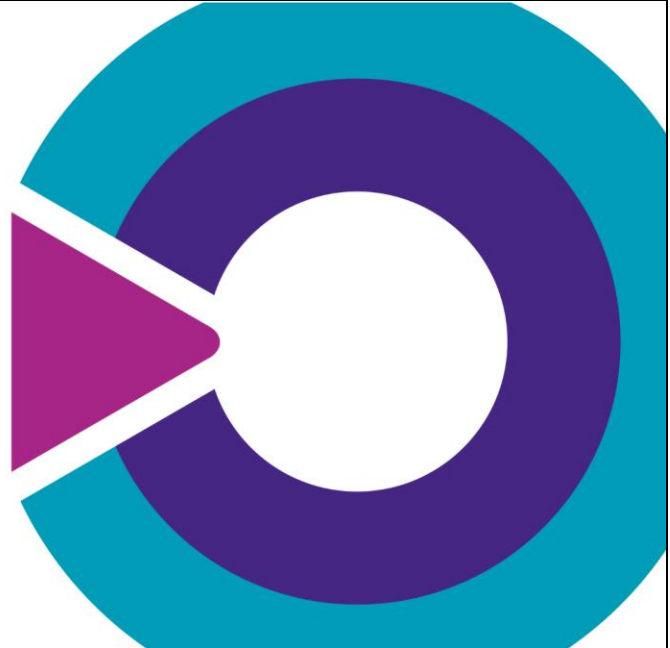




Ovarian cancer awareness

March 2024

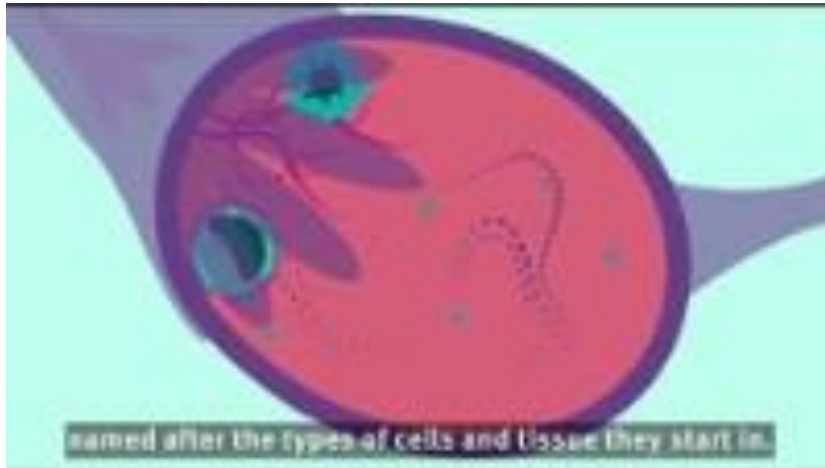


Thank you for joining us today for this presentation to raise awareness of the symptoms of ovarian cancer.

[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.

What is ovarian cancer?



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=D5z1JUnRSe4>

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.

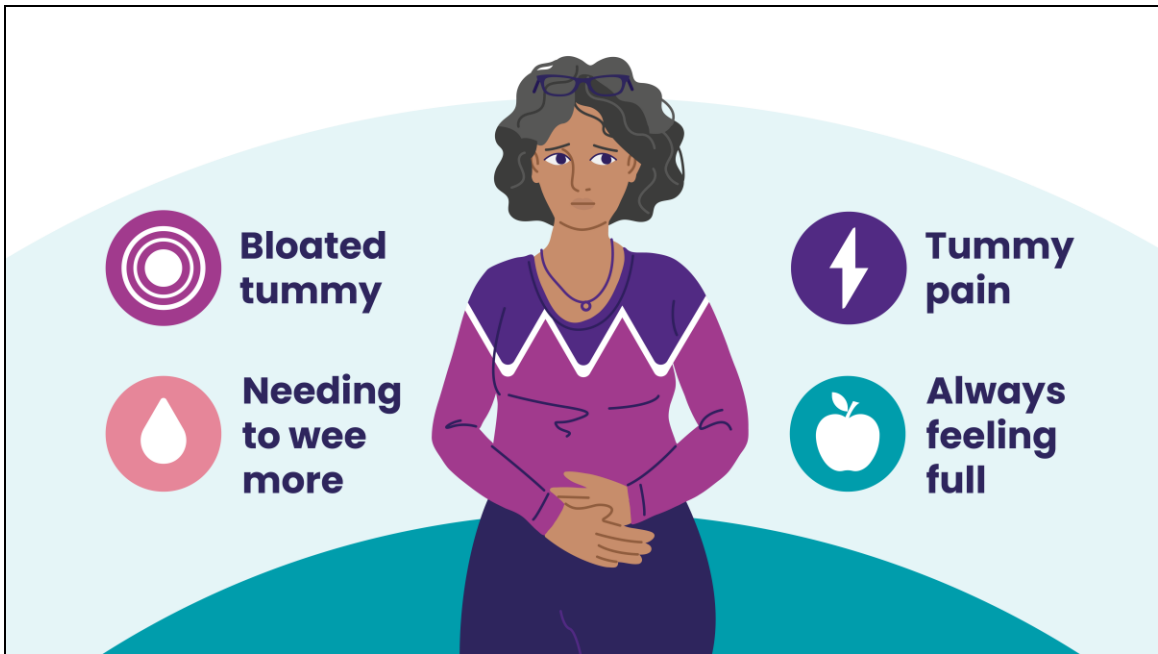
It's vital that:

- 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. Cancer screening is **a test that looks for early signs of cancer in people without symptoms**. 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:
 1. making sure everyone knows the symptoms and gets to their doctor as early as possible,
 2. making sure GPs are alert to the symptoms,
 3. ensuring access to the right tests at the right time to rule out or diagnose ovarian cancer, and
 4. 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](#).

Fact check



- 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 in the UK (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.
- 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.

What next?



- 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>

For information you can trust targetovariancancer.org.uk

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



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

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



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 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

Before you go

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



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

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.



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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

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 the process to get a diagnosis of ovarian cancer
- Fund 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.

What you can do



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



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>

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!

Elevenes

- 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...



We have two fundraising events that you can join in with this March!

For anyone based in or near London, we'd love you to join us at our event Run 11 in Hyde Park on Sunday 24 March. Get loved ones to sponsor you to run 11k (or 5.5k if you prefer the shorter option). Everyone who signs up will receive a free t-shirt, and a medal when they cross the finish line. We have over 200 people signed up so far and we also have a choir to perform during registration plus a fitness warm up so it's going to be a really fun day!

For anyone who isn't a runner or can't join us in person for any reason, we'd love you to take part in Elevenes – we're asking our supporters to come together with their loved ones at 11am any day in March and organise a fundraiser so it could be as simple as a coffee morning or a bake sale, you could organise a quiz or get people to donate to join a book club, it's really flexible! The idea is just to spend some time with loved ones, have some fun and raise some funds and awareness. Everyone who signs up will be sent a free fundraising pack which contains various materials to help you raise funds and awareness and to decorate your event, including two handmade mug warmers which have been very kindly donated to us by the group Knit Your Socks Off.

To find out more about either of these events visit: targetovariancancer.org.uk/OCAM, or reach out to our friendly fundraising team at fundraising@targetovariancancer.org.uk or on 020 7923 5474.

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



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

Stand together. Save lives.

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]

Thank you

Scan here
to visit our website



-  30 Angel Gate, London, EC1V 2PT
-  020 7923 5470
-  info@targetovariancancer.org.uk
-  targetovariancancer.org.uk
-  TargetOvarianCancer
-  TargetOvarian
-  TargetOvarian