

September is Ovarian Cancer Awareness Month!!!

It is estimated that in 2015, 2,800 Canadian women will be diagnosed with ovarian cancer and 1,750 women will die from ovarian cancer in Canada. Based on past estimates, it is estimated roughly 1 in 71 women will develop ovarian cancer during her lifetime. Ovarian cancer is malignant tumour that starts in the cells of the ovary. Malignant meaning that it can spread to other parts of the body. The best way to find ovarian cancer early is to identify the risk factors, recognize the symptoms and get regular health checkups.

Signs and Symptoms:

- Abnormal vaginal bleeding
- Need to urinate often
- Constipation
- Pain in the legs, lower back or abdomen
- Painful intercourse

Risk Factors for Ovarian Cancer:

- Family history
- Never being pregnant
- Personal history of breast cancer
- Hormone replacement therapy
- Smoking