understand your diagnosis and may affect therapy choices.
- **Prioritize your mental health:** Managing a cancer diagnosis can be emotionally challenging. Seek support from mental health professionals or support groups to help cope with anxiety and stress.

### Preparing for Discussion With Your Doctor

- **Be prepared:** Write down any questions or concerns you have before your visit.
- **Take notes:** Bring a notebook or something to record details during your appointment.
- **Bring a friend or family member:** Having someone with you can provide emotional support and help you to remember the information shared.
- **Discuss your goals:** Be clear about your treatment needs and any lifestyle concerns you may have. Don't hesitate to speak up during the visit and to ensure all of your questions have been answered.

### Ovarian Cancer Resources

- [American Cancer Society](#)
- [The Foundation for Women's Cancer](#)
- [FORCE -- Facing Our Risk of Cancer Empowered](#)
- [SHARE Cancer Support](#)
- [The Society of Gynecologic Oncology](#)

### About Collaborate Ovarian Cancer

**Collaborate Ovarian Cancer** is brought to you by the Patient Empowerment Network. It is sponsored by GSK and through generous donations from people like you.



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