



## Ovarian Cancer - Reduce your risk

### Gene testing

Having a close relative diagnosed with ovarian cancer (or breast cancer) might increase your personal risk especially if they were diagnosed before 50. It might be that they possess a faulty gene and it is advised that you be tested for this gene too.

### Ovulation increases risk

Because the risk of ovarian cancer developing increases every time a woman ovulates, reducing the number of times ovulation occurs can slightly reduce the risk of developing the condition.

### Healthy lifestyle

Regular physical activity, eating a healthy balanced, low fat diet and avoiding smoking can all reduce your risk of developing ovarian cancer.

### Be mindful of symptoms

Symptoms related to Ovarian Cancer include bloating, loss of appetite or feeling full quickly, pain in the pelvis or abdominal region, and an urge to urinate urgently or frequently.

### Regular screening if high risk

If you have a strong family history of ovarian cancer, ask your GP about screening.