

What is it?

Ovarian cancer is cancer that begins in the ovaries. In people with this type of cancer, cells that are not normal grow in the ovaries. These cells form a tumour, which is a mass of tissue. Tumours can grow and spread through the body.

Ovarian cancer is more common in women who have gone through menopause. People who have a family member who has had this type of cancer are more likely to get it. Those with the HNPCC or BRCA gene mutations also have a higher risk.

Surgery is the main form of treatment and aims to remove the cancer cells. Treatment can help improve your health and lifestyle.

What will my GP do now?

Your GP may help you to learn more about your cancer. They may also ask you about your symptoms (See 'Common symptoms'). Your GP may refer you to a specialist for more tests and treatment. Treatment depends on the stage of the cancer, its size and if it has spread.

If you need treatment, you will be managed by a healthcare team. Your GP will play a key role in your care and health check-ups.

Your GP may also help you find supports if you are feeling scared or anxious.

Common symptoms

Bloating
Pain
Not feeling hungry
Not wanting to eat
Feeling full quickly
Weeing often

What will my GP do in the future?

Your GP may check in with you often to see how you're going. They may stay up to date with your progress and help manage your future care plan. After your treatment program, your GP may contact you to keep an eye on your symptoms and make sure you are feeling better.

What can I do?

There are no steps that can prevent ovarian cancer. But living a healthy life helps you to reduce your risk factors. Be sure to:

- Eat a healthy diet
- Keep your blood pressure within the normal range
- Limit drinking and quit smoking
- Maintain a healthy weight
- Get eight hours of sleep each night
- Reduce stress
- Have check-ups with your GP

Talk to your GP about how often you should have check-ups after your treatment. Ask your GP what you should do if you have side effects or are feeling worse.

What questions could I ask my doctor?

- 
- How do I know if my ovarian cancer spread?
 - Do I have to have both of my ovaries removed?
 - What are my treatment options?

- Will I need any surgery?
 - How often should I see you for a follow-up?
 - Where can I learn more about ovarian cancer?
- 

Ovarian Cancer

What supports are available?

If your GP refers you to an oncologist you can visit one of these local cancer centres. The staff teams at these centres provide caring and best support during your treatment.

- **Liverpool Hospital Cancer Services:** Phone **8738 5211**
- **Campbelltown Hospital Cancer Services:** Phone **4634 3000**
- **Bankstown Lidcombe Hospital Cancer Services:** Phone **9722 8606**
- **Bowral and District Hospital Medical Oncology Clinic:** Phone **4861 0200**
- **Southern Highlands Private Hospital Cancer and Day Infusion Centre:** Phone **4862 9470**
- **Macarthur Cancer Therapy Centre:** Phone **4634 4300**

Private specialists are also an option. Ask your GP to refer you.

Where can I learn more?

- **Cancer Australia** – Gynaecological Cancers: canceraustralia.gov.au
- **Ovarian Cancer Australia:** ovariancancer.net.au
- **Health Translations** – Early detection of ovarian cancer: healthtranslations.vic.gov.au
- **The Royal Women's Hospital** – Ovarian cancer factsheet: thewomens.org.au
- **Womenshealth.gov** – Ovarian Cysts factsheet: womenshealth.gov

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

phn
SOUTH WESTERN
SYDNEY

An Australian Government Initiative