

Your downloadable resource

Ovarian Cancer

From Chloe's Clinic episode #14- Ovarian Cancer, A Woman's Journey with guest Monika Tasic and host Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

Support

Cancer Council Australia- Ovarian Cancer **W** www.cancer.org.au **P** 13 11 20
Ovarian Cancer Australia **W** www.ovariancancer.net.au **P** 1300 660 334

Take-away points

- Ovarian cancer is the growth of malignant (cancerous) cells in one or both ovaries. It is often accompanied by the spread of malignant cells to surrounding organs in the abdominal cavity.
- There is actually no early detection test for ovarian cancer, which unfortunately means that diagnosis often happens when the disease has already advanced. Consequently, along with the fact that the symptoms can be 'silent' or mistaken for other benign conditions in women, the 5-year survival rate for Ovarian Cancer is 45%.

Symptoms of Ovarian Cancer can include:

- abdominal or pelvic pain, pressure or discomfort
- Increased abdominal size
- Persistent abdominal bloating
- Excessive fatigue or lethargy
- Needing to urinate often or urgently
- Changed bowel habits
- Feeling full after only eating a small amount
- Appetite loss
- Indigestion
- Unexplained weight loss or gain
- Irregular periods
- Bleeding in-between periods, or post-menopausal bleeding.

For further holistic support visit www.chloecollins.com.au
or contact chloe@chloecollins.com.au