

Dear Healthcare Provider,

As you may or may not know, ovarian cancer is notoriously difficult to detect in its early stages and with no screening test available, symptom recognition is the best defense. In the hopes of increasing the current abysmal early detection rates, we ask women who are experiencing the 4 most common symptoms among women with ovarian cancer to track them using this symptom diary and then bring it to their visit. If symptoms occur for more than 2 weeks ovarian cancer should be suspected. The next steps should be a transvaginal ultrasound and a CA-125 blood test. Used individually, these tests are not definitive; they are most effective when used in combination with each other. Doctors may also use a CT scan or PET scan as part of the diagnostic process. The only definitive way to determine if a patient has ovarian cancer is through surgery and biopsy. If ovarian cancer is confirmed, the patient should be immediately referred to a gynecologic oncologist.

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bloating							
Abdominal and/or pelvic pain							
Difficulty eating/feeling full quickly							
Changes with your bladder or bowels							
Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bloating							
Abdominal and/or pelvic pain							
Difficulty eating/feeling full quickly							
Changes with your bladder or bowels							
Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bloating							
Abdominal and/or pelvic pain							
Difficulty eating/feeling full quickly							
Changes with your bladder or bowels							
Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bloating							
Abdominal and/or pelvic pain							
Difficulty eating/feeling full quickly							
Changes with your bladder or bowels							



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Notes: