

Ovarian Cancer



Treatment Planning

This NCCN QUICK GUIDE™ sheet summarizes key points from the complete *NCCN Guidelines for Patients®: Ovarian Cancer*. These guidelines explain which tests and treatments are recommended by experts in cancer. To view and download the guidelines, visit NCCN.org/patients or, to order printed copies, visit Amazon.com.

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What is ovarian cancer?

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■ It is a disease in which cells in the ovary grow without control and form a mass called a tumor.	8
■ The cells can break off of the first tumor in the ovary and spread to other parts of the body.	10
■ There is more than one type of ovarian cancer. Epithelial ovarian cancer is the most common type.	9
■ Ovarian LMP (low malignant potential) tumor is a rare type of ovarian cancer. This tumor is formed by abnormal cells that aren't clearly cancer cells.	9

Do I have ovarian cancer?

■ Your doctor may suspect ovarian cancer if you have certain symptoms that are new and frequent. Such symptoms include: feeling bloated, pain in your pelvis or belly, trouble eating or feeling full fast, and needing to urinate often or urgently.	11
■ If ovarian cancer is likely, then more tests—and often surgery—are needed to know for sure.	14
■ Ovarian cancer may be found by chance during surgery or tests for another health problem.	21

What tests do I need?

Tests to check your health and look for signs of cancer:	■ Family and medical history	14
	■ Genetic counseling and testing	14
	■ Physical exam of your belly (abdomen) and pelvis	15
	■ Ultrasound or other tests to take pictures of the inside of your pelvis and belly	16
	■ CBC and blood chemistry profile	20
	■ CA-125 and/or other tumor markers	20
Tests to confirm ovarian cancer:	■ A biopsy—removal of tissue to test for cancer cells—is often done during surgery	21



How can I know if the cancer has or will spread?

Cancer staging	<ul style="list-style-type: none"> ■ Cancer staging is how doctors find out how far the cancer has grown and spread in your body. ■ It is used to plan which treatments are best for you. ■ Staging is often done during surgery. This is called surgical staging. 	<u>24</u>
Cancer stage	<ul style="list-style-type: none"> ■ The cancer stage is a rating of the extent of the cancer. ■ It is based on the growth of the first tumor and its spread to other parts of your body. 	<u>26</u>
Cancer grade	<ul style="list-style-type: none"> ■ The cancer grade is a rating of how much the cancer cells look like normal cells. ■ It's a sign of how fast the cancer will likely grow and spread. 	<u>29</u>

How advanced is the cancer?

Stage I	Cancer is only in the ovaries. It may be in one or both ovaries. Cancer cells may be found in fluid near the ovaries. But, cancer cells have not spread to any other organs or tissues.	<u>26</u>
Stage II	Cancer has spread outside the ovary to nearby organs or tissues in the pelvis. It has not spread outside the pelvis.	<u>27</u>
Stage III	Cancer has spread outside the pelvis to organs and tissues in the belly (abdomen). It has spread to the tissue lining the abdomen, nearby lymph nodes, or both.	<u>28</u>
Stage IV	Cancer has spread outside the pelvis and abdomen to organs and tissues far away.	<u>28</u>

What is treatment like?

<ul style="list-style-type: none"> ■ It depends on which treatment you have. There is more than one treatment to choose from. 	<u>32</u>
<ul style="list-style-type: none"> ■ All treatments can cause side effects. But, how your body will react can't be fully known. 	<u>36</u>
<ul style="list-style-type: none"> ■ Share your thoughts, goals, and concerns about treatment with your doctors. This can help you get the best treatment plan for you. 	<u>72</u>

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