

Understanding Your Risk for Ovarian Cancer

Knowing your risk means you can take action today

Prevention is not yet possible, but certain factors play a role in raising and lowering your risk.

Factors That Raise Ovarian Cancer Risk

Age



- Being 55 years or older

Most ovarian cancer cases develop after menopause

Gynecological



- First full-term pregnancy after age 35
- No full-term pregnancies
- Late menopause
- Early onset periods
- Endometriosis
- Infertility
- Hormone therapy after menopause
 - Estrogen treatment without progesterone

Genetics



- A family history of ovarian, breast or colorectal cancer
- Having a genetic mutation for ovarian, breast or colorectal cancer
 - BRCA 1, BRCA 2 or Lynch syndrome

Up to 1 in 4 ovarian cancers are caused by genetic mutations

Other conditions



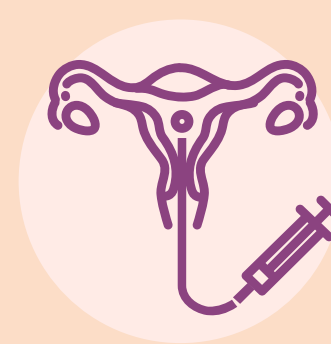
- Obesity
- A previous breast cancer diagnosis

Factors that might increase your risk — but more studies are needed

Research is still ongoing linking ovarian cancer risks to:



Talcum powder



Fertility treatments

Factors That Lower Your Ovarian Cancer Risk

Birth control



- Birth control pills
- IUDs
- Tubal ligation

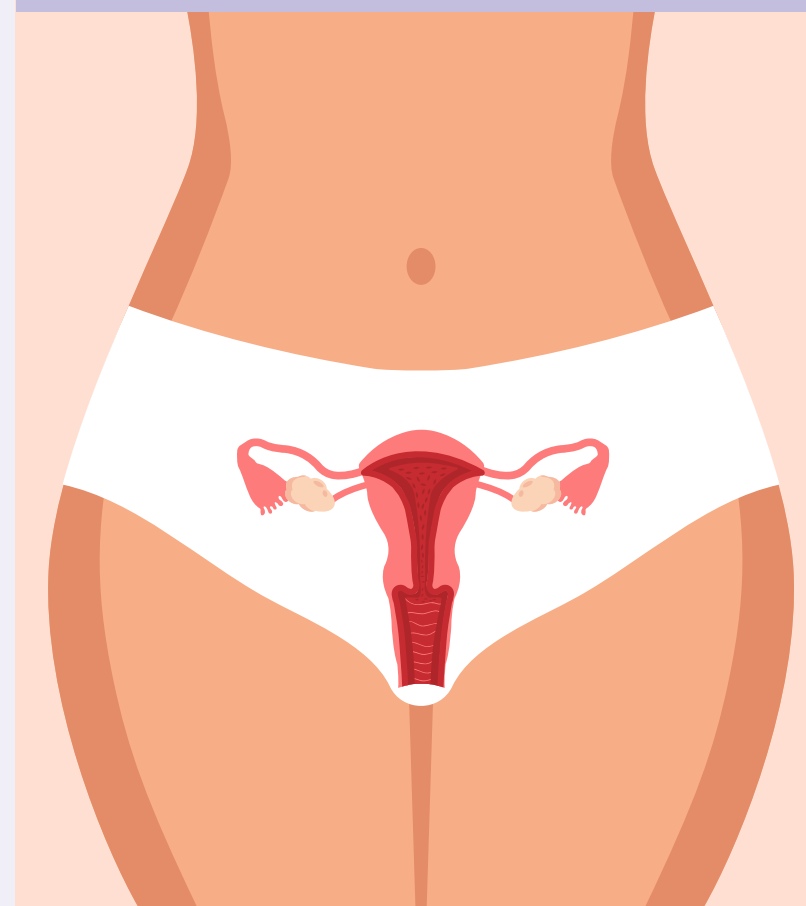
DYK? Few doctors still recommend tubal ligation. It's now common to remove the fallopian tubes for permanent sterilization.

Gynecological factors



- Breastfeeding
- Pregnancy carried to full-term
 - Each pregnancy carried to full-term lowers your risk further
- Early menopause (before age 45)

Surgery



- Salpingectomy
 - Removal of fallopian tubes, often done during another surgery
- Bilateral salpingo-oophorectomy
 - Removal of both ovaries and fallopian tubes
- Hysterectomy
 - Removal of uterus alone

DYK? Most cases of ovarian cancer start with precancerous cells in the fallopian tubes

Removing the fallopian tubes is a low-risk surgery that could reduce your ovarian cancer risk by a lot.