

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.

THE FACTS

7,500

women are diagnosed with ovarian cancer in the UK each year

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.

WHY IT'S OFTEN MISSED

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.

KNOW THE SIGNS

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.