



مركز الكويت لمكافحة السرطان
Kuwait Cancer Control Center

Ovarian Cancer Fact Sheet

Patient Education

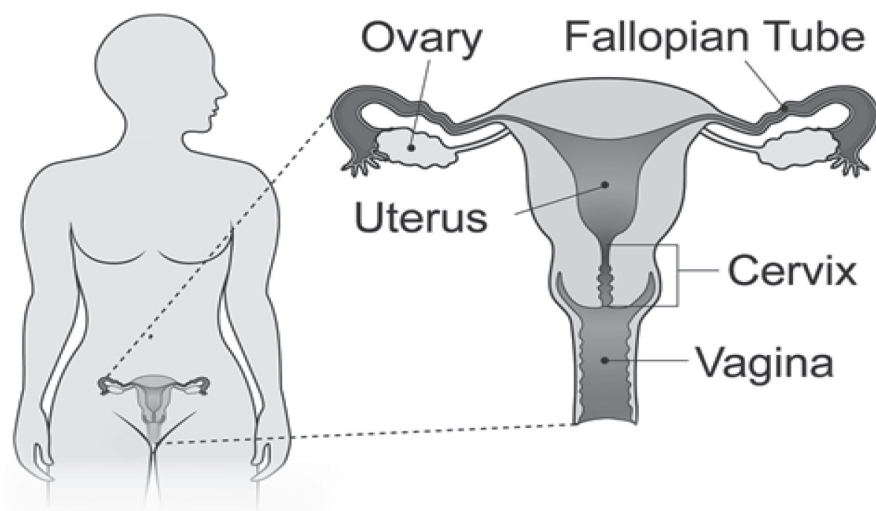


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What are the ovaries?

The ovaries are almond-shaped glands that contain eggs. During ovulation, an egg is released from an ovary and travels to the uterus through the fallopian tube. If an egg combines with a sperm in the uterus, a fetus (baby) will start to grow. The ovaries are the main source of estrogen and progesterone which are the hormones that affect breast growth, body shape, and body hair. These hormones also affect the menstrual cycle and pregnancy.



What is ovarian cancer?

Ovarian cancer is a disease in which normal cells in an ovary begin to change, grow out of control, and form a mass of cells called a tumour. The most common type of ovarian cancer begins in cells on the outer surface of the ovary, and is called epithelial carcinoma.

What does stage mean?

Stage is a way of describing a cancer. Stage can describe:

- Where the cancer is located.
- If or where it has spread.
- If it is affecting other organs in the body.

There are four stages of ovarian cancer (Stage 1 to Stage 4). Your doctor will use the stage of your cancer to decide which treatment is best for you.

How is ovarian cancer treated?

The treatment of ovarian cancer depends on:

- The location of the tumour.
- Whether the cancer has spread.
- Your overall health.

A surgery called a salpingo-oophorectomy to remove one or both ovaries and fallopian tubes is usually the first treatment. In most cases, the uterus may also be removed by a surgery called a hysterectomy.

Chemotherapy may be given to lower the risk of cancer returning and/or to treat metastatic cancer (cancer that has spread). Radiation therapy is not often used to treat ovarian cancer.

Most side effects of ovarian cancer treatment can often be prevented or managed with help from your health care team. Talk with your doctor about all treatment options.

Coping with ovarian cancer

Dealing with the news of a cancer diagnosis can be very difficult. You are not alone. Your health care team is here for you so feel comfortable speaking with them about your concerns and needs. As a patient in the Kuwait Cancer Control Center you have access to many resources to help you cope. These include:

- Social workers who can help you better cope with your illness.
- Clinical dietitians that specialize in cancer and can help you with your nutrition and diet concerns.

Questions to ask your doctor

Speaking to your health care team is important in helping you make decisions about your health care. Sometimes preparing a list of questions you want to ask can be helpful. Here is a list of common questions you may want to ask your doctor:

1. What type of ovarian cancer do I have?
2. Can you explain my pathology report (laboratory test results) to me?
3. What stage is the ovarian cancer?



4. Has cancer spread to my lymph nodes or anywhere else?
5. Would you explain my treatment options? What clinical options are open to me?
6. How will this treatment benefit me?
7. How will this treatment affect my daily life? Will I be able to work, exercise, and do my usual activities?
8. Will this treatment affect my ability to become pregnant or have children?
9. What are the possible long-term side effects of my cancer treatment?
10. Where can I find emotional support for me and my family?
11. Whom do I call for questions or problems?
12. Is there anything else I should be asking?

Medical terms to know

Benign: A tumour that is not cancerous.

CA-125: A substance called a tumour marker that may be at higher levels in women with ovarian cancer and is measured with a blood test.

Chemotherapy: The use of drugs to destroy cancer cells.

Lymph node: A tiny, bean-shaped organ that fights infection.

Malignant: A tumour that is cancerous.

Metastasis: The spread of cancer from where the cancer began to another part of the body.

Oncologist: A doctor who specializes in treating people with cancer.

Radiation therapy: The use of high-energy X-rays to destroy cancer cells.

Tumour: A mass of tissue that requires a biopsy/removal.

If you have any questions, please speak to your treating physician or health care provider.

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4. هل انتشر السرطان إلى الغدد الليمفاوية أو إلى أي مكان آخر؟
5. هل يمكنك أن تشرح لي خيارات العلاج الخاص بي؟ ما هي العلاجات الإكلينيكية المتاحة لي؟
6. كيف سيكون هذا العلاج مفيداً لي؟
7. كيف سيؤثر هذا العلاج على حياتي اليومية؟ وهل سأكون قادرة على العمل وممارسة حياتي والقيام بأنشطتي المعتادة؟
8. هل هذا العلاج سيؤثر في قدرتي على الحمل وإنجاب الأطفال مستقبلياً؟
9. ما هي الآثار الجانبية المحتملة بسبب العلاج من مرض السرطان؟
10. أين يمكنني أن أجد الدعم النفسي والعاطفي لي ولعائلتي؟
11. بمن أتصل للسؤال أو عند حدوث مشكلة؟
12. هل هناك أي شيء آخر أو سؤال آخر يتحتم علي أن أسأله؟

مصطلحات طبية يجب معرفتها:

ورم حميدة: ورم غير سرطاني.

CA-125: مادة تسمى علامة الورم وتكون متواجدة في اختبار الدم وقد تكون نسبتها عالية لدى النساء المصابات بسرطان المبيض ويتم قياسه مع اختبار الدم.

العلاج الكيميائي: استخدام العقاقير لتدمير الخلايا السرطانية.

الغدد الليمفاوية: صغيرة وتكون على شكل حبة ووظيفتها محاربة العدوى.

ورم خبيث: ورم سرطاني.

الانتشار: انتشار السرطان في أجزاء الجسم.

طبيب الأورام: هو طبيب متخصص في علاج مرضى السرطان.

العلاج الإشعاعي: استخدام الطاقة العالية والأشعة السينية لتدمير الخلايا السرطانية.

الأورام: كتلة من النسيج الذي يتطلب خزعة/إزالة.

وفي حال وجود أي أسئلة أو استفسارات لا تتردد في مناقشتها مع طبيبك أو الفريق المعالج لك.



إن المعلومات الواردة بهذه النشرة تهدف إلى التوعية وليست بأي حال من الأحوال بديلاً عن الرعاية الطبية المتخصصة لأغراض التشخيص أو العلاج، ويجب الرجوع للأطباء المعالجين للاستفسار عن أي أمور إضافية متخصصة ولطلب الاستشارة الطبية المتعلقة بأي مشكلة محددة.

