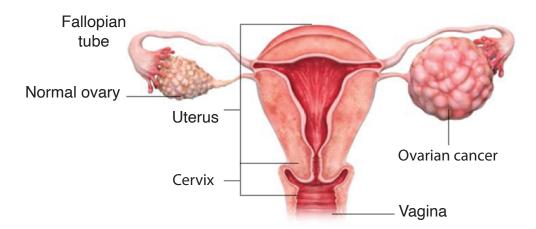




Ovarian Cancer

The ovaries are two glands of the female reproductive system that are located on each side of the uterus. Their function is the production of ovules and hormones such as estrogen and progesterone, for reproduction. Ovarian cancer is a type of cancer that originates after irregular and uncontrolled growth in the cells of the ovaries or nearby structures, such as the fallopian tubes.



It is difficult to detect early-stage ovarian cancer.

Tests such as: routine physical exam, pelvic exam, laboratory tests, ultrasound, or biopsy, will be key to diagnosis and prevention. Most women who have it does not show any noticeable symptoms until the disease is very advanced. At this late stage, it is more difficult to treat.

SYMPTOMS

Pelvic pain or pressure

Abdominal or back pain

Abnormal vaginal bleeding or discharge

Abdominal swelling or inflammation

Weight loss

Feeling full quickly or difficulty eating

A frequent need to urinate

Changes in bowel habits, such as constipation



TREATMENT

It consists of one or a combination of any of the following therapies:

Chemotherapy

Radiotherapy

hormones

Surgery

Symptom relief

PREVENTION

Although the specific cause for the development of ovarian cancer is unknown, avoiding risk factors and increasing protective factors can help prevent this type of cancer.

Protective factors

Oral contraceptives Gynecological surgeries Pregnancy and breastfeeding Nutrition and good health habits

Age over 40 years Family history of ovarian, breast, or colorectal cancer Having children after age 35 or not having children Hormone replacement therapy Overweight or obesity **Endometriosis**

Risk factors

For guidance and help, call the helpline **Beneficiary Service** Plan de Salud Menonita 1-866-600-4753 **1-844-726-3345 TTY** (hearing impaired) This call is free of charge.

www.MenonitaVital.com





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References:

https://www.mayoclinic.org/es-es/diseases-conditions/ovarian-cancer/symptoms-causes/syc-20375941 https://www.elsevier.com/es-es/connect/medicina/cancer-de-ovario-que-es-y-como-podemos-prevenirlo