



# Living Well North Tyneside

Supporting Health and Wellbeing

March marks Ovarian Cancer Awareness Month, dedicated to shedding light on this often misunderstood and potentially deadly disease. Ovarian cancer is a type of cancer that begins in the ovaries, the female reproductive organs responsible for producing eggs and hormones.

**Understanding Ovarian Cancer:** Ovarian cancer occurs when cells in the ovaries grow and divide uncontrollably, forming tumours. If left unchecked, these tumours can spread to other parts of the body, making treatment more challenging. Early detection is crucial for improving outcomes, yet ovarian cancer is often diagnosed at later stages when it has already spread.

**Raising Awareness:** Ovarian Cancer Awareness Month aims to increase understanding of the signs, symptoms, and risk factors associated with ovarian cancer. Common symptoms may include abdominal bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly, and frequent urination. However, these symptoms can be vague and easily overlooked, leading to delayed diagnosis.

**Promoting Early Detection:** Educating women about the importance of recognising symptoms and seeking medical attention promptly can lead to earlier detection and improved outcomes. Healthcare professionals play a vital role in diagnosing ovarian cancer through a combination of physical exams, imaging tests, and blood tests. Additionally, genetic counselling and testing may be recommended for individuals with a family history of ovarian cancer or certain genetic mutations.

**Supporting Those Affected:** Ovarian Cancer Awareness Month also provides an opportunity to support individuals and families affected by ovarian cancer. Support services, such as counselling, support groups, and resources for caregivers, can help navigate the challenges of diagnosis, treatment, and survivorship.

**Advancing Research:** Research into the causes, prevention, and treatment of ovarian cancer is ongoing. Funding for research initiatives is essential for developing new therapies, improving early detection methods, and ultimately finding a cure for this disease.

In conclusion, Ovarian Cancer Awareness Month is a time to raise awareness, promote early detection, and support those affected by ovarian cancer. By coming together as a community, we can make a difference in the fight against this disease and work towards better outcomes for all.

## Related Links

- [Ovarian Cancer Awareness Month](#)



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