

SEE THE SIGNS

OVARIAN CANCER

NFWI 2021 Resolution

“With 200,000 members we have the strength to make the difference just as we have for so many causes throughout our history. With this resolution we can do it again”.

Kathy Heathcote, Kitchen Dancers WI, Hampshire Federation, and resolution proposer

A call to increase awareness of the subtle signs of ovarian cancer

“Every two hours in the UK someone dies of ovarian cancer. Making sure GPs and the public know what to look for will not only ensure the early detection and treatment of this disease but transform lives today and for generations to come. NFWI calls on WI members everywhere to help increase awareness of the subtle signs of ovarian cancer”.

Kitchen Dancers WI, Hampshire Federation

How common is ovarian cancer?

Ovarian cancer can affect women, trans men and people assigned female at birth.

According to Cancer Research UK, there are around 7,500 new ovarian cancer cases in the UK each year, and 4,200 deaths.

It is one of the most common types of cancer in women, mainly affecting those who have been through the menopause.

Although the risk of developing ovarian cancer increases with age, there are cases in younger women so it's important that all women know the symptoms to look out for. Turn to page 5 to find out more about the symptoms of ovarian cancer.

In the UK,

82%

of ovarian cancer cases are diagnosed in women over the age of 50

On average,

1,330

women under the age of 50 are diagnosed with ovarian cancer every year in the UK

What else can increase the risk of ovarian cancer?

The exact cause of ovarian cancer is unknown but, in addition to age, the other main risk factor is a family history of ovarian cancer.

On average, a woman in England or Wales has a 2% chance of developing ovarian cancer in her lifetime. This increases to up to 60% if you have a 'BRCA gene' mutation, which can be inherited from your mother or father, but it doesn't mean that you will definitely develop cancer.

If you would like to find out more, Ovarian Cancer Action has further information on BRCA mutations and a tool to help you check whether your family history puts you at risk of ovarian cancer. You can access this here:

www.ovarian.org.uk/risktool/

If you have any concerns that your family history might mean you are at greater risk, speak to your GP.

Other factors that may increase your risk of developing it include being overweight, smoking, using talcum powder, diabetes, endometriosis, and use of hormone replacement therapy (HRT). You can find out more on the NHS website or the websites of specialist charities such as Target Ovarian Cancer and Ovarian Cancer Action.

Why is raising awareness of the symptoms of ovarian cancer important?

The earlier ovarian cancer is diagnosed the easier it is to treat. Cancer Research UK states that when ovarian cancer is diagnosed early, nine out of ten women will survive for five years or more. This compares to less than three in 20 women when diagnosed at the latest stage¹.

However, because the early signs of ovarian cancer are similar to conditions such as irritable bowel syndrome (IBS), and pre-menstrual syndrome (PMS), it is often not diagnosed until it has spread and a cure is not possible.

Overall awareness of the symptoms of ovarian cancer also remains low, yet this is crucial to early diagnosis, alongside other factors such as healthcare professionals taking the necessary steps when women present with them.

Research carried out by Target Ovarian Cancer in 2016 with more than 1,300 women found that only 4% were very confident that they could spot a symptom of ovarian cancer.

Few women could name feeling full/loss of appetite (3%) or increased urinary urgency/frequency (2%) as two of the four primary symptoms.

Research shows that people are much more likely to seek help for what are referred to as 'alarm' symptoms, such as an unexplained lump or persistent unexplained pain.

¹The 'stage' of cancer describes the size of the cancer and how far it has spread at the time of diagnosis. For further information, visit the NHS website: www.nhs.uk/conditions/ovarian-cancer/diagnosis/

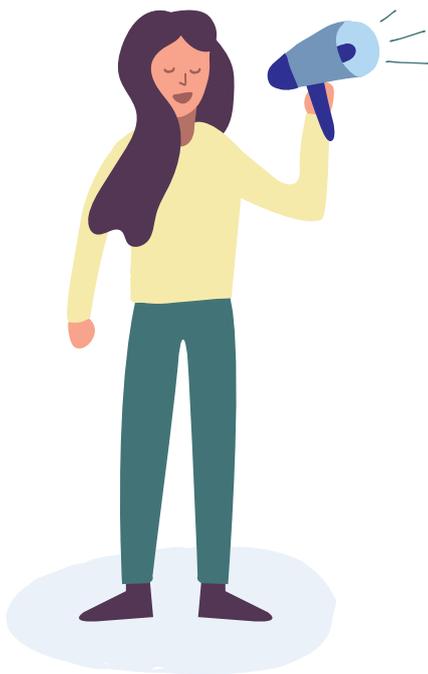
How will the NFWI work on this issue?

The WI's campaign on ovarian cancer will have two main areas of focus that reflect the aims of the resolution.

- 1) Increase awareness of the signs of ovarian cancer among people at risk, and
- 2) To work alongside healthcare professionals to help ensure they are also aware of the relevant symptoms and can make a referral where necessary.

The first stage of the campaign will primarily focus on the first objective, but this will continue to run throughout the duration of the entire campaign. The second phase will launch in 2022 and will be accompanied by further information and support to help members take action to increase awareness of the signs of ovarian cancer among healthcare professionals.

In the first stage of the campaign, the NFWI will:



- Work closely alongside and amplify the key messages of existing national campaigns that aim to increase awareness of the signs and symptoms of ovarian cancer among those at risk.
- Provide information and resources to help increase understanding of the signs and symptoms of ovarian cancer among WI members and their communities, and the steps to take if you are experiencing one or more of the symptoms.
- Empower and support WI members to have conversations with friends and family about their own and their loved ones health, focussing on possible signs and symptoms of ovarian cancer.
- Provide WI members with opportunities to share their personal experiences of ovarian cancer diagnosis and treatment with the aim of raising awareness of the symptoms and the need for early diagnosis.
- Empower federations and WIs to mobilise their communities and support the efforts of local specialist groups in sharing information about the signs of ovarian cancer with the wider public.

THE FOUR MAIN SYMPTOMS OF OVARIAN CANCER:

- Persistent stomach pain
- Persistent bloating
- Difficulty eating/feeling full more quickly
- Needing to wee more frequently

Other symptoms of ovarian cancer can include: persistent indigestion or feeling sick, pain during sex, a change in your bowel habits, back pain, feeling tired all the time and unintentional weight loss.

Ovarian Cancer Action explains how to tell the difference between IBS and Ovarian Cancer

One of the challenges of spotting ovarian cancer symptoms is that they are often mistaken for less serious conditions like Irritable Bowel Syndrome (IBS).

IBS

- IBS usually develops for the first time in patients in their 20s and 30s
- IBS symptoms come and go and are related to eating particular foods and stress

OVARIAN CANCER

- If you develop IBS symptoms for the first time in your 50s or later, it is unlikely to be IBS
- Ovarian cancer symptoms are persistent and are not affected by your diet or stress

What to do if...

You are worried you might have symptoms of ovarian cancer

See your GP

If you are experiencing one or more of the symptoms of ovarian cancer or a change that isn't normal for you, it's important to see your GP. Try not to put it off, or worry about troubling your GP because you won't be.

GP practices are managing patients differently because of the Covid-19 pandemic, but they still have a responsibility to advise and treat all patients so, if you are at all worried about symptoms, speak to your GP.

It's unlikely that you have cancer, but it's best to get it checked out early regardless of what is causing your symptoms. If it is ovarian cancer, the earlier it is picked up the easier it is to treat.

The symptoms of ovarian cancer can be difficult to recognise as they are often similar to other more common and less serious conditions. Using a diary can help you discuss how you are feeling with your GP and also help them to determine how persistent your symptoms are and what scans or tests you may need.

The charities Ovacome and Ovarian Cancer Action have diaries you can use to track your symptoms:

Ovacome symptom diary: www.ovacome.org.uk/symptoms-tracker

Ovarian Cancer Action symptom diary: included on page 7 and accessible from www.ovarian.org.uk/ovarian-cancer/i-have-symptoms-what-next/

REMEMBER:

- Symptoms of ovarian cancer can vary from woman to woman.
- Although ovarian cancer can occur at any age, it mostly occurs in women over the age of 50. If you have a strong family history of breast or ovarian cancer you may be more at risk.
- Smear tests (cervical screening) do not detect ovarian cancer.
- If you have any of the symptoms and they are new and persistent, tell your doctor.

(Information sourced from Ovacome)

At your GP appointment

At your appointment, your doctor will ask you about your symptoms (how long you have had them for and their severity) and about your general health. They may ask if there is a history of ovarian or breast cancer in your family.

Depending on your symptoms, your doctor might:

- Gently feel your tummy to check for any swelling or lumps in your abdomen or pelvis. If your doctor finds this, they should refer you urgently to a gynaecological cancer service within two weeks.
- Ask to do an internal examination to check if there are any swellings or lumps in your ovaries or womb. You can ask for a female doctor to do this or for a chaperone to be present, if you feel more comfortable.
- Arrange for you to have a blood test to measure the level of CA125 in your blood – a high level can be a sign of ovarian cancer, but it can also be caused by other conditions such as endometriosis and fibroids.
- Refer you for an ultrasound scan of the abdomen and pelvis if your blood test shows a high level of CA125. If the ultrasound suggests ovarian cancer, you will be referred straight away to a gynaecological cancer service.

The NHS website has more detailed information on diagnosis and the tests you may be offered: www.nhs.uk/conditions/ovarian-cancer/diagnosis/.

You can also visit Ovarian Cancer Action's website which explains next steps depending on the results of certain tests: www.ovarian.org.uk/ovarian-cancer/i-have-symptoms-what-next/.

If you are unsure what to ask at your appointment or worried you might miss something out, Cancer Research UK has a list of questions you might want to ask, and helpful tips for getting the most out of your appointment. Go to: www.cancerresearchuk.org/about-cancer/ovarian-cancer/getting-diagnosed/seeing-your-gp.

GP services during Covid-19

The way patients are seen in primary care has changed because of Coronavirus, but GP practices remain open and are still there to help if you are worried about symptoms.

Most appointments in the first instance are carried out over the phone or via video to reduce face-to-face contact to keep you safe. However, if you need a physical appointment (for a physical examine or a blood test for example) you will still be seen in person by a GP. The Royal College of General Practitioners advises speaking to your GP and reaching a decision on what is best for you.

The NHS website and Ovacom have information about online/remote appointments and guidance to help you prepare. Ovacom and the British Gynaecological Cancer Society also explain that your clinical team may make changes to your care and treatment to reduce risks to your immediate health, while making sure you receive the safest possible treatment at the right time.

If you start to feel seriously unwell while waiting for a consultation, don't wait for your phone or video appointment, call 999.

NHS website: www.nhs.uk/nhs-services/gps/gp-online-consultations/.

Ovacom: www.ovacom.org.uk/preparing-for-remote-appointments-booklet.

British Gynaecological Cancer Society: www.bgcs.org.uk/public-information/covid-19/.

Ovarian Cancer Action's Symptoms Diary

Symptom	Week 1		Week 2		Week 3		Week 4	
Persistent bloating	M	5	M		M		M	
	T	5	T		T		T	
	W	3	W		W		W	
	T	1	T		T		T	
	F	-	F		F		F	
	S	4	S		S		S	
	S	5	S		S		S	
Persistent stomach pain	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
	S		S		S		S	
Needing to wee more frequently and/or urgently	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
	S		S		S		S	
Difficulty eating/feeling full more quickly	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
	S		S		S		S	
Additional symptoms and comments								

Each day that you experience one of the symptoms, make a note in the box for that day to indicate the symptom's severity on a scale of 1-10 (with 1 being mild and 10 being severe). Visit Ovarian Cancer Action's website for further guidance on how to use this diary: www.ovarian.org.uk

Margaret's experience

Scholes WI, West Yorkshire Federation



"I have had problems with my digestive system for a number of years, most of which had been investigated, and when I read about ovarian cancer in the November/December edition of WI Life I remember thinking how my symptoms and those of ovarian cancer were similar.

"I had been trying to lose weight so I was not surprised that I was successful with this, but I noticed I still had quite a tummy and I recalled what I had read in WI Life about ovarian cancer.

"At the end of March, I decided I would discuss my symptoms with the GP and mentioned I had read about the symptoms of ovarian cancer. The GP agreed the symptoms I had for my digestive conditions and ovarian cancer were similar, but she did send me for a scan and blood test just to be sure. It took three weeks to get a scan appointment.

"The GP called me two days later to tell me a mass had been seen on the scan and she would arrange a quick path hospital appointment. A blood test came back to show that my tumour level was high.

"I had an appointment with a gynaecologist two weeks later and was sent for a CT scan. On 24 May I saw a consultant gynaecological oncologist who confirmed I had ovarian cancer and told me I would need a hysterectomy.

"The operation was successful and the tumour removed. It was then a three- week wait for a histology report to confirm this. I was in hospital for six days.

"When I returned to see the consultant three weeks later he confirmed that all of the tumour had been removed and I would need no further treatment. The tumour was 16cm in diameter but was classed as stage 1 cancer.

"As a nurse walked along the corridor with me after my appointment she said I was a miracle.

I am very grateful that my GP listened to me and responded as she did so quickly, and to the WI for making me aware of ovarian cancer.

"I would urge everyone to read and be aware of the symptoms of ovarian cancer and if you have any doubts go and see your GP.

"I am very grateful to my friends in Scholes WI who gave me support, and provided meals and baking".

Please remember that ovarian cancer, in the general population, is very rare (1-2% of women affected) but by delaying seeking advice from your GP could result in a late presentation which clearly has a worse prognosis. One doesn't usually suddenly develop irritable bowel (IBS) after the menopause which on some occasions has been an inaccurate diagnosis for the early stages of ovarian cancer. So if this is suggested and you don't normally suffer with IBS please ask your GP to reconsider and request both the blood test and scan.

Richard Hutson, Consultant Gynaecological Oncologist at Leeds Teaching Hospitals NHS Trust and Margaret's consultant

Barbara's experience

Netherton & District WI, West Yorkshire Federation



“Strangely enough at the time the proposals were published to back a campaign regarding the above subject a mass in one of my ovaries was discovered. It was a tumour the size of a melon. I underwent major surgery to remove the tumour and had a full hysterectomy and removal of appendix at the same time.

“Further tests on the removed tumour revealed stage 1 clear cell cancer. 6 cycles of extensive chemotherapy followed as a precaution to ensure everything was clear. A recent CT scan revealed that all was well. What a relief! Now my hair is beginning to grow back and my energy is increasing.

“I was very grateful to my GP who arranged for an ultra sound scan as soon as possible after an appointment. Following the results of this I was placed on a Cancer fast track. My treatment by the NHS service and staff has been brilliant.

“Early detection is the key. In hind side I had symptoms but they were thought to be due to other issues. These were as follows:-

- Slacks and jeans getting tighter or unable to fasten at the waist due to stomach getting bigger - I put this down to gaining weight.
- Increase in going to the toilet to wee, especially during the night.
- Back pain - put down to the arthritis in my back.
- Feeling tired and weary in the afternoon and dozing off - not like me at all.
- Feeling of pressure low in my stomach. As if something was pressing on my bladder. (Something was. It was the tumour).

“The latter is the point at which I paid a visit to my local Doctors surgery and saw a GP.

“All this started in November 2020. Covid lockdowns and restrictions made things even more difficult in lots of ways. The worst was not being able to receive normal support from family and friends. Phone contact is not a substitute from actually being with them. Luckily my partner, who lives elsewhere, gave up his independent life to look after me and stay in a bubble. Something for which I will be forever grateful!

“I have mentioned all this as I feel very lucky to have survived. My Aunt died as a result of ovarian cancer which was not diagnosed until it was too late. She was misdiagnosed as having a prolapsed womb.

“Thank you to the WI for campaigning on ovarian cancer. Early detection is the key to survival of this killer!”

Thank you to all of the members who have shared their experiences of ovarian cancer. More stories will be shared throughout the See the Signs campaign.

What to do if...

You are worried about someone else

“Rather than if your friend has symptoms saying it’s probably nothing, saying it’s probably nothing but why don’t you go and get it checked out. That little change may drastically alter what happens in terms of patient outcomes”

Mr John Butler, Consultant Gynaecological Oncology Surgeon at the Royal Marsden and expert speaker in favour of the WI resolution at the 2021 NFWI Annual Meeting

We spoke to gynae-oncology research charity GRACE for advice on how to support a friend or family member with possible symptoms of ovarian cancer.

Here are their top tips:

Be alert to vague symptoms

- Ovarian cancer is often given the dreadful tabloid-y name of the silent killer. But that’s really not the case. In fact many women do have symptoms but they just don’t tend to be that dramatic.
- They also tend to be more bowel related (such as a change in bowel habits or a fullness in the tummy, or even bladder pressure) and so people don’t automatically think ‘ooh that must be gynaecological – I must go and speak to my doctor straight away.’
- They think it is much more likely to be every day constipation or even IBS – the sorts of things that lots of women think they might experience in middle to older age.
- Ovarian cancer is tricky to diagnose because the symptoms are easily mistaken for less serious health problems. GPs stress understanding the timing of any symptoms. It’s NEW symptoms that are the ones to think about. If you notice friends or family members seem to be uncomfortable in ways they’ve not been before – that’s the time to perhaps start a conversation.

Encourage them not to put it off

- One of the reasons that ovarian cancer often remains undiagnosed is that, as women, we often put ourselves last – the ‘it’ll go away on its own’ theory. Therefore you can help by encouraging the women in your life not to ignore symptoms or put off calling the doctor.
- If you hear friends and family complaining of symptoms persistently or you can tell it’s playing on their mind – it’s worthwhile encouraging them to call their GP.
- They might reply “oh they’re only mild symptoms” or “the doctor won’t want to be bothered about this.” But you can suggest that wouldn’t it be much better to be reassured by the doctor “I don’t think this is something to worry about” or even “I think we need to do some further tests” – because both of these options will get her closer to an answer.



Gently push back on too many excuses

- If possible, empower the women you know to simply state their symptoms – and not offer up a myriad of excuses of why they might be feeling like that.
- If they are feeling generally lethargic or under par, it's easy for them to put it down to the menopause or simply being busy or having done too much in the garden – but try to be cautious about attaching a reason. Don't automatically attribute it to other things.
- In a short GP appointment, doctors will want to clarify symptoms and what might ring alarm bells. And the brevity of these appointments means that some doctors may take women at face value if they over-confidently put down symptoms to other things. Try to let the doctor see the full picture for themselves and pick up the subtlety and nuance of symptoms.

Be sensitive to the first subtle signs

- In most ovarian cancer awareness campaigns, you'll see the focus is on the main symptoms - persistent pain, difficulty eating, bloating, changes in bowel habits. But these pressure symptoms (such as bloating or constipation) can often only present slightly later, once pressure from a tumour has built up.
- And so the word 'subtle' to describe symptoms in the WI resolution is actually a really significant one. Try to notice if friends or family often complain of just feeling a bit run down or not feeling 100%.
- They don't need to articulate why or explain it away by putting it down to other things. In all likelihood it'll be nothing to worry about, but they won't be wasting their doctor's time by seeking some advice in that first instance.

Find out more about the work of GRACE here:
www.grace-charity.org.uk/

What to do if...

If you have questions about ovarian cancer, symptoms, or would like to access support

In addition to your GP, there are a number of charities here to support you, whether you are worried about symptoms or are a family member or friend of someone affected by ovarian cancer.

Ovacome

Ovacome is the UK's ovarian cancer charity providing expert support and information. They support anyone affected by ovarian cancer; this often includes family members, partners, friends and cancer care professionals. Their support service is available Monday-Friday 10am to 5pm.

For information and emotional support, contact their support line on **07503 682 311** or Freephone **0800 008 7054**. You can also email **support@ovacome.org.uk** or text and WhatsApp them on **07503 682 311**.

Ovacome also has an online forum called My Ovacome which is a supportive space for people with ovarian cancer and their friends and family: **www.ovacome.org.uk/forum**.

Macmillan Cancer Support Helpline

You can call **0808 808 00 00**, seven days a week, 8am-8pm.

Alternatively, the Macmillan Chat Service offers confidential support to people living with cancer and their loved ones. Find out more here: **www.macmillan.org.uk/cancer-information-and-support/get-help**.

You can also contact the Macmillan Support Line using an online form accessible from the link above.

The Eve Appeal

Ask Eve is a nurse-led information service for any questions about gynaecological health and symptoms. Call them for free on mobiles and landlines on **0808 802 0019** or get in touch via **email nurse@eveappeal.org.uk**.

For more information visit **www.eveappeal.org.uk/supporting-you/ask-eve/**.

Target Ovarian Cancer

Target Ovarian Cancer's support line is for anyone affected by ovarian cancer – if you're worried about symptoms, if you have a diagnosis, or if you're a family member or a friend supporting someone living with ovarian cancer.

Their support line is open from 9am until 5.30pm, Monday to Friday.

Call **020 7923 5475** or fill in a contact form on their website. Go to **www.targetovariancancer.org.uk/contact-our-support-line**.

Anyone affected by ovarian cancer can also join their online Ovarian Cancer Community on Facebook: **www.targetovariancancer.org.uk/support-for-you/facebook-group**.

FURTHER INFORMATION

If you would like to know more about ovarian cancer, Ovarian Cancer Action has compiled a list of frequently asked questions on their website at **www.ovarian.org.uk/ovarian-cancer/faqs/**

You can also find out more by visiting the websites of other specialist charities including Target Ovarian Cancer, Ovacome, GRACE, The Eve Appeal as well as the NHS.

We have worked with Ovarian Cancer Action to create an online hub for WI members with information about ovarian cancer and our joint work. To find out more, go to **www.ovarian.org.uk/wi-hub**

How you can take action

1. Take part in our craftivism competition



To enter, members are invited to make something that represents the WI's ovarian cancer campaign, and will help to spread awareness of the key signs to look out for.

There are no restrictions on the type of medium or materials you can use, but try to upcycle what you already have where you can. Entries will be judged by Nicky Amos, Chair of the NFWI Public Affairs Committee, and Gemma Hodgkiss, Communications Manager at gynaecology research charity GRACE.

The judges will consider the creativity of each entry and how well it communicates the key messages of the resolution.

The winning submission will be featured in a spring 2022 issue of *WI Life*, and across our social media channels. There will also be an online exhibition of submissions.

This competition is open to all WI members. You can submit an entry as an individual, on behalf of your WI or federation, or together with your local community.

Please submit a photo of your entry to the NFWI Public Affairs Department by email (pa@nfwf.org.uk) or by post. You do not need to send the actual project.

We would love to hear the story behind your artwork as well. Let us know what inspired you to create it, and the process you undertook to complete it.

The deadline for submissions is **31st January 2022**.

2. Organise a meeting or event in your WI

On page 15 you will find a leaflet (as well as a link to My WI where you can download this and a poster) that you can share at meetings you are hosting or attending. The leaflet is also available in hard copy – contact pa@nfwf.org.uk.

Organising a meeting is a good opportunity to engage with an expert on the subject. You could explore whether there is a specialist at your nearest hospital (such as in gynaecological oncology) that would be willing to come and speak at your meeting, or if a GP at your local practice would be happy to do this. There are also a number of ovarian cancer, gynaecological and women's health charities, but, similarly, their capacity may be limited.

It could also be worth seeing if there is a member in your WI who would like to speak about her experience of being affected by ovarian cancer.

Think about whether you could make this meeting open to others in your community and local groups to involve as many women as possible. If you do, let us know and we can help promote it. Contact pa@nfwf.org.uk.

To publicise your meeting, you could explore opportunities to include it in local events listings, community noticeboards, Facebook, Twitter and Instagram and on your WI's website if you have one set up. For inspiration and advice on putting together your own promotional materials, visit My WI.

If you have the facilities you could also consider holding your meeting online to help make it more accessible. Guidance on hosting a virtual meeting is available on My WI.

If you are holding an awareness event or meeting in your WI or federation, use our evaluation form to track your impact. Download the form at the link below or complete it online and share your campaign plans with us: email pa@nfwf.org.uk.

To download the survey: www.thewi.org.uk/campaigns/key-and-current-campaigns/see-the-signs.

To complete it online: www.thewi.org.uk/seethesigns-event-survey.

3. Raise awareness in your community by speaking to your pharmacy or local GP surgery about displaying our symptoms poster and leaflet.

The best person to contact is the manager. You can download these resources from My WI. If you would like to order printed materials, please get in touch with the Public Affairs Department.

4. Spread the word on social media by sharing our posts or using the hashtag #SeeTheSigns and our symptoms image which is available on the 'See the Signs' campaign page on My WI.

5. Share your experiences with us.

To raise awareness of the importance of being able to identify a possible sign of ovarian cancer, we would love to hear why this issue is important to you and about any experience you may have had linked to the resolution.

In support of the mandate, stories that are shared with us may be used to promote the WI's campaign in NFWI Public Affairs resources, WI Life, and on our social media channels. You can of course remain anonymous if you wish to. Contact pa@nfwf.org.uk.

6. Save the date.

Ovarian Cancer Awareness Month takes place in March each year – it's an opportunity to shine a light on the signs and symptoms of ovarian cancer. We will be sharing our plans closer to the time, with ideas for how you can take part. Let us know your plans by contacting the Public Affairs Department using the email address above.

7. Take part in our campaign evaluation surveys.

To measure the impact of the WI's campaign, we have launched two short evaluation surveys that will be open throughout the duration of the campaign. These are open to members and non-members so please share the links widely.

If you have attended a WI or federation meeting or event on ovarian cancer, let us know about your experience: www.thewi.org.uk/seethesigns-event-survey.

Once you have engaged with the campaign, such as by reading this campaign pack or by attending a WI event, share your views on the campaign as a whole and how you have taken part: www.thewi.org.uk/seethesigns-national-survey.

SEE THE FOUR MAIN SYMPTOMS OF OVARIAN CANCER

The symptoms of ovarian cancer are not always easy to recognise because they can be similar to conditions such as irritable bowel syndrome (IBS), and pre-menstrual syndrome.

If you are experiencing one or more of the symptoms of ovarian cancer and they are persistent and increasingly frequent, or a change that isn't normal for you, speak to your GP.

For more information on the symptoms of ovarian cancer go to: ovarian.org.uk
For support visit: www.ovacome.org.uk or phone **0800 008 7054**



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WWW.THEWI.ORG.UK

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