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Creating Awareness For Ovarian, Breast Cancer

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MIAMI -- September marks Ovarian Cancer Awareness month.

Only 15 percent of women are familiar with the symptoms of ovarian cancer, yet more than 20,000 women will be diagnosed with ovarian cancer this year, and more than 15,000 will die from the disease, the most deadly of all women's reproductive cancers.

If caught in the early stages, the 5-year survival rate is 90 percent. However, 75 percent of women are still diagnosed in the advanced stages, when the prognosis is poor.

The symptoms of ovarian cancer are subtle and hard to pinpoint because they often mimic more prevalent digestive and gastrointestinal disorders.

Common symptoms include persistent swelling, bloating, pressure or pain in the abdomen, gastrointestinal upset and/or frequent urination in the absence of an infection.

Women experiencing at least two to three common ovarian cancer systems clustered together that persist for two or more weeks should visit a gynecologist and ask for a rectovaginal exam, transvaginal ultrasound and CA 125 blood test.

Symptoms of ovarian cancer can be vague, but increase over time. Early detection increases survival rates.

The National Ovarian Cancer Coalition's slogan is "Ovarian Cancer ... It whispers, so listen".

Team: Mission Not Impossible, volunteers of the American Cancer Society's East Kendall Relay for Life, distributes information to promote awareness. They also sell awareness bracelets to raise money for research and education.

For information on purchasing a bracelet, [click here](#) or E-mail teammni@aol.com.

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