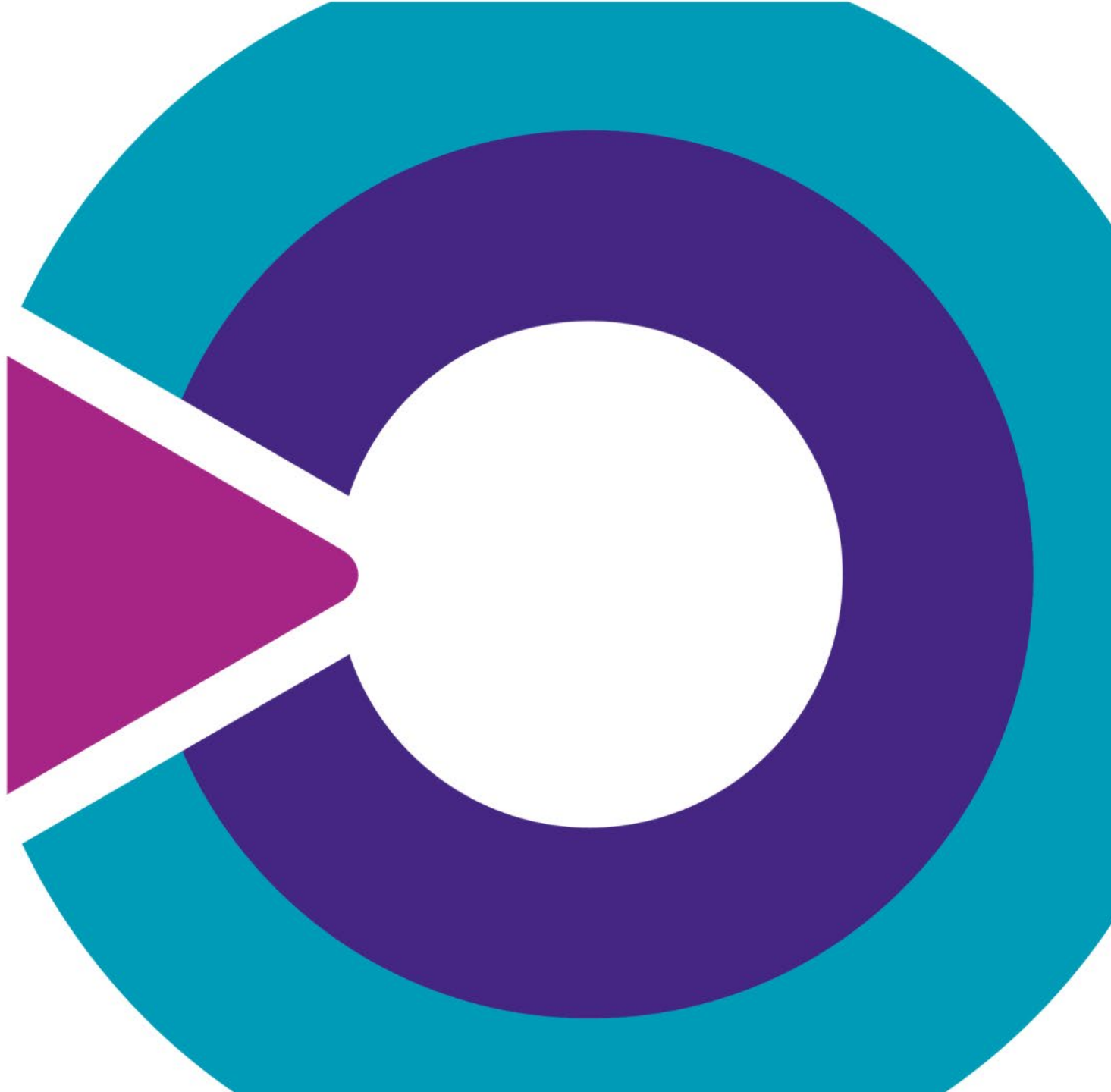


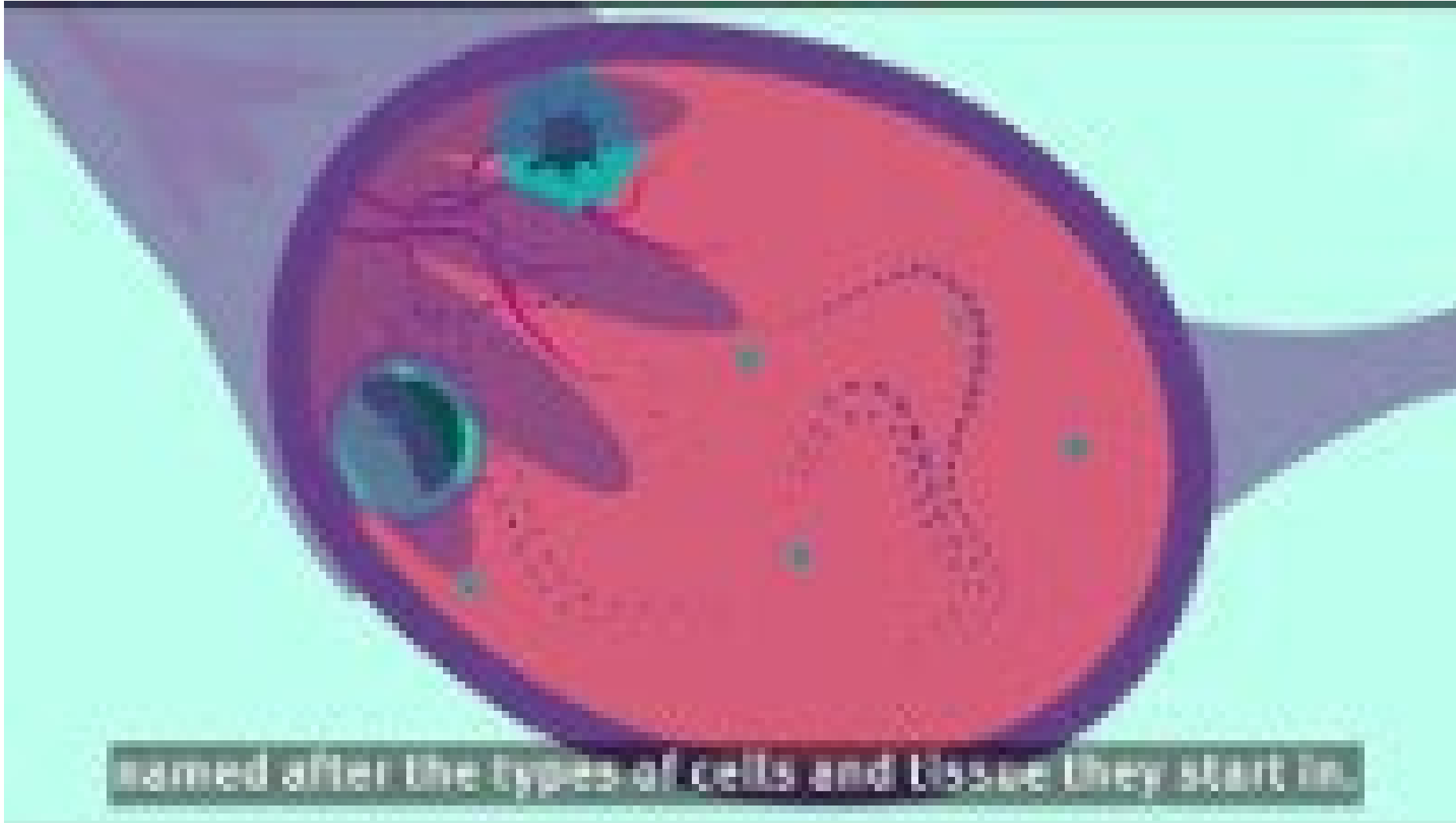


Ovarian cancer awareness

March 2024



What is ovarian cancer?



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.



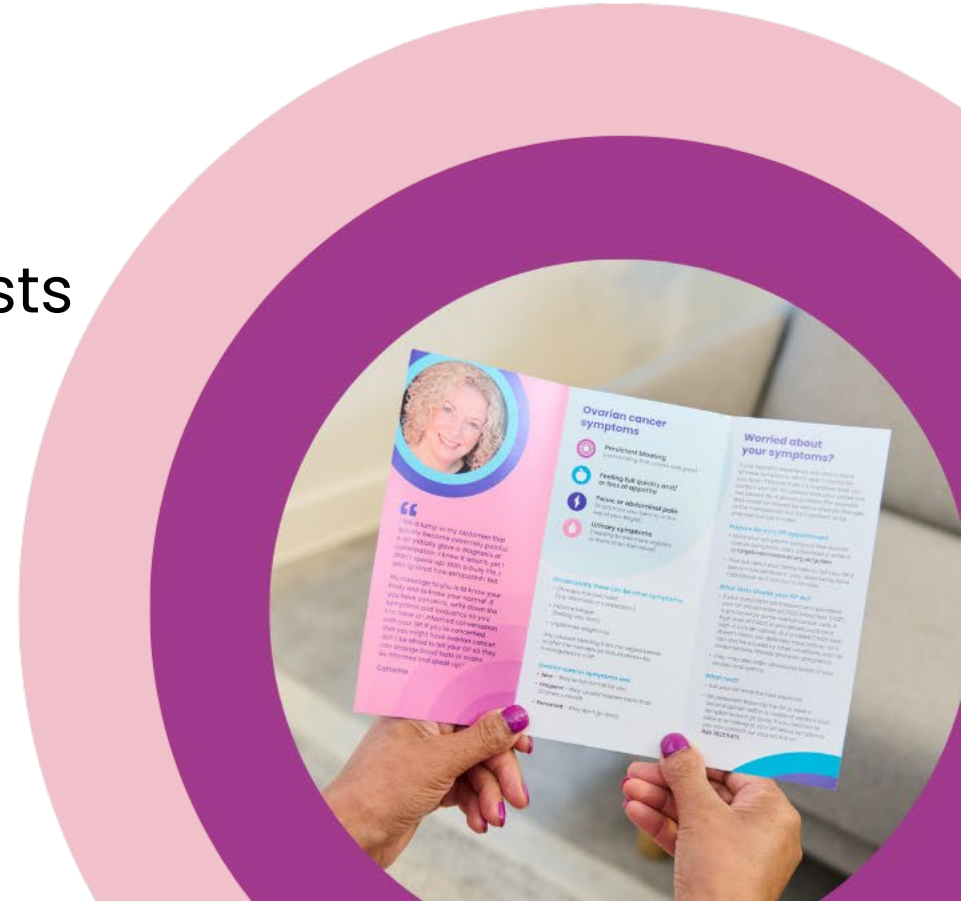
- 11 women** die of ovarian cancer every day in the UK. That's **4,100** every year.
- We know that the earlier ovarian cancer is caught, the easier it is to treat.
- If diagnosed at the earliest stage, before the cancer has spread, **9 in 10 women** with it will survive. But currently **two thirds**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

Diagnosing ovarian cancer early

There's no screening programme for ovarian cancer.

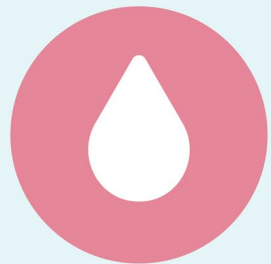
It's vital that:

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

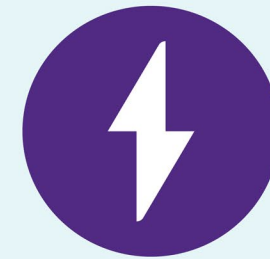




**Bloated
tummy**



**Needing
to wee
more**



**Tummy
pain**



**Always
feeling
full**

Fact check

Only
1 in 5

women in the UK
know bloating is
a symptom

2 in 5

mistakenly think cervical
screening (a smear
test) would detect
ovarian cancer

What next?

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



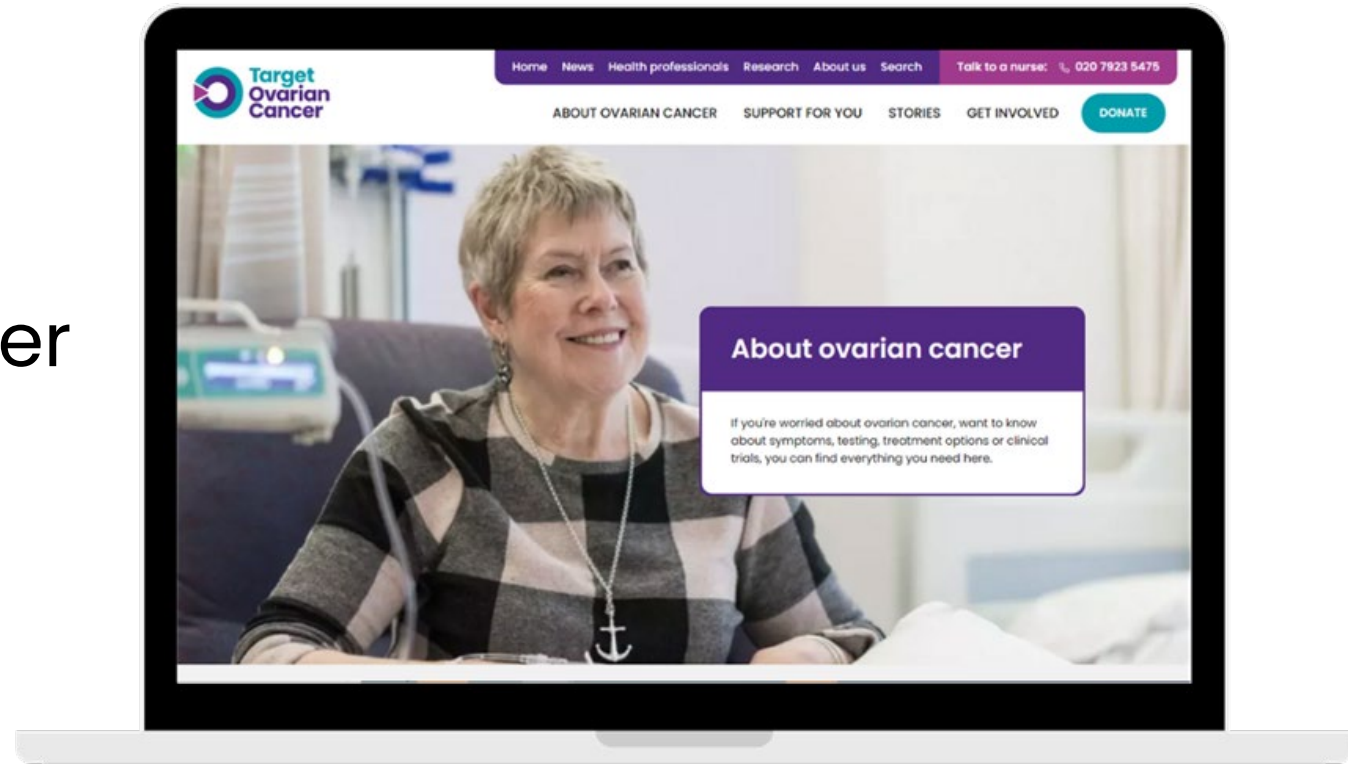
What next?



For information you can trust

targetovariancancer.org.uk

- Symptoms
- Tests and diagnosis
- Treatment and care
- Wellbeing
- Hereditary ovarian cancer



Support for you

Specialist nurses Rachel 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



Before you go

I'd like to tell you a little bit more about
what Target Ovarian Cancer does



Target Ovarian Cancer

Target Ovarian Cancer is the community for everyone facing ovarian cancer in the UK. Supporting and connecting you, standing together, raising your voices and driving change – to make ovarian cancer a health priority.

With earlier diagnosis, better treatments, trusted information, and support for as long as it's needed, everyone can live with hope for their future.

By raising funds and awareness, you can help Target Ovarian Cancer fight for a world where everyone diagnosed with ovarian cancer lives.



Supporting GP training

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 2024, 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 the process to get a diagnosis of ovarian cancer.
3. Fund 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

What you can do





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

Move and raise this March for Ovarian Cancer Awareness Month

Run 11

- Sunday 24 March 2024
- Hyde Park, London
- Run 11k (or 5.5k) to raise funds and awareness
- Receive a free t-shirt and a medal!

Elevenises

- Get together with loved ones at 11am in March.
- Organise a coffee morning, book club, knit and natter, anything you like!
- Receive a free fundraising pack including handmade mug warmers, banner, bunting, collection boxes, sponsorship forms and more...



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





**Targeting life-saving
early diagnosis, treatment
and support**

Stand together. Save lives.

Thank you

Scan here
to visit our website



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