



Transforming Cancer Services Team for London (TCST)



OVARIAN CANCER AWARENESS MONTH March 2020

Three times more women can name the key symptoms of breast cancer than ovarian cancer

New research shows that just 20 per cent of UK women can name bloating as a key ovarian cancer symptom. Over three times more (71 per cent of GB women) can name a lump (in the breast, armpit or generally) as a key symptom of breast cancer.

To	<ul style="list-style-type: none">• London Cancer Alliances• CCG Cancer Clinical Leads, Commissioning Managers for Cancer, CCG Comms teams• GP Practices• STP Cancer Programme Leads, Cancer SROs• Public Health Leads• London Pharmacy Leads• HLP Communications Team
Subject	TCST Cancer charity awareness campaigns briefing for information – March 2020

Ovarian Cancer Awareness Month 2020

March is Ovarian Cancer Awareness Month. The charity Target Ovarian Cancer will be running a national campaign throughout March and we anticipate that this will encourage more women to come into Primary Care with their symptoms. With thanks to Target Ovarian Cancer and the National Cancer Registration and Analysis Service (NCRAS), we have compiled a summary briefing below of key facts and figures for you to read and share.

Ovarian cancer is often diagnosed late

Ovarian cancer is often diagnosed late which makes it harder to treat.

However, it is not always diagnosed late, and it is important for everyone to know that there are symptoms to look out for. Target Ovarian Cancer has launched a campaign, [It's time to TAKE OVAR](#), which aims to increase awareness, both among women and GPs, to ensure more women are diagnosed early.

Key facts and figures about ovarian cancer

- On average, 720 women are diagnosed with ovarian cancer every year in London.
- Around 350 women die of ovarian cancer each year in London – almost one woman every day.
- A woman in the UK has a one in 50 chance of being diagnosed with ovarian cancer in her lifetime. When a woman is diagnosed at the earliest stage, her chance of surviving ovarian cancer for five years or more doubles. Cancer Registry data shows that 6,000 women were living with and beyond an ovarian cancer diagnosis in London in 2017.

It's time to
TAKE OVAR



[Free online learning modules for GPs](#)

GPs have an essential role in the early diagnosis of ovarian cancer.

Target Ovarian Cancer's free online learning and training modules are available to help you stay up-to-date on the latest ovarian cancer information.

<https://www.targetovariancancer.org.uk/health-professionals/gps/get-trained>

Target Ovarian Cancer's 2016 Pathfinder report highlighted that:

- Just one in five UK women (20 per cent) can name bloating as one of the main symptoms of ovarian cancer.
- One in five women (22 per cent) mistakenly think a smear test would detect ovarian cancer.
- Almost half of women (45 per cent) wait three months or more from first visiting their GP to getting a correct diagnosis and almost half (46 per cent) were initially referred for tests for something other than ovarian cancer.
- Over a quarter of women with ovarian cancer (27 per cent) are diagnosed through an emergency presentation such as Accident and Emergency.

The BRCA1 and BRCA2 mutations ('Angelina Jolie genes') put you at increased risk of breast cancer AND ovarian cancer

15-20 per cent of ovarian cancers are caused by genetic mutations. The most common mutations are in the BRCA1 and BRCA2 genes and these increase a woman's risk of both breast and ovarian cancer. The risk of developing ovarian cancer is about two per cent for women generally, but rises to 30-50 per cent for women with a BRCA1 mutation and 10-25 per cent for women with a BRCA2 mutation. Remember that genetic mutations linked to ovarian cancer can be passed down on the mother's and the father's side of the family, so it's important to know a family history on both sides.

There are 6,000 women living with and beyond ovarian cancer in London. As a consequence of ovarian cancer treatment, patients can go on to develop osteoporosis, cardiovascular disease and compromised sexual health. Patients should seek to increase their awareness of symptoms and, with their GPs, look out for signs of early menopause or Premature Ovarian Insufficiency (POI).

Helping to tackle low awareness of ovarian cancer symptoms



Patients can watch Target Ovarian Cancer's symptoms video to find out more (<https://youtu.be/bBQrgYiKvN0>). Some symptoms can be confused with Irritable Bowel Syndrome (IBS). If they are experiencing any of the following symptoms regularly, and they are not normal for them, it is important that they see their GP:

- Persistent bloating - not bloating that comes and goes
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that's your tummy and below)
- Urinary symptoms (needing to wee more urgently or more often than usual)

It is unlikely that their symptoms are caused by a serious problem, but it is important to get checked out.

We value your feedback!
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