OVARIAN CANCER SYMPTOMS: WHAT TO LOOK FOR AND WHAT TO DO

COMPILED BY MAXIMA WOMENS HEALTH

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SYMPTOM	WHAT YOU MAY NOTICE	WHAT TO TRACK	WHAT TO DO
Persistent Bloating Or Abdominal Swelling	Your abdomen feels swollen, tight or unusually full, or your clothes feel tighter by your waist.	How often it happens, how long it lasts, whether it settles overnight, and whether it becomes frequent.	Arrange a medical appointment if is persistent or returning, particularly if there is no clear explanation.
Pelvic Or Lower Abdominal Pain	An unusual dull ache, pressure, heaviness, cramping or persistent discomfort between your hip bones.	Where the pain occurs, its severity, duration, frequency and its close relationship to your menstrual cycle.	Have new, persistent or recurring pain assessed, especially if it persists or occurs with other symptoms.
Feeling Full Quickly	You feel satisfied after eating much less than usual or struggle to finish normal meals.	If it happens most at meals, if your appetite has changed and if you are unintentionally losing weight.	Arrange a consultation if the change persists or affects how much and how you can eat.
Loss Of Appetite	You feel less interested in food or regularly feel uncomfortable when eating and drinking.	When it began, whether it is ongoing and whether nausea, bloating or weight changes accompany it.	Speak to your doctor if it is unexplained, persistent or affecting your nutrition.
Urinary Frequency Or Urgency	You need to urinate more often than usual, wake at night or often experience a sudden urge to go.	How often you urinate, whether symptoms are new and whether you experience pain or burning.	Seek assessment if symptoms persist or recur. Painful urination, fever or blood in the urine is a major problem.
Changes In Bowel Habits	Ongoing constipation, diarrhoea or a noticeable change in your usual bowel pattern.	When the change started, how often it occurs and if it coincides with any abdominal discomfort	Arrange an appointment or seek prompt care for severe pain, blood in the stool or black stools.

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SYMPTOM	WHAT YOU MAY NOTICE	WHAT TO TRACK	WHAT TO DO
Persistent Abdominal Discomfort/Indigestion	Ongoing abdominal discomfort, nausea or excessive wind that differs from your usual experience	Whether it is linked to meals, whether it is becoming more frequent and whether other symptoms occur with it.	Discuss symptoms that persist despite usual measures or keep returning with your healthcare provider.
Consistent Back Pain	A persistent ongoing ache or discomfort in your lower back without an obvious cause.	The location, duration, severity and whether pelvic or abdominal symptoms occur at the same time.	Seek assessment if it is unexplained, persistent or worsening, particularly alongside other symptoms.
Unexplained Fatigue	You feel unusually tired or have less energy despite your normal or additional rest in your routine.	How long it has lasted, its effect on daily activities and whether other symptoms are present.	Speak to your doctor if fatigue is persistent or unexplained. Many other conditions can cause it.
Unintentional Weight Loss Or Change In Weight	You lose weight without trying, or notice a sustained change in abdominal size.	Note the timeframe, if and how your appetite has changed and if bloating or early fullness is present.	Arrange a medical assessment for especially when accompanied by other persistent symptoms.
Unusual Vaginal Bleeding	Bleeding between periods, unusual heavy bleeding, or bleeding after menopause.	When it occurred, amount of bleeding there was and whether it has happened before.	Arrange a medical assessment. Any irregular bleeding, especially after menopause needs promt assessment.
Pain During Sex	New or recurring pain or discomfort during sexual activity.	Where the pain occurs, whether it happens every time and whether there are other pelvic symptoms.	Discuss persistent or recurring pain with your healthcare provider. It can have several possible causes.

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WOMEN'S HEALTH

Providing The Standard Of Care Women Deserve

We're here to support, guide, and empower you every step of the way.

Whether you're looking for answers, or simply exploring your healthcare options, our team is ready to provide you with exceptional, compassionate care tailored to your needs.

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