

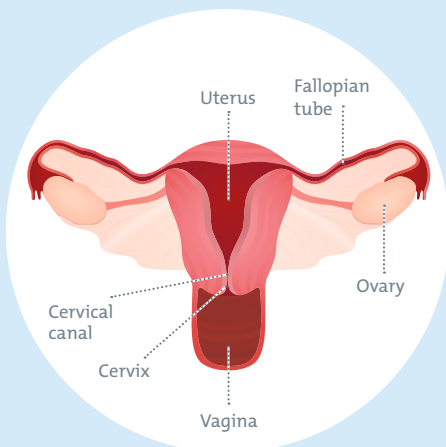


Epworth

Cancer Services (Oncology)

What is ovarian cancer?

Ovarian cancer is a growth of abnormal cells in one or both ovaries. The cells grow and form a lump called a tumour. Some cases of ovarian cancer may form in the fallopian tube and spread to the ovary.



Signs and symptoms

At present, there are no effective screening tests for ovarian cancer. We encourage you to recognise what is normal for your body and speak with your GP if changes are persistent.

Ovarian cancer symptoms can include:

- > abdominal bloating
- > unexplained weight gain or loss
- > urinary frequency or incontinence
- > pain during sexual intercourse.

Common tests used to diagnose ovarian cancer

Physical examination

Your GP or specialist may perform an exam called a colposcopy. This allows your doctor to view the tissue and any abnormal cells in the cervix and vagina.

Blood test

Your doctor may order several blood tests to check your overall health and detect proteins produced by cancer cells. These proteins are called tumour markers.

Ultrasound

An ultrasound may be one of the first tests following a blood test and physical exam. Your doctor may recommend an abdominal and/or a transvaginal ultrasound.

Abdominal ultrasound

The sonographer moves a small device (transducer) over your abdominal area.

Transvaginal ultrasound

A small transducer wand is inserted into the vagina to provide a clearer picture of both ovaries, and the uterus, bladder and bowel.

CT scan

A CT scan uses X-rays to compile 3D pictures of the inside of your body to look for cancer in lymph nodes or other organs.

MRI scan

An MRI scan creates detailed cross-sectional pictures using magnet and radio waves.

PET-CT scan

A PET-CT scan provides more detailed information by highlighting cancer cells, which use more glucose than normal cells.

Treatment options

The treatment for ovarian cancer usually involves both surgery and chemotherapy.

Surgery

First line treatment for ovarian cancer is generally a surgery to look inside the abdomen (laparotomy). This may involve surgical debulking, to remove as much of the cancer as possible. Surgical debulking allows chemotherapy treatment to be more effective.

Types of ovarian cancer surgery:

Radical or abdominal hysterectomy

A radical hysterectomy, removing the uterus, cervix, soft tissue around the cervix, the top of the vagina and the fallopian tubes.

Bilateral salpingo-oophorectomy (BSO)

Involves the removal of both ovaries and both fallopian tubes.

Omentectomy

Removal of the fatty protective tissue (omentum) covering the abdominal cavity.

Colectomy

Removal of all or part of the bowel.

Lymphadenectomy

Removal of the small bean-shaped organs that help filter toxins from the blood stream (lymph nodes).

Chemotherapy

Chemotherapy is a common form of treatment involving the use of anti-cancer drugs to kill or slow the growth of cancer cells. Chemotherapy is often used alongside other treatments such as radiotherapy and surgery.

Targeted therapy

Targeted therapies involve drugs that target features of cancer cells to stop them growing.

It may be recommended for some types of ovarian cancer.

Radiotherapy

Radiotherapy is the use of radiation (X-rays) to kill or injure cancer cells.

Your care team

Throughout your ovarian cancer journey, your team will involve a gynaecological oncologist and nursing and allied health staff. You may also see other specialists, such as a medical oncologist or radiation oncologist.

Your care team is here to provide you with comprehensive treatment, access to talented, caring specialists and support for you, and your family, during this challenging time.

Why choose Epworth for cancer care?

No one wants to experience cancer. *Our goal is to support you.*

You can expect a trusted specialist who will listen to your concerns and discuss the latest treatment options available for you to choose from. You will receive care in comfortable, nurturing spaces where your loved ones can be a part of your journey.

Your own team of experts — doctors, nurses and allied health professionals — will focus on your wellbeing. **Ask your GP for a referral to Epworth.**

The ovarian cancer pathway at Epworth

Information to help you feel prepared for your next steps.

> Symptoms

Speak to your GP if you experience symptoms of ovarian cancer.

> Diagnosis

Your GP can refer you to Epworth to access several diagnostic tests to investigate ovarian cancer.

> Treatment

At Epworth, our specialised Gynaecology Cancer Centre will provide you with a team of experts who work together to create a treatment plan that considers your needs and circumstances.

> Rehabilitation

Holistic rehabilitation programs are available before, after or during treatment, tailored to your individual needs.

> After treatment

Epworth patients in remission from ovarian cancer may need follow-up appointments.

Choose your Epworth ovarian cancer specialist



Click
or scan the
QR code



- > Gynaecological oncologists
- > Medical oncologists
- > Radiation oncology service

Epworth locations for cancer care

We are Victoria's largest not-for-profit private hospital group, renowned for excellence in diagnosis, treatment, care and rehabilitation. You will find specialist wards, imaging, pathology, and more, all onsite.

Get access to:

- > Your choice of specialist and location.
- > Timely screening, investigation and diagnosis.
- > Treatment (including surgery, chemotherapy, radiation therapy, targeted treatment and clinical trials).
- > Modern inpatient and day oncology facilities.
- > Multidisciplinary care with experts across specialties.

Epworth Eastern

1 Arnold Street
Box Hill VIC 3128
Phone 03 8807 7100

Epworth Freemasons

109 Albert Street
East Melbourne VIC 3002
Phone 03 9483 3833

Epworth Geelong

1 Epworth Place
Waurm Ponds VIC 3216
Phone 03 5271 7777

Epworth Richmond

89 Bridge Road
Richmond VIC 3121
Phone 03 9426 666

To become an Epworth patient, ask your GP for a referral to an Epworth specialist.



For more information about ovarian cancer visit epworth.org.au/oncology