

# 10 TOP TIPS

## Ovarian Cancer\*

Author /Creator  
Dr Charles Campion-Smith, Macmillan GP Adviser

### The main 3 symptoms are:

- 1** Abdominal distension; persistent bloating; increased girth
- 2** Persistent abdominal and / or pelvic pain
- 3** Difficulty in eating or fullness after small quantities
- 4** Also consider: IBS type symptoms occurring for the first time after 50 years of age should arouse suspicion
- 5** Other symptoms include: urinary symptoms, change of bowel habit, extreme fatigue and back pain
- 6** If you are considering an ovarian cancer diagnosis:  
Perform abdominal and pelvic examinations (50% of ovarian cancers will be palpable)
- 7** Check CA 125 (95% specificity)
- 8** Arrange trans-vaginal ultrasound (92% specificity)
- 9** Have a higher index of suspicion in those with a positive family history
- 10** Re-evaluate if symptoms persist or worsen after negative investigation

\*From BMJ 9<sup>th</sup> January 2010 Easily Missed series

\*Hamilton W, Menon U, *BMJ* 2009; 339: b4650 Easily missed? Ovarian Cancer

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