

## Health Update

### GET YOUR TEAL ON...

#### SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH

Ovarian cancer strikes about 20,000 women in the United States each year. While it's not the most common form of cancer — accounting for only 3% of cancers among women — it is among the most perilous. In fact, ovarian cancer claims more lives than any other cancer of the female reproductive system.

Researchers have not yet discovered a way to prevent ovarian cancer or a simple, reliable screening test. We do know, however, that treatment is most effective when the disease is detected early. Therefore it is vital for women to understand the risks, signs and symptoms of ovarian cancer.

One's chance of developing ovarian cancer increases with age. About 90% of those diagnosed are older than 40 years of age, with a majority of cases occurring after the age of 60. Some additional risk factors include the BRCA1 and BRCA2 gene mutations, a personal or family history of certain cancers, and Eastern European Jewish descent.

What can women do to protect themselves? Stay vigilant! Watch for unusual vaginal bleeding, pelvic or abdominal pain, back pain, bloating, a change in eating or bathroom habits, and other possible symptoms. Above all, each woman should be aware of her own body and contact her doctor if something seems abnormal.



**Join the fight!** To promote Ovarian Cancer Awareness by using the signature program "Paint the Town Teal," a free roll of teal ribbon is available through the NJCEED (Cancer Education Early Detection)

Program:

**NJCEED Monmouth County:** 732-933-3952

**NJCEED Ocean County:** 732-557-3202 (English) 732-557-3207 (Spanish)



### OVARIAN CANCER

TAKE ACTION. NOT CHANCES.

<ol style="list-style-type: none"> <li>1. Know the Signs &amp; Symptoms <ul style="list-style-type: none"> <li>• Bloating</li> <li>• Feeling Full Quickly</li> <li>• Abdominal or Pelvic Pain</li> </ul> </li> <li>2. Know Your Family History</li> <li>3. Talk to Your Doctor</li> </ol>	<ul style="list-style-type: none"> <li>• 1 in 75 women will develop ovarian cancer</li> <li>• #1 cause of gynecologic cancer deaths</li> <li>• PAP does NOT test for ovarian cancer</li> </ul>
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TEXT: NOCC TO 51555  
OVARIAN.ORG/EARLIERAWARENESS  
#TakeActionNotChances

