

# Ovarian Cancer Awareness Month

March 2022

March is Ovarian Cancer Awareness month where the campaign is designed to highlight the importance of an early diagnosis and recognising the symptoms of ovarian cancer as unfortunately, two thirds of people are diagnosed too late when the cancer has already spread.

Diagnosed early, ovarian cancer is easy to treat, yet too many people do not know the symptoms

## What you need to know

- Ovarian cancer is the UK's deadliest gynaecological disease, claiming the life of woman in the UK every two hours
- Ovarian cancer kills more women in the UK than womb, cervical, vulval and vaginal cancers combined
- Ovarian cancer can affect women of all ages
- 1 in 4 women mistakenly think their smear test will detect the disease
- Symptoms are often mistaken for less serious conditions like IBS
- Only 1 in 5 women know that bloating is a symptom of ovarian cancer
- Only 1 in 100 women know that needing to wee more often is a symptom

## Four Main Symptoms of Ovarian Cancer

**Frequent Weeing:** Something as ordinary as nipping for a wee a few times could be a sign of ovarian cancer. If you're going to loo more often than usual, go to your GP to rule out anything serious.

**Difficulty Eating:** When you're not even peckish for your favourite dish it's odd to think it could be ovarian cancer. So, if you're consistently struggling to eat, see your GP to rule out anything more serious.

**Bloating:** If you're experiencing persistent bloating, make sure to see your GP to rule out ovarian cancer.

**Persistent Stomach Pain:** Everyday symptoms can be something more serious, so if you're experiencing persistent stomach pain, see your GP as soon as possible.

## Cancer Support

### West Lothian MacMillan Cancer Support

West Lothian Council works in partnership with MacMillan Cancer Support to provide advice, guidance and support to people in Edinburgh and the Lothians who have been affected by cancer. They have recently launched their Improving the Cancer Journey service and can provide help and support with:

- money or housing worries
- work
- caring responsibilities
- physical concerns
- emotional concerns
- other types of support

The service is available to anyone aged 16+ affected by cancer. This may be the individual with the diagnosis, or a family member or carer. Improving the Cancer Journey service is a listening and signposting service, aiming to offer anyone affected by cancer the opportunity to consider the wider impact of a diagnosis, with a focus on non-medical concerns.

If you feel you would benefit from some support or what further information on how they can help, get in touch by telephone on **07977 307 286** or **07929 784 315** or by email **loth.icj@nhslothian.scot.nhs.uk**

**Employee Assistance Programme (Help EAP)** provide council staff with a confidential freephone helpline, manned by trained professionals. This service is available 24/7 and can be accessed by dialling 0800 028 5148. All calls are confidential and can help staff dealing affected by cancer.