



Ovarian Health...

What Everyone Should Know!

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Presentation for: Women's Cancer Conference
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Mission

The National Ovarian Cancer Coalition's mission is to raise awareness and promote education about ovarian cancer. The Coalition is committed to improving the survival rate and quality of life for women with ovarian cancer.



What Makes NOCC Unique?

- National organization with a network of regions made up with over 70 chapters across the country
- Grassroots organization
- Focus on education & awareness
- Advocacy
- Promotion of research

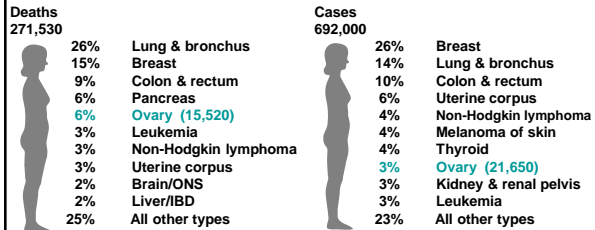


Common Myths

- My Pap Test is normal, therefore I don't have ovarian cancer
 - Pap Tests ONLY detect cervical cancer
- Birth control pills cause ovarian cancer
 - Opposite is true. Birth control pills lower the risk
- If there's no family history I can't get ovarian cancer
 - Genetic/hereditary causes of ovarian cancer account for only about 10% of cases diagnosed annually; the rest are sporadic



2008 Estimated US Cancer Deaths & Cases*



ONS=Other nervous system.
IBD=Intrahepatic bile duct.
*Excludes basal and squamous cell skin cancers and in situ carcinomas except urinary bladder.
Source: American Cancer Society, 2008.



2008 Facts & Figures

- Overall 5-year survival rate is 45%
- Overall 10-year survival rate is 38%
- 5-year survival rate is over 90% when diagnosed early
- Less than 20% are diagnosed early
- Survival can be as low as 30% when diagnosed in late stage
- Ovarian cancer is the leading cause of death amongst gynecologic cancers



Ovarian Cancer: Symptoms*

95% of Women DO Report Symptoms!

- Pelvic or abdominal pain or discomfort
- Vague but persistent gastrointestinal upsets such as gas, nausea & indigestion
- Frequency and/or urgency of urination in absence of infection
- Unexplained changes in bowel habits



Ovarian Cancer: Symptoms*

95% of Women DO Report Symptoms!

- Unexplained weight gain or loss, particularly weight gain in the abdominal region
- Pelvic and/or abdominal swelling, bloating and/or feeling of fullness
- Ongoing fatigue



Factors that Increase Risk

Age
 Family history/Genetics
 Infertility/No children
 Personal history of cancer



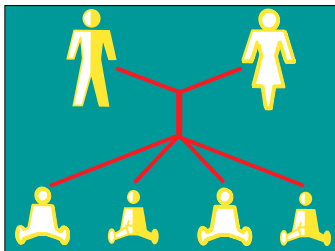
What is BRCA?

- BRCA1 & BRCA 2 are tumor suppressor genes
- If abnormal, the development of breast or ovarian cancer is more likely
- Not all persons with mutations in these genes will develop these cancers



Autosomal Dominant Inheritance

Father with mutation on one chromosome*



Each child has a 50% chance of inheriting an autosomal dominant disorder

*NOTE: BOTH MEN & WOMEN PASS ALONG MUTATIONS IN BRCA GENE



Risk Factors: Infertility/No Children

- Unexplained infertility, no pregnancies & no history of birth control pill usage
- Possible theories: uninterrupted ovulation and relative progesterone deficiency



Risk Factors: Personal History

- Personal history of breast, colon, or uterine (endometrial) cancers
- Women with personal history of breast cancer have a 4 x risk for ovarian cancer



Risk Factors: Other

- Heritage
 - Ashkenazi Jewish descent
- Industrialized countries
 - North America
 - Northern Europe
 - Other



Is Living in an Industrialized Country a Risk Factor for Ovarian Cancer?

- High incidence rates in industrialized countries of northern, western Europe, & USA
- Only Japan shows exceptionally low incidence of ovarian cancer
- Increased dietary fat? Reasons not understood

From: J Cancer Res Clin Oncol (2001) 127:73-79 Runnebaum, Sticker



Factors That Reduce Risk

Removal of ovaries
 Oral contraceptives
 Pregnancy/breast feeding
 Bilateral tubal ligation
 (Hysterectomy)



Risk Reduction: Birth Control Pills

- Oral contraceptives reduce the risk for ovarian cancer; the benefit is immediate
- Average risk decreases 10-12% for those who have used oral contraceptives for 1 year
- Average risk halved for those who have used oral contraceptives for > 5 years



Risk Reduction: Pregnancy/Breast Feeding

- First full-term pregnancy < age 25
- Number of pregnancies
- Breast-feeding



Risk Reduction: Surgery

- Bilateral tubal ligation
 - Risk reduction of 33%
- Hysterectomy
 - Risk reduction of 67%
- Removal of ovaries
 - Risk reduction of 95%



Risk Reduction: Diet & Exercise

- Body Mass
 - Increased cancer risk associated with increasing body-mass index in most cancers & particularly breast, uterus, cervix & ovarian cancer*
- Diet
 - Low-fat milk
 - Vitamin-rich foods
 - Decrease fat
- Exercise
 - Women who work out > 6 hours/wk had a 27% lower risk than those with <1hr/wk

*New England J. Of Medicine, Vol. 348:17, 2003



Stage Distribution & Survival

Most Ovarian Cancer (70%) detected at Stage III & IV

Stage	Percent	Survival
I	24	>90%
II	6	70-80%
III	55	20-30%
IV	15	<5%
Overall		45%



Staging by Surgical Specialty

Evaluation of Completeness of Surgical Staging

Women operated on by a gynecologic oncologist were more likely to have complete surgical staging

Surgeon	Complete Staging
Gyn/Onc	97%
Ob/Gyn	52%
Surgeon	35%

Source: McGowen et al. Ob/Gyn 1985



Why Is Early Detection Important?

Five-Year Relative Survival Rates by Stage at Diagnosis		
Stage	Ovary*	Breast**
Local	92%	98%
Regional	71%	84%
Distant	30%	27%
All Stages	45%	89%

*70% of ovarian cancers are diagnosed at advanced stage (III and IV)

**>70% of breast cancers are diagnosed at early stage (in situ, I and II)



Ovarian Cancer: Treatment

- Staging surgery with removal of one or both ovaries, uterus, & all visible tumor
- Followed by chemotherapy in most cases



Take Home Message

Early detection of ovarian cancer can mean the difference between life & death!



Ovarian Cancer: Screening Recommendations

- Comprehensive family history on all patients
- All women
 - Annual rectovaginal pelvic exam
- 2 or more family members
 - Genetic counseling
 - Annual rectovaginal pelvic exam, CA125, transvaginal ultrasound
- Consider clinical trial participation

From Gynecologic Cancer Foundation (GCF)



What is CA 125?

- Tumor marker = a protein made by certain cells in the body
- Function not fully understood
- Elevated in the blood in >80% of advanced epithelial ovarian cancers
- Can be used to monitor progression of disease in known ovarian cancer patients
- Elevated in only 25-50% Stage I cancers

CA125 is NOT a screening test for the general population



Ovarian Cancer: Diagnosis

- Rectovaginal pelvic exam
- Transvaginal ultrasound and/or CT scan
- CA 125
- If diagnosis uncertain, laparoscopy may be useful
- Surgery may be needed for diagnosis

No exam or test is perfect for diagnosing ovarian cancer



Now That I know About Ovarian Cancer, What Can I Do?

- Know your family history of ovarian, breast, colon & uterine cancers
- Make ALL your physicians aware of your family history
- Inform your gynecologist of any changes in your reproductive cycle or if you have symptoms noted earlier for two weeks or more
- Discuss pros & cons of oral contraceptives & hormone replacement therapy with your health provider



Now That I know About Ovarian Cancer, What Can I Do?

- Seek to improve your overall health & well-being through diet, exercise, weight control, & stress reduction
- ASK QUESTIONS of your doctor whenever you have concerns
- *Break the Silence* on ovarian cancer, talk to your family & friends about it



It Pays to Speak Up!

- Most ovarian cancer patients receive a diagnosis in the late stages
- But... > 95% report symptoms well before then
- Average delay in diagnosis - 3 months!

B. Goff, Cancer 2001



What You Should Ask For ?

- Should you suspect any of the symptoms for ovarian cancer or have a personal history of breast, uterine, or colon cancer or a family history of ovarian cancer, you should consider the following:
 - Annual rectovaginal exam
 - Transvaginal ultrasound
 - CA 125 blood test



How can I help someone diagnosed with Ovarian Cancer?

- Topics that may help:
 - Establish a relationship with a gynecologic oncologist
 - Educate about the stage & type of ovarian cancer
 - Educate about the treatment options
 - Discuss participation in clinical trials
 - Discuss the issues of genetic testing
 - Utilize support systems available

DO NOT BE AFRAID TO ASK QUESTIONS!



How Can I Become Involved?

- Volunteering
- *Break the Silence* – talk about ovarian cancer
- Be an advocate for women's health
- Join the National Ovarian Cancer Coalition

1.888.OVARIAN

www.ovarian.org

Thank You!



Celebrities Who Have Died From Ovarian Cancer

Anais Nin (author)
 Joan Hackett (actress)
 Sandy Dennis (actress)
 Laura Nyro (singer)
 Loretta Young (actress)
 Jessica Tandy (actress)
 Medeline Kahn (actress)
 Gilda Radner (comic)
 Liz Tilberis (editor, Harper's Bazaar)
 Coretta Scott King (civil rights leader)



Celebrity "Impact"

- Familial Ovarian Cancer registry 1981-2006
 - 11-23 families registered per year from 1982-1989
 - Gilda Radner died of ovarian cancer in 1989
 - Registry enrolled 450 families in the next 2 years & registry renamed "The Gilda Radner Familial Ovarian Cancer Registry"
 - At the beginning of 2006, 1850 families had enrolled



NCI Funding for Ovarian Cancer Research

- \$10 million in 1990
- \$100 million in 2005
- Why?
 - Researchers are working to develop reliable screening tests



Break the Silence Survey Results

- 82% of women have never talked to their doctor about ovarian cancer
- Of these, 54% do not think ovarian cancer is an issue because the doctor has never initiated a conversation on the disease

Results of Survey Sponsored by NOCC & Conducted by Impulse Research Corporation in 2006



Break the Silence Survey Results

- 59% of women have talked to their doctors about breast cancer, compared to only 18% who have talked to their doctors about ovarian cancer

Results of Survey Sponsored by NOCC & Conducted by Impulse Research Corporation in 2006



Break the Silence Survey Results

- 40% of women are not sure of the risk factors for ovarian cancer & many incorrectly identified the use of birth control pills as increasing a woman's risk for the disease
 - Women who have used oral contraceptives for 3 or more years have a 30-50% lower risk of developing ovarian cancer
- 69% of women incorrectly believe that a Pap Test is an effective way to diagnose ovarian cancer

Results of Survey Sponsored by NOCC & Conducted by Impulse Research Corporation in 2006



Starfish



Help *Break the Silence!*

