

HealthMatters

Ovarian Cancer – Go with Your Gut

Ovarian cancer is a disease in which malignant or cancerous cells are found in the ovaries. There are many types of tumors that can start in the ovaries. Some are benign, or non-cancerous, and the patient can be cured by surgically removing one ovary or the part of the ovary containing the tumor. Some are malignant or cancerous. The treatment options and the outcome for the patient depend on the type of ovarian cancer and how far it has spread before it is diagnosed.

Ovarian cancer can come on stealthily, due in part to early symptoms that are easy to dismiss.

They include:

- ▶ Bloating
- ▶ Pelvic or abdominal pain
- ▶ Trouble eating or feeling full quickly
- ▶ The urgent or frequent feeling of needing to urinate

If you don't typically suffer from the symptoms above, or if they're occurring frequently, or lasting an unusually long time, then go with your gut, and consult an oncologist for further examination.

If you are diagnosed with ovarian cancer, depending on the stage, there are three main types of treatment; **Surgery** to remove cancerous growths or confirm a diagnosis; **Chemotherapy** to destroy cancer cells, often used as a follow-up to surgery; and **Radiation**, used to kill cancer cells and shrink tumors.

Without question, ovarian cancer is hard to diagnose, and it's easy to think you may have it. But if you pay attention to your body and are proactive about getting yourself tested, while understanding the limitations of those tests, then you'll have given yourself a fighting chance.

Did You Know?

- ▶ Best Doctors is a free and confidential service
- ▶ Best Doctors was founded by Harvard Medical School Physicians
- ▶ Over 2 million people are covered under Best Doctors
- ▶ There are over 50,000 Expert specialists that work with Best Doctors

If you have
questions call
1-866-904-0910.