

4 February 2010

## Council supports Ovarian Cancer Awareness month

Shoalhaven City Council is supporting the Ovarian Cancer Awareness Month, in partnership with Ovarian Cancer Australia to educate our community about the risks and symptoms of this life-threatening disease.

Every 11 hours an Australian woman will die from ovarian cancer which is why Ovarian Cancer Awareness Month (an initiative of Ovarian Cancer Australia) is critical in raising awareness of the disease and in helping women to recognise the symptoms so they can seek early treatment that could help save their lives.

There is no early detection test for ovarian cancer and while most women think they are protected through a Pap smear, the test does not detect the disease that is the sixth most common cause of cancer death among Australian women today.

Nicole Livingstone, co-founder and Ambassador for Ovarian Cancer Australia said: "Every woman in Australia needs to know the symptoms of ovarian cancer. We're extremely grateful to Shoalhaven City Mayor Councillor Paul Green for his support which has enabled us to reach women and families throughout this community.

"If ovarian cancer is discovered in the early stages, the majority of women will make a full recovery, and so understanding the symptoms and knowing what to look for, is currently the only means of early detection that can save lives," Nicole Livingstone said.

Clr Green said Council fully supports awareness campaigns that help to raise the health and wellbeing of our communities. "All women need to be aware of the symptoms of ovarian cancer and also of the risk factors which can lead to this insidious cancer. I'm hoping that during February more women will either visit the internet site for more information or speak with their doctor regarding the disease."

The most common four symptoms which women with ovarian cancer experience frequently and persistently are: pelvic and abdominal pain, increased abdominal size or persistent bloating, increased urinary frequency, and difficulty eating and/or feeling full quickly.

Chairman of Ovarian Cancer Australia Simon Lee said: "Ovarian Cancer Australia provides vital support to women affected by the disease and their families. We created Awareness Month to help save lives through educating women throughout our community, ensuring every woman knows the symptoms of ovarian cancer.

"Ovarian cancer is often considered a silent killer. Scientific evidence shows that many women do experience symptoms that if acted on, could result in an earlier diagnosis and a better chance of beating the disease. We greatly value the support of Council in helping to deliver these vital messages about ovarian cancer to women in this community," he said.

To learn the risks, signs and symptoms visit [www.ovariancancer.net.au](http://www.ovariancancer.net.au). For more information on ovarian cancer contact:

Phone: 1300 660 334

Email: [admin@ovariancancer.net.au](mailto:admin@ovariancancer.net.au)

Internet: [www.ovariancancer.net.au](http://www.ovariancancer.net.au)

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