

The Catholic Women's League of Canada
Alberta Mackenzie Provincial Council

Education and Health Communiqué # 3

Judy Look

September 2013

“WE HAVE SEEN THE LORD”

“This is the day the Lord has made; let us rejoice and be glad in it”

HEALTH

Ovarian Cancer

At the national convention in Regina in August the membership had the opportunity to hear from Anne Chase, a 15-year survivor of ovarian cancer who “has made a full time job out of volunteering for the cause of overcoming ovarian cancer.” She spends about 40 hours each week delivering *Listen to Whispers* programs to well women, *Survivors Teaching Students* presentations to medical and nursing students, providing leadership to the Saskatchewan support group for ovarian cancer survivors (SOCS) and participating as a survivor representative on Ovarian Cancer Canada’s Board of Directors. (Ovarian cancer Newsletter March 10, 2010.) She shared her story with us and outlined the not-so-obvious . She shared that if we experience the following symptoms, we should discuss them with our doctor as the survival rate when detected early (stage 1) is over 80%. Although early ovarian cancer may not cause obvious symptoms, as the cancer grows some of the common warning symptoms may include the following:

- Pressure or pain in the abdomen, pelvis, back, or legs
- A swollen or bloated abdomen
- Nausea, indigestion, gas, constipation or diarrhea
- Feeling tired all the time
- Shortness of breath
- Feeling the need to urinate often

Other symptoms

- Mass or “lump” in your pelvis that you can feel
- Inability to eat normally
- Pain with intercourse
- Unusual vaginal bleeding (heavy periods, or bleeding after menopause)

If these symptoms last longer than 3 weeks ask your doctor to perform

- a pelvic exam
- a trans-vaginal ultrasound
- a CA-125 blood test

To read more about Anne Chase’s story, the symptoms and diagnosis of ovarian cancer, google Ovarian Cancer website. Become informed and spread the word; you just might save a life.

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