

CIMS OVARIAN CANCER

Imaging tests, such as ultrasound or CT scans, of your abdomen and pelvis. These tests can help determine the size, shape and structure of your ovaries.

- **Blood test**, which can detect a protein (CA 125) found on the surface of ovarian cancer cells.
- **Surgery** to remove a tissue sample and abdominal fluid to confirm a diagnosis of ovarian cancer. Minimally invasive or robotic surgery may be an option. If cancer is discovered, the surgeon may immediately begin surgery to remove as much of the cancer as possible.

• Treatment Options

1. Surgery and Chemotherapy are must and mandatory treatment line for ovarian cancer.
2. The treatment depends on the stage of the disease, the histologic cell type, and the patient's age and overall condition.
3. By routine investigation and clinical examination it will be decided whether to go for surgery or chemotherapy.

Stage I and Stage II (Early Stage)

These women will require surgery like a total abdominal hysterectomy, removal of ovaries and fallopian tubes, omentectomy, lymphadenopathy and biopsy of other tissues in the pelvis and abdomen. Young women whose disease is confined to one ovary are often treated by a unilateral salpingo-oophorectomy (removal of the affected ovary and fallopian tube) without a hysterectomy and removal of the opposite ovary can be performed. After the Surgery, chemotherapy is a must.

Stage III and Stage IV

In such cases, it is a wide spread disease involving the abdomen, hence it is not possible to do the surgery. Chemotherapy is given followed by Surgery.

Four Simple Steps to reduce the risk:-

1. Know your personal and family history and other factors that can increase your risk.
2. Know the symptoms that might be a sign of ovarian cancer (not relieved by local treatment).
3. Have a gynecological examination every year and talk to your doctor about your ovarian cancer risk, and if you should participate in ovarian cancer prevention strategies.
4. Talk to your doctor immediately if you experience any of the ovarian cancer symptoms described in this brochure on a daily basis for 2-3 weeks.



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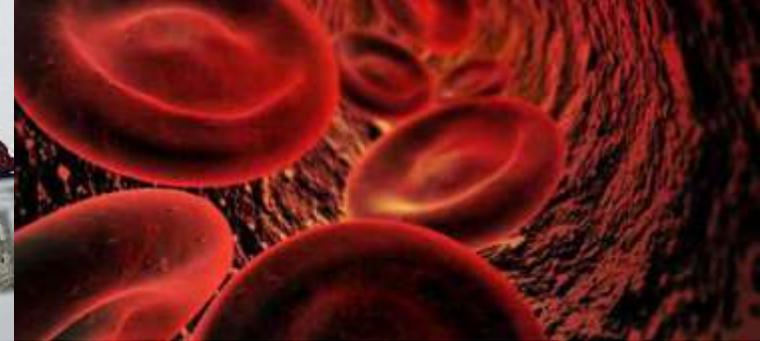
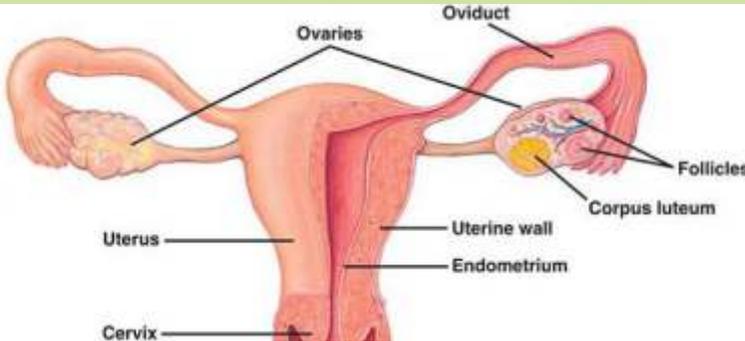
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What Is Ovarian Cancer?

Ovarian cancer is a type of cancer that begins in the ovaries. Women have two ovaries, one on each side of the uterus. The ovaries — each about the size of an almond — produce eggs (ova) as well as the hormones - estrogen and progesterone.

Symptoms

Early-stage ovarian cancer rarely causes any symptoms. Advanced-stage ovarian cancer may cause few and nonspecific symptoms that are often mistaken for more common benign conditions, such as constipation or irritable bowel.

Signs and symptoms of ovarian cancer may include:

- Abdominal bloating or swelling
- Quickly feeling full when eating
- Weight loss
- Discomfort in the pelvis area
- Changes in bowel habits, such as constipation
- A frequent need to urinate

Causes

It's not clear what causes ovarian cancer. In general, cancer begins when a genetic mutation turns normal cells into abnormal cancer cells. Cancer cells quickly multiply, forming a mass (tumor). They can invade nearby tissues and break off from an initial tumor to spread elsewhere in the body (metastasize).

Listen to your Body

Occasionally experiencing any of the above symptoms does not always mean that women has ovarian cancer. But if the symptoms are not relieved by treatment and are persistent over a period of 1 month, proper investigations should be carried out after talking with your doctor.

Several other symptoms have also been commonly reported by women with ovarian cancer, including fatigue, indigestion, and back pain, pain with intercourse, constipation and menstrual irregularities. However, these other symptoms are also found just as often in women in general and therefore experiencing them alone is not as useful in identifying ovarian cancer.

Risk factors

Certain factors may increase your risk of ovarian cancer:

- **Age** Ovarian cancer can occur at any age but is most common in women ages 50 to 60 years.
- **Inherited gene mutation** A small percentage of ovarian cancers are caused by an inherited gene mutation. The genes known to increase the risk of ovarian cancer are called breast cancer gene 1 (BRCA1) and breast cancer gene 2 (BRCA2). These genes were originally identified in families with multiple cases of breast cancer, which is how they got their names, but women with these mutations also have a significantly increased risk of ovarian cancer.

- **Estrogen hormone replacement therapy**, especially with long-term use and in large doses.
- **Age when menstruation started and ended** If you began menstruating before age 12 or underwent menopause after age 52, or both, your risk of ovarian cancer may be higher.
- **Never being pregnant**
- **Fertility treatment**
- **Smoking**
- **Use of an intrauterine device**
- **Polycystic ovary syndrome**

If you have a genetic predisposition to ovarian cancer, your doctor may recommend regular pelvic imaging and blood tests to screen for the disease.

Diagnosis:

Your doctor is likely to start with a pelvic examination:

- The outer part of your genitals is carefully inspected.
- The doctor then inserts two gloved fingers into the vagina and simultaneously presses a hand on your abdomen to feel your uterus and ovaries.
- A device (speculum) is inserted into the vagina so that the doctor can visually check for abnormalities.