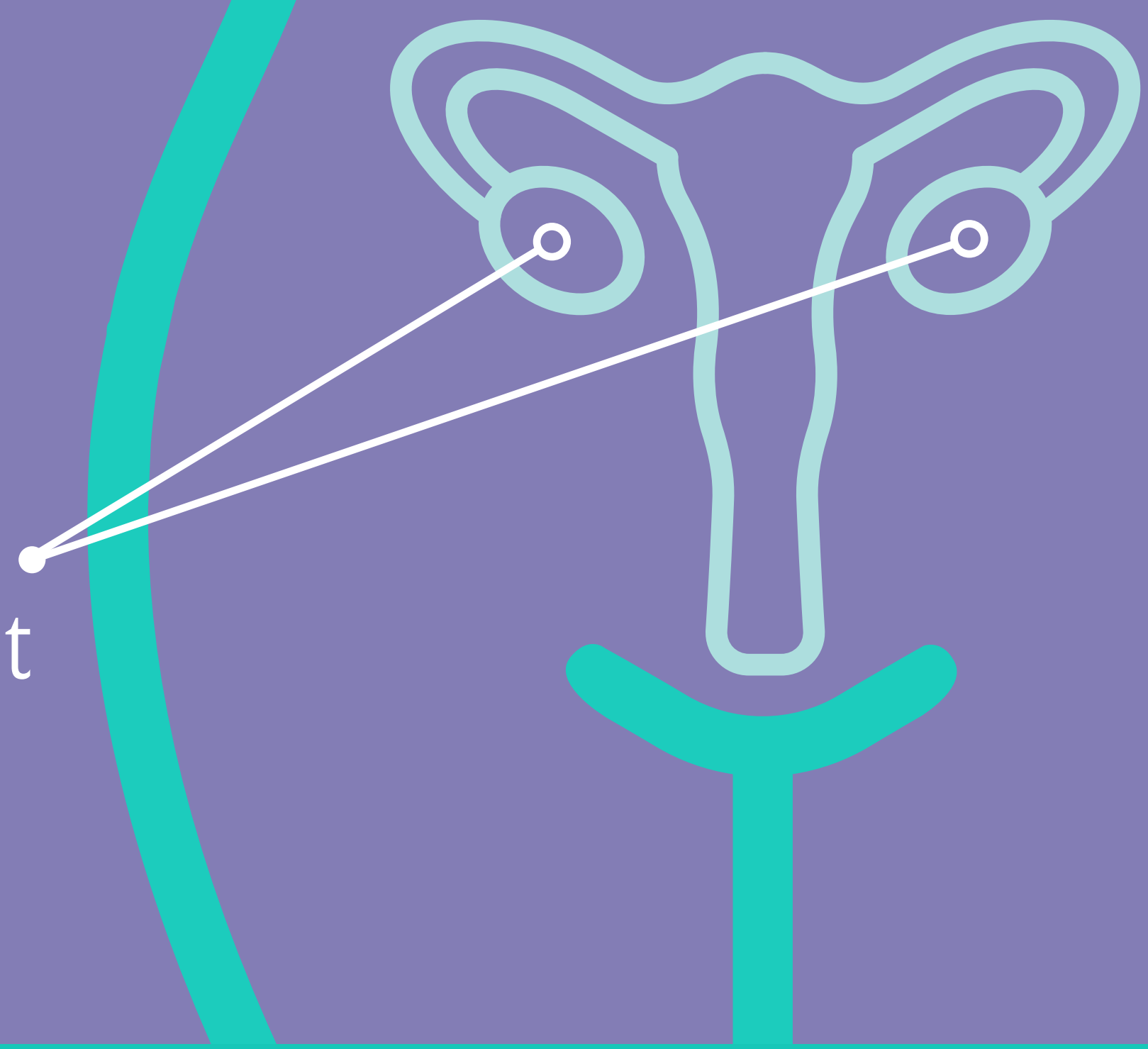


# 5 Things You Should Know About Ovarian Cancer

The ovaries are small glands on both sides of the uterus that produce hormones and eggs.



Ovarian cancer is the **sixth-leading cause** of cancer death in women in the U.S.

**1 in 87** women in the U.S. have a risk of getting ovarian cancer in their lifetime.

About half of women who are diagnosed with ovarian cancer are **63 years or older**.

**1** There are more than 30 types of ovarian cancer, which can be classified into three main types:

**Epithelial tumors:** Form in the cells that cover the surface of the ovary. This is the most common and dangerous form.

**Stromal tumors:** Form in the structural tissue of the ovary and produce hormones. These are rare.

**Germ cell tumors:** Form in the cells that support the development of eggs in the ovary.

**2** Some factors increase your risk:

Family history 

Genetic mutations   
BRCA MUTATION

Age 

Hormone replacement therapy 

Obesity 

Personal history 

**3** While you can't prevent ovarian cancer, hormonal birth control has been shown to reduce your risk.



Pregnancy and breastfeeding may also reduce risk.

Total removal of fallopian tubes and ovaries may be appropriate for some.

**4** Symptoms can be vague and can include:

- Feeling full early
- Pelvic or abdominal pain
- Frequent bloating
- Urinating more often or more urgently

Because symptoms can be associated with other health issues, discuss these with your physician if they persist for two weeks or more.

**5** Research continues to look for better detection and treatment options.

### Hyperthermic intraperitoneal chemotherapy (HIPEC)

Process of delivering chemotherapy directly to the abdomen following tumor removal surgery

### Immunotherapy

Stimulates the immune system to fight the cancer

### Genetic testing

Helps in the development of a personalized treatment plan

#### Sources:

Scientists do not always collect information from participants about gender identity. To avoid misrepresenting the results of this research, we use the same terminology as the study authors.

[nm.org/conditions-and-care-areas/cancer-care/gynecologic-cancer-care/ovarian-cancer](https://nm.org/conditions-and-care-areas/cancer-care/gynecologic-cancer-care/ovarian-cancer)  
[cancer.org/cancer/types/ovarian-cancer/about/key-statistics.html](https://cancer.org/cancer/types/ovarian-cancer/about/key-statistics.html)