

# BREAK THE SILENCE ON OVARIAN CANCER



Dear Health Care Provider,

I have had these symptoms for 2 weeks and a change in diet and exercise has not made a difference. Below are the symptoms I'm currently experiencing.

## EARLY WARNING SIGNS : B.E.A.T

### **B**LOATING OR INCREASED ABDOMINAL SIZE

1. My bloating or increased abdominal size is mild, moderate or severe. (Please circle)
2. How many days this month has this been a problem for you? Mark the days on the calendar.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

### **D**IFFICULTY **E**EATING OR FEELING FULL QUICKLY

1. How much of your meal can you typically eat before you feel full? (Circle the plate)



100%



75%



50%



25%

2. I have had indigestion, constipation, or difficulty eating \_\_\_\_ times in the last 2 weeks.

### **A**BDOMINAL PAIN

1. On a scale of 1 to 10, how bad is your pain at its worst?

(MILD) Please circle (SEVERE)  
1 2 3 4 5 6 7 8 9 10

2. This is a problem for me \_\_\_\_ times in the last 2 weeks.

On this diagram, please mark where you feel pain.



### **T**ROUBLE URINATING

1. On average, how many times a day do you go to the bathroom? (Please circle)

(1 - 3) (4 - 6) (7 - 9) (10 or more)

2. When I need to go to the bathroom, I am worried I will not make it in time. (Please circle) **YES / NO**

3. When I urinate, I don't feel like I empty my bladder completely. (Please circle) **YES / NO**

## PERSONAL & FAMILY HISTORY

### FAMILY HISTORY OF CANCER

1. My \_\_\_\_\_ was diagnosed with breast cancer at age \_\_\_\_.
2. My \_\_\_\_\_ was diagnosed with ovarian cancer.
3. My \_\_\_\_\_ was diagnosed with colon cancer.

### PERSONAL HISTORY OF CANCER

1. I've had \_\_\_\_\_ cancer.

I am concerned about these symptoms and would like you to consider ovarian cancer as a possible diagnosis. Please consider a recto-vaginal exam, a transvaginal ultrasound and a CA-125 test in addition to other tests needed to make a diagnosis.

Please be advised that the information in this worksheet is not intended to replace or modify the medical advice of your doctor or health care provider. It must be considered as informational/educational material only and is not designed to replace a physician's independent judgment regarding your condition. Reprinted with permission from the National Ovarian Cancer Coalition.