



Are you a woman? Have you been feeling full up for 3 weeks or more?

Then it is time to tell your doctor.

EasyRead version

**BE CLEAR
ON CANCER**



This leaflet tells you how to spot signs of ovarian cancer.



It tells you to go and see your doctor if you think you have spotted any of these signs.



This is an EasyRead version of another leaflet about ovarian cancer.

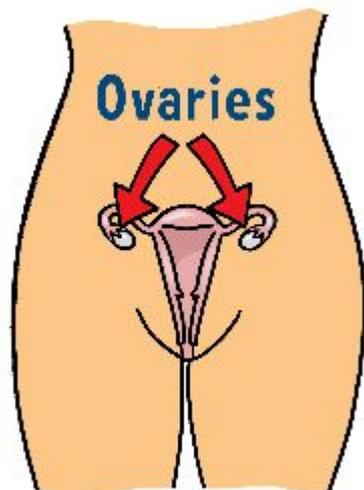


You may like to have someone to support you when you look at this leaflet.

What is ovarian cancer?



Ovarian cancer can be a serious illness. Every year many women are told they have it.



Ovaries are part of a woman's sexual organs.



You can get ovarian cancer at any age but the older you are, the more likely you are to get it.



If people in your family have had ovarian or breast cancer you might be more likely to get it.

How to spot ovarian cancer



If for 3 weeks or more you have been feeling full up all the time you need to see your doctor.

Your stomach might also feel bigger or swollen. Swollen is sometimes called bloated.



You also need to see your doctor if you have spotted any of these:

- Not wanting to eat much or feeling full up quickly.



- Pains in your stomach or below.



- Having to pee quickly or often.



- Changes in your poo, like finding it hard to go.



- Feeling very tired.



- Losing weight for no reason.



If you have spotted any of these signs or are worried because someone in your family has had cancer then see your doctor.



Why do you need to see your doctor?

If you spot any of these signs that might be cancer you need to see your doctor straight away.



If ovarian cancer is found early it is more treatable and could save your life.



You are not wasting anyone's time by going to the doctor.



And if it is nothing serious your mind will be put at rest.



If you know anyone who has spotted any of these signs, make sure they see their doctor.



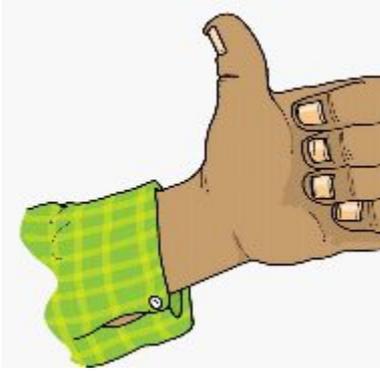
Seeing your doctor early could save your life.

Lauren said “I felt I had a full stomach all the time. My trousers were tight and I did not want to eat.

“My doctor sent me to hospital where they found the cancer.

“I had an operation and treatment afterwards.

“6 years later I am still here doing the same things I always did.”



How to try and stay healthy

There are things you can do to give you the best chance of not getting cancer.

Stop smoking

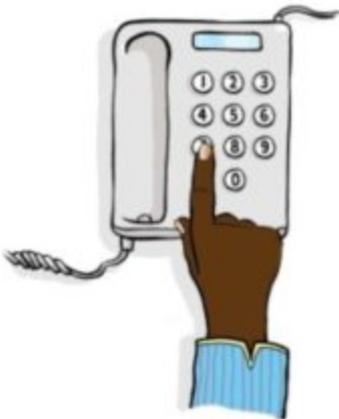


It is never too late to stop smoking. It might stop you getting cancer and will make you healthier.



You can get lots of help to stop smoking. Go to our website:

www.smokefree.nhs.uk



Or call:

0800 169 0169

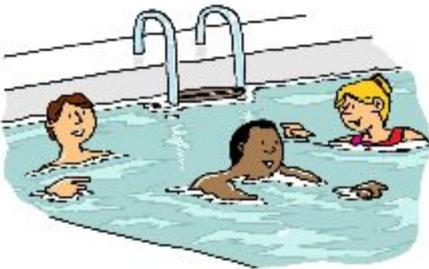


Look after yourself

If you are overweight try and lose weight by keeping active and eating well.

Keep active

The more you do, the better. Try:



- swimming



- cycling



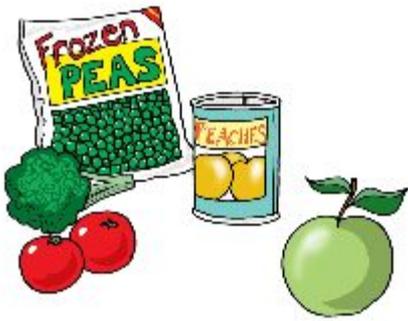
- dancing.



Even walking to the local shops instead of taking the bus can help.

Eat well

It is good to try and have a healthy diet.
Try to eat:



- More fruit and veg - your 5 a day



- More fish and wholegrain foods



- Less fatty foods like burgers, sausages, bacon and ham



- Less cakes, pastries and sweet things.

How to find out more



If you want to find out more you can go to our website:

www.nhs.uk/persistentbloating

Or if you want to order copies of this leaflet in different formats, email:

enquiries@phe.gov.uk

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