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Thank you for joining us today for this presentation to raise awareness of the symptoms of ovarian cancer.

[Introduce yourself]

- The slides for this presentation have been provided by the charity Target Ovarian Cancer, the UK's leading ovarian cancer charity.
- While the Target Ovarian Cancer team weren't able to be here today to give this presentation in person, they are available over the phone and email to answer any questions you might have about ovarian cancer.
- I'll tell you more about that at the end of the presentation.

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To start, we will very briefly cover what ovarian cancer is and how it occurs.

Click the video thumbnail to watch on YouTube
<https://www.youtube.com/watch?v=D5zIJUnRSe4>

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The scale of the problem

- Over 7,400 women are diagnosed with ovarian cancer every year, making it the sixth most common type of cancer in women in the UK.
- 11 women die of ovarian cancer every day in the UK. That's 4,100 every year.
- We know that the earlier ovarian cancer is caught, the easier it is to treat.
- If diagnosed at the earliest stage, before the cancer has spread, 9 in 10 women with it will survive. But currently two thirds are diagnosed late, when the cancer is harder to treat.
- If we could catch more ovarian cancers quicker, we could save many more lives.



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Diagnosing ovarian cancer early

There's no screening programme for ovarian cancer.

It's vital that:

- Everyone knows the symptoms
- Doctors are alert to the symptoms
- You're confident about asking your GP for tests

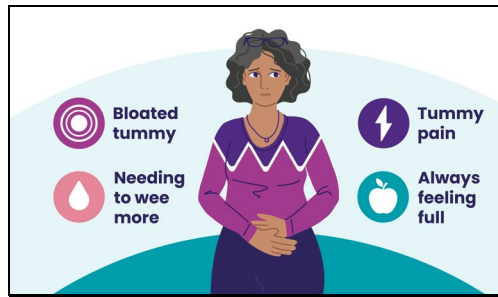


So how can we make sure ovarian cancer is found at the earliest stage?

- Unfortunately there is not a screening programme for ovarian cancer at the moment. Researchers are working on it, but we don't currently have tests that are of a good enough quality for

population level screening to work effectively.

- So for now, to find more ovarian cancers quicker, there are several things we can do, including:
 - making sure everyone knows the symptoms and gets to their doctor as early as possible,
 - making sure GPs are alert to the symptoms,
 - ensuring access to the right tests at the right time, and
 - developing better tests.
- Target Ovarian Cancer is working on all these fronts but today we're going to focus on things you can do as an individual: understanding and sharing the symptoms, and joining us to campaign for change.



So what should individuals look out for?

There are four key symptoms of ovarian cancer. These are:

- **Persistent bloating**
- **Feeling full quickly and/or loss of appetite**
- **Pelvic or abdominal pain** (that's your tummy or below), and
- **Urinary symptoms** (needing to wee more urgently or often than usual)

Occasionally there can be other symptoms:

- Changes in bowel habit (eg diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unexplained weight loss
- Any unusual bleeding before or after the menopause should always be investigated by a GP.

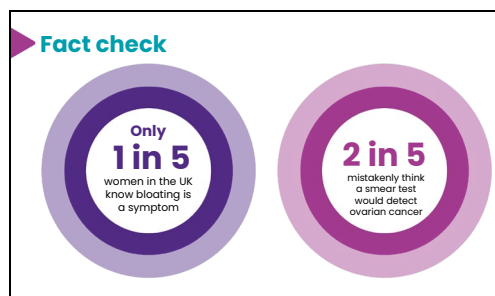
Symptoms will be:

- Frequent – they usually happen more than 12 times a month
- Persistent – they don't go away
- New – they're not normal for you

If you regularly experience any one or more of these symptoms, which aren't normal for you,

it's important that you book an appointment with your GP. It's unlikely that your symptoms are caused by a serious problem, but it's important to get checked out. Take a look at our [top tips for speaking to your GP](#).

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- There are a lot of misconceptions and misunderstandings around ovarian cancer.
- For example, persistent bloating is a key symptom of ovarian cancer but just one in five women in the UK can name bloating as a symptom of ovarian cancer.
- **2 in 5** women (40%) **mistakenly** think that cervical screening (a smear test) would detect ovarian cancer.
- Target Ovarian Cancer think there's a crisis of awareness. That's why one of their key aims is to get out there with the symptoms of ovarian cancer and make sure everyone is aware of them.

What next?

- ✓ Speak to your GP as soon as possible
- ✓ Be specific about your concerns
- ✓ Mention any family history of breast or ovarian cancer



What next?

- If you're concerned, have a chat with your GP.
- GPs are still in action and you will still be able to get an appointment, even if it is on the phone or video in the first instance.
- Be clear with your GP about your concerns. It might be helpful to track your symptoms in advance, but don't use this as an excuse to delay.
- You may have an increased risk of ovarian cancer if two or more close relatives in your family have had a breast or ovarian cancer, so mention this to your doctor if it's relevant.
- The majority of ovarian cancer cases happen in women who are over 50. However if you're younger it's still possible to get ovarian cancer and over 1,000 younger women a year develop ovarian cancer. So it's important that **everyone** is aware of the symptoms.

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- When you go to your GP, if your symptoms are frequent and persistent, to help rule out ovarian cancer your GP should order a **CA125 blood test which** checks the level of a protein called CA125 in your blood, and they may also order an **ultrasound scan** of your tummy and ovaries.
- **Be persistent!** Return to the GP or seek a second opinion within a couple of weeks if your symptoms don't go away. Even if your symptoms aren't caused by ovarian cancer it's important you get to the bottom of things.

Click the video thumbnail to watch on YouTube
<https://www.youtube.com/watch?v=CnwBlmq7pr8>

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For information you can trust
targetovariancancer.org.uk

- treatment
- care
- symptoms
- hereditary ovarian cancer
- diagnosis
- tests

If you have any concerns or would like any information, the Target Ovarian Cancer website covers all aspects of ovarian cancer risk, treatment and care with in-depth information on hereditary ovarian cancer, symptoms, tests, diagnosis, and treatment. All of the information is reviewed by experienced healthcare professionals and members of the public.

Take a look at
targetovariancancer.org.uk


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Support for you

Specialist nurses Rachel, Luisa and Valerie run the free Target Ovarian Cancer support line

Call 020 7923 5475
Email support@targetovariancancer.org.uk
9am to 5pm, Monday to Friday

- ✓ worried about symptoms
- ✓ have a diagnosis of ovarian cancer
- ✓ concerned about your own risk
- ✓ or if you're a family member or a friend supporting someone with ovarian cancer



The Target Ovarian Cancer support line is for anyone affected by ovarian cancer – if you're worried about symptoms, if you're concerned about your own risk of ovarian cancer, or if you're a family member or a friend supporting someone living with ovarian cancer.

The support line is run by Rachel, Luisa and Valerie, they are specialist nurses with lots of experience in cancer care.

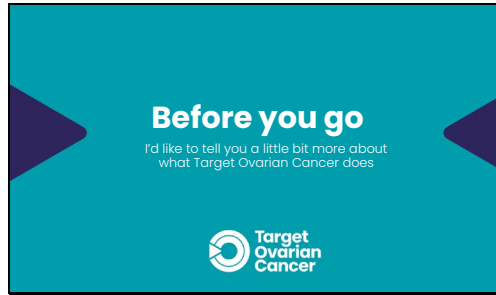
They're open from 9am until 5pm, Monday to Friday.

•Call on 020 7923 5475

Or email on

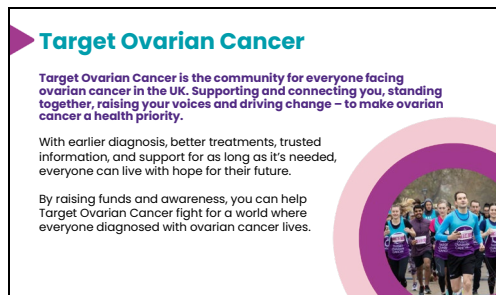
support@targetovariancancer.org.uk

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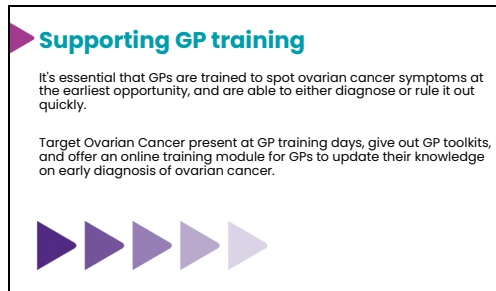


Before we go, I'll just let you know about a couple of key areas that are being worked on.

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- It's essential that GPs are trained to spot ovarian cancer symptoms at the earliest opportunity, and are able to either diagnose or rule it out quickly.
- Target Ovarian Cancer present at GP training days, give out GP toolkits, and offer an online training module for GPs to update their knowledge on early diagnosis of ovarian cancer.

Campaigning for change
In 2023, Target Ovarian Cancer are calling on the government to:

1. Ensure we see faster diagnosis, fairer access to treatment and further, wider support for everyone diagnosed with ovarian cancer
2. Improve and streamline the process to get a diagnosis of ovarian cancer.
3. Start and continue national awareness campaigns to raise awareness of ovarian cancer.
4. Improve access to ovarian cancer drugs so that everyone has the best treatment options, no matter where they live.

You can join Target Ovarian Cancer and campaign for change:
targetovariancancer.org.uk/campaign

By demanding action through their key campaigns, Target Ovarian Cancer also hope to make life better for anyone with ovarian cancer and for those at risk or yet to be diagnosed:

At the moment they're working on four key areas, calling on the government to:

- *Ensure we see faster diagnosis, fairer access to treatment and further, wider support for everyone diagnosed with ovarian cancer.*

- Improve and streamline the process to get a diagnosis of ovarian cancer

- Start and continue national awareness campaigns to raise awareness of ovarian cancer, and

- Improve access to ovarian cancer drugs so that everyone has the best treatment options, no matter where they live.

- The more of us that get involved the louder our voices will be, decision makers must take action to ensure anyone affected by ovarian cancer has the best possible chance of survival.

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If you'd like to support Target Ovarian Cancer, we have lots of ways that you can be involved.

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Spread the word

If you'd like to help spread the word and save lives, here are three important things you can do:

1. **Share** symptoms posts on social media or symptoms leaflets from Target Ovarian Cancer in your community. targetovariancancer.org.uk/raise-awareness
2. **Sign up** to be a Target Ovarian Cancer campaigner. We'll email you updates on our latest campaigns and how you can help. targetovariancancer.org.uk/become-a-campaigner
3. **Join** Target Ovarian Cancer for Ovarian Cancer Awareness Month this March. Find out how you can help fast forward to early diagnosis at targetovariancancer.org.uk/ovarian-cancer-awareness-month

If you'd like to help spread the word and save lives, here are three important things you can do:

1. Share symptoms posts on social media or our symptoms leaflets in your community. <https://targetovariancancer.org.uk/get-involved/raise-awareness>
2. Sign up to be a Target Ovarian Cancer campaigner. We'll email you updates on our latest campaigns and how you can help. <https://targetovariancancer.org.uk/get-involved/campaign/become-campaigner>
3. Join us for Ovarian Cancer Awareness Month in March. Find out what you can do <https://targetovariancancer.org.uk/get-involved/ovarian-cancer-awareness-month>

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Fundraise for Target Ovarian Cancer

Even if you don't have much time or money to spare you can still make a huge difference by:

- fundraising with family, friends or colleagues
- taking part in events and challenges
- signing up for one of our fundraising activities
- arranging a celebration fundraiser online for your birthday, wedding or anniversary
- giving to remember someone special
- leaving a gift in your will

Let the Target Ovarian Cancer fundraising guide inspire you!
targetovariancancer.org.uk/fundraising-guide






There are lots of different ways you can get involved to help those with ovarian cancer and their family and friends. Even if you don't have much time or money to spare you can still make a huge difference.

- With family and friends
- With colleagues
- Talking part in events and challenges
- Signing up for the Ovarian Cancer Walk|Run
- Giving in celebration
- As a way to remember someone special
- Leaving a gift in your will

Take a look at Target Ovarian Cancer's guide to fundraising for more inspiration

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Move. Raise. Shout!
For Ovarian Cancer Awareness Month, March 2023

 MOVE	 RAISE	 SHOUT
Get sponsored to complete active Ovarian Cancer Awareness month challenges – virtually with Step 11 or in person at Run 11 in Hyde Park on 26 March. targetovariancancer.org.uk/step-11 targetovariancancer.org.uk/run-11	You don't need to break a sweat to support Target Ovarian Cancer. With Raise 11 , you can fundraise your way. targetovariancancer.org.uk/raise-11	Symptoms awareness saves lives – and Target Ovarian Cancer need your help to spread the word about the signs of ovarian cancer. targetovariancancer.org.uk/raise-awareness

This Ovarian Cancer Awareness Month, taking place in March, Target Ovarian Cancer are asking everyone to do their bit by moving, raising, and shouting about ovarian cancer. There's lots of ways you can get involved:

Get sponsored to complete active ovarian cancer awareness month challenges – virtually with **Step 11** or in person at **Run 11** in Hyde Park on 26 March.

With Step 11: You can challenge yourself to take 11,000 steps every day in March

With Run 11: You can join Target Ovarian Cancer at Hyde Park on 26 March to run 11k (or 5.5k if you prefer)

With Raise 11: You could bake 11 cakes, cut 11 inches off your hair, get sponsored to stay silent for 11 hours, tag 11 friends and ask them to donate £11 each. You can sign up and get creative with your fundraising – the ideas are endless.

Plus, every pound you raise will help to fast-forward early diagnosis, and stop ovarian cancer devastating lives.

Shout: You can also shout about the symptoms of ovarian cancer. Symptoms awareness saves lives – and Target Ovarian Cancer needs your help to spread the word about the signs of ovarian cancer.

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To end the presentation, I will just mention again that you can contact the Target Ovarian Cancer support line with any questions or concerns.

020 7923 5475

[Thank and close]

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