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## Ovarian Cancer

Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system.

A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78.

This cancer mainly develops in older women. About half of the women who are diagnosed with ovarian cancer are 63 years or older and it is more common in white women than African-American women.

### What is ovarian cancer?

Cancer is a disease in which some of the body's cells begin to divide without stopping, and spread into surrounding tissue. Ovarian cancer is the type of cancer that affect the ovaries in women.

Ovarian tumors can be benign (noncancerous) or malignant (cancerous). Benign tumors do not spread to other parts of the body.

Ovarian cancer is not to be confused with ovarian cysts. Ovarian cysts are benign and are usually fluid-filled while ovarian tumors are solid masses. Most ovarian cysts are not harmful. They don't cause symptoms and are not indicative of risk for future ovarian cancer.

### Common Symptoms of Ovarian Cancer

In some rare cases, early stage ovarian cancers may produce symptoms, but in the majority of cases, the signs do not appear until the cancer has advanced (when the growth of the tumor triggers symptoms).



Several studies show that ovarian cancer can produce these very subtle symptoms. The symptoms include bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly as well as urinary urgency or frequency.

While knowing the symptoms are important, research has shown that symptom recognition alone and that earlier symptom recognition may not alter the course of the disease or outcome. More research is needed to find better ways to identify ovarian cancer, and to treat it more successfully.

In addition to knowing the symptoms, it's very important to know the risk factors for ovarian cancer, including personal risk determined by family history and genetic predisposition.



If these symptoms occur for **MORE THAN 2 WEEKS** and these symptoms are new or unusual for you, see a gynecologist and ask about ovarian cancer. Research shows that seeing a gynecologic oncologist for surgery and treatment significantly improves outcomes.



### Ovarian Cancer Detection & Diagnosis

#### Early Detection of Ovarian Cancer

No reliable screening or early detection tests exist for ovarian cancer. **The Pap test does not test for ovarian cancer**; it screens for cervical cancer. If you are over age 21, please discuss this with your doctor and please vaccinate your children against cervical cancer.

If a woman has the signs and symptoms of ovarian cancer, her doctor will probably perform a complete pelvic exam, a transvaginal or pelvic ultrasound, radiological tests, such as a transvaginal ultrasound or CT scan, and a CA-125 blood test. Used individually, these tests are not definitive; they are most effective when used in combination with each other. If there is a strong family history or a genetic predisposition such as a genetic mutation, your doctor will likely refer you to a genetic counselor.

#### Diagnosis

The only definitive way to determine if a patient has ovarian cancer is through surgery and biopsy. Surgeons will perform surgery after they obtain enough evidence from their exam and test results. If there is a suspicion from these tests that ovarian cancer might be present, the patient should seek a referral to a gynecologic oncologist before surgery occurs. (referenced from <https://ocrahope.org/patients/about-ovarian-cancer/>)

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# QPIC Corner

## Emergency Room or Urgent Care?

For illnesses or injuries that are not life-threatening  
but still need immediate medical care.

For life-threatening issues please call **911**

### EMERGENCY ROOM



Severe  
Abdominal  
or Chest Pain



Babies Needing  
Immediate Care



Serious Eye or  
Head Injuries



Severe Burns



Stroke Symptoms  
(Numbness, Paralysis,  
Slurred Speech, etc.)



Significant  
Difficulty  
Breathing



Heart Attack  
Symptoms



High Fevers



Suspected Drug  
Overdose or  
Poisoning

VS

### URGENT CARE



Allergic  
Reactions



Broken  
Bones



Sprains  
& Strains



Cuts  
Requiring  
Stitches



Mild  
Fevers



Minor  
Burns



Pink Eye



Animal or  
Insect Bite



Cold & Flu  
Symptoms

When in doubt, contact your **QPIC** provider



A healthcare partnership between



## Healthy Corner Recipe

### Vegan Mediterranean Lentil Soup

<https://www.eatingwell.com/recipe/7873236/vegan-mediterranean-lentil-soup/>

EatingWell

By Julia Levy

Prep 20 Mins, Total time: 1 hour,  
Servings: 6

#### Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1 ½ cups chopped yellow onions
- 1 c chopped carrots
- 3 cloves garlic, minced
- 2 tbsp. no-salt added tomato paste
- 4 cups reduced-sodium vegetable broth
- 1 c water
- 1 (15 oz) can no-salt add cannellini beans, rinsed
- 1 c mixed dry lentils (brown, green, and black)
- ½ c chopped sun-dried tomatoes in oil, drained
- ¾ tsp salt
- ¾ tsp ground pepper
- 1 tbsp. chopped fresh dill, plus more for garnish
- 1 ½ tsp red-wine vinegar



#### Directions:

1. Heat oil in a large heavy pot over medium heat. Add onions and carrots; cook, stirring occasionally, until softened, 3 to 4 minutes. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add tomato paste and cook, stirring constantly, until the mixture is evenly coated, about 1 minute.
2. Stir in broth, water, cannellini beans, lentils, sun-dried tomatoes, salt, and pepper. Bring to a boil over medium-high heat; reduce heat to medium-low to maintain a simmer. Cover and simmer until the lentils are tender, 30 to 40 minutes.
3. Remove from heat and stir in dill and vinegar. Garnish with additional dill, if desired and serve.

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