

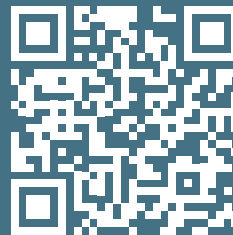
Talk to your healthcare provider about regular cancer screening and find out when you should be screened for specific cancers.

If you don't have a primary healthcare provider, you can register for Health Care Connect by calling:

1-800-445-1822

For more information about ovarian cancer diagnosis, symptoms, awareness, risks, and prevention, scan the QR code below or visit this link:

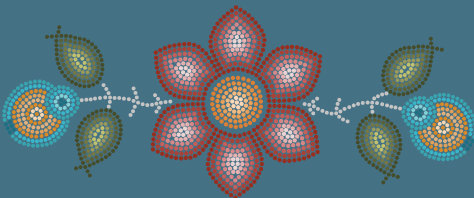
bit.ly/MNOOvarianCancer



Need a ride to get you to your cancer screening appointment? Reach out to OneMNO at:

ContactUs@metisnation.org or
1-800-263-4889 Ext. 7

to be connected to your local Community Support Services Coordinator.



OVARIAN CANCER

Ovarian cancer begins in the cells of the ovaries, which are oval-shaped organs located on either side of the uterus. Among major gynecological cancers, ovarian cancer has the highest mortality rate and the lowest survival rate.

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AWARENESS

Ovarian cancer starts in the cells of the ovary, which is part of the female reproductive system. The ovaries are a pair of oval-shaped organs on either side of the uterus. Of all the major gynecological cancers, ovarian cancer causes the most deaths and has the lowest survival rate.

SYMPTOMS

Ovarian cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear as the tumour grows and causes changes in the body. Other health conditions can cause the same symptoms as ovarian cancer. The signs or symptoms of ovarian cancer include:

- bleeding from the vagina that is abnormal (such as heavy or irregular bleeding, bleeding between periods), especially after menopause

- frequent discharge from the vagina that is clear, white or coloured with blood
- a lump that can be felt in the pelvis or abdomen
- bladder problems, such as the need to urinate often and the urgent need to urinate

RISKS

Examples of factors that may put you at a higher risk for ovarian cancer include: having a family history of ovarian cancer, for example, a first-degree or “blood” relative such as a mother, sister or daughter who has been diagnosed with ovarian or breast cancer, especially if they were diagnosed at an early age, and having several family members (first and/or second-degree) who have been diagnosed with ovarian or breast cancer.

PREVENTION

There are several things you can do to lower your risk of ovarian cancer:

- Be smoke free
- Maintain a healthy body weight
- Avoid asbestos exposure
- Check if you are high risk

SCREENING

There is no effective screening test for ovarian cancer, however, there are methods used to diagnose this cancer.

Diagnosing ovarian cancer usually begins with a visit to your family doctor. Your doctor will ask you about any symptoms you have and do a physical exam. Other methods to diagnose include:

- Pelvic or transvaginal ultrasounds
- A computed tomography (CT) scan
- Magnetic resonance imaging (MRI)
- Blood tests