What affects your risk?

Age
As a woman gets older, her risk of developing ovarian cancer increases. Most cases are in women over 50.

HRT
Using hormone replacement therapy (HRT), particularly oestrogen-only HRT, can increase a woman’s risk of ovarian cancer. The longer women take HRT, the more the risk increases.

Family history
Women with a family history of ovarian or breast cancer may have an increased risk of ovarian cancer.

What reduces your risk?

Keeping a healthy weight
Being very overweight (obese) may increase the risk of ovarian cancer. So keeping a healthy weight may help to lower the chances of developing the disease.

Being a non-smoker
Women who smoke are at higher risk of developing ovarian cancer. If you smoke, quitting can help cut your risk of ovarian cancer and other diseases.

Having children
The more children a woman has, the lower her risk of ovarian cancer.

The Pill
Oral contraceptives significantly reduce the chance of developing ovarian cancer, both while you are taking them and long after you stop. Taking the Pill slightly increases the risk of breast cancer, but only while you’re still taking it.

Breastfeeding
Women who breastfeed their children have a lower risk of ovarian cancer.

Further information
For more about the signs and symptoms of cancer visit spotcancerearly.com
For more about cancer visit our patient information website cruk.org/cancer-help
If you want to talk in confidence about cancer, call our information nurses on freephone 0808 800 4040.

Our health messages are based on scientific evidence. Find out more at cruk.org/health
All our leaflets are thoroughly researched and based on the most up-to-date scientific evidence. They are reviewed by independent experts and updated regularly. You can order our full range of leaflets free online at cruk.org/leaflets

About Cancer Research UK
CRUK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we’re all here to save more lives and prevent, control and cure all cancers. If you would like to support our work, please call 0300 123 1861 or visit our website cruk.org
How common is it?
Around one woman in every 50 will develop ovarian cancer over her lifetime. It mainly affects older women – more than four out of five cases are in women over 50.

The ovaries
The ovaries are part of the female reproductive system. There is one located on each side of a woman's lower tummy. Each is about the size and shape of an almond.

Thousands of eggs are stored inside the ovaries. Each month an egg is released for a possible pregnancy.

The ovaries also produce hormones which control monthly menstrual cycles.

What is ovarian cancer?
The ovaries are made up of millions of cells. Some of these cells make hormones, some surround the eggs as they develop, and others make up the outside layer of the ovary.

Cancer develops when any one of these cells starts to multiply out of control, forming a tumour. Most ovarian cancers start in cells in the outside layer of the ovary.

Why is early detection important?
More women are surviving ovarian cancer. Finding cancer at an early stage gives a better chance of being treated successfully. More than nine in 10 women survive ovarian cancer for at least five years if it is detected at an early stage.

Too many women are diagnosed at the later stages. It is important for women to know the symptoms so that they can get them checked out as early as possible.

Early diagnosis can save lives.

Ovarian cancer facts
Ovarian cancer is the fifth most common cancer in women in the UK, and mainly affects older women.

When ovarian cancer is found early, it is easier to treat and there is a better chance of survival.

What are the symptoms of ovarian cancer?
Experts agree that the following symptoms are common in women with ovarian cancer:

- persistent pelvic and tummy pain
- increased tummy size or bloating that doesn't go away
- difficulty eating or feeling full quickly.

Lots of women experience symptoms similar to these and usually they are nothing serious. But you should see your doctor if you regularly have any of these symptoms, which are not normal for you, and they happen on most days.

Other symptoms to look out for are passing urine more often than usual, changes in bowel habit, bleeding after the menopause, extreme tiredness or back pain. The most important thing is to be aware of what is normal for you so you can spot any new changes, and get them checked out early.

If you have any of the symptoms mentioned in this leaflet, they happen again and again, and they are new for you, it is best to see your doctor.

If you have already been to your doctor and the symptoms have got worse or have not gone away, it is important to go back again and get checked out.