



Ovarian cancer: awareness saves lives

Dr Jemma Shafier, is sharing key signs to look out for and simple steps that can help people seek support sooner.



Around 7,500 women are diagnosed with ovarian cancer in the UK each year. Sadly, only around 3 in 10 will live beyond 10 years after diagnosis.

The most effective way to improve survival is earlier detection – which is why knowing the symptoms really matters.

Ovarian cancer can be difficult to spot because the symptoms are often vague and easily mistaken for more common conditions.

It is more common in women over 50 and in those with a family history of ovarian or breast cancer.

If you experience any of the following persistently, particularly more than 12 times a month, it is important to speak to your GP for an urgent assessment:

- **Persistent bloating**
- **Feeling full quickly or loss of appetite**
- **Pelvic or abdominal pain**
- **Needing to pass urine more often or more urgently**

These symptoms are not usually cancer, but if they are new, persistent, and unusual for you, they should never be ignored.

Early action can save lives.