Ovarian Cancer Risk Factors

- Increasing age: Nearly 90% of women diagnosed are 45 years of age or over.
- A personal history of ovarian, breast or colon cancer.
- A family history of ovarian, breast or colon cancer (on father’s or mother’s side of family).
- Never been pregnant or given birth.
- A long menstrual history (first period before age 12 and/or menopause after age 50).
- Having a BRCA 1 or BRCA 2 gene mutation.

Reducing Your Risk

- Using oral contraceptives (birth control pills)
- Pregnancy and breast feeding
- Oophorectomy (removal of the ovaries)
- Hysterectomy (removal of the uterus)
- Tubal ligation (fallopian tubes tied)

Be informed, trust yourself, be as persistent as your symptoms!

- Don’t ignore symptoms.
- A vaginal/rectal pelvic exam should be part of your annual GYN exam.

If ovarian cancer is suspected, consult a gynecologic oncologist (a doctor who specializes in women’s cancers). To find one in your area call 1-800-444-4441.

(Sources: National Cancer Institute, American Cancer Society, Ovarian Cancer National Alliance)