

Ovarian Cancer Symptom Diary

Be Aware:

- PAP test does not detect ovarian cancer
- Hysterectomy does not eliminate risk
- Risk increases with age, all ages have some risk
- BRCA gene mutation may dramatically increase risk
- Family history of:
ovarian, breast, colon, pancreatic cancer increases risk
- Delayed diagnosis will often reduce longevity
- Patients have a critical role in early diagnosis
- Know the symptoms, listen to your body, be proactive

#1 cause of gynecologic cancer deaths
5th leading cause of cancer deaths in women
13,000 patients will die each year
22,000 new cases each year

"Know the Symptoms - Know Your Risk Factors:"

There is no early detection test for ovarian cancer. The symptoms are vague and will mimic other more common conditions; the reason ovarian cancer is often not found until later stages where it is difficult to treat. You must ask your doctor:

"Prove to me this is not Ovarian Cancer"

Use this diary to show the symptoms are persistent and may be serious.

Hope for Heather is a 501c3 charity founded in memory of Heather Weeks who was a dedicated advocate. She passed at age 24 from her personal cancer diagnosis



Symptoms:

Week 1

Week 2

Week 3

Week 4

Persistent Bloating

(not bloating that comes and goes)

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

Feeling Full Quickly

(and/or loss of appetite)

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

Pelvic or Abdominal Pain

(tummy and/or below)

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

Urinary Symptoms

(unusual frequency or urgency)

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

Others: bowel habit changes, fatigue, unusual weight loss/gain

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S



How to Use: fill in the square for each day you experience symptom(s). If symptom(s) persists daily for more than 2-3 weeks, take this diary with you to your GYN doctor. Remember there is no screening test, YOU must be proactive! Your longevity may depend on your persistence! Ask; "Prove to me I do not have Ovarian Cancer."

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