



County of Rockland Department of Health NEWS RELEASE

County Department of Health Announces Ovarian Cancer Awareness Month

Pomona, NY – For years, ovarian cancer was known as the "silent" cancer because it was thought to rarely produce any symptoms. Now, however, doctors have identified specific symptoms commonly associated with ovarian cancer, including bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, and having to urinate often or always feeling like you need to go.

Most of these symptoms can also be caused by other, less serious, problems. When these symptoms are caused by ovarian cancer, they tend to be persistent and represent a change from normal - for example, they occur more often or get worse. If you have these symptoms almost daily for more than a few weeks, see your doctor, preferably a gynecologist, right away.

Others symptoms of ovarian cancer can include: tiredness; upset stomach; back pain; pain during sex; constipation; and menstrual changes, however these symptoms are more likely to be caused by something other than ovarian cancer.

“During Ovarian Cancer Awareness Month we want to remind women that the key to early detection is to pay attention to symptoms, discuss them with your doctor, and get regular vaginal/rectal pelvic exams, as there is no effective and proven screening test for the early detection of ovarian cancer (like the Pap test for cervical cancer or the mammogram for breast cancer). When found in its early stages, treatment is most effective,” said Dr. Joan Facelle, Rockland County Commissioner of Health.

The American Cancer Society recommends that women with a very high risk of ovarian cancer (such as those with a strong family history of the disease) may be screened with ultrasound and with blood tests.

For more information about ovarian cancer call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org.

The Rockland County Cancer Institute, of the Rockland County Department of Health, provides education about reducing your risk and early detection of cancer, and referrals to cancer related services. For more information or to schedule a program call (845) 364-3857 or visit www.RocklandCancerInfo.com.

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