

OVARIAN CANCER

About Ovarian Cancer

Ovarian cancer is the second most common cancer of the reproductive organs among women in the United States. It most commonly occurs in women between the ages of 50 and 65. A woman's lifetime risk of developing ovarian cancer is approximately 1.4 percent.

There are several different types of cancer that can start in the ovary; the most common is called "epithelial" ovarian cancer. This topic review will discuss the treatment of epithelial ovarian cancer, with a focus on chemotherapy after initial surgery. The diagnosis and staging of ovarian cancer is discussed separately.

Certain factors increase a person's risk of developing ovarian cancer, including:

- Never having been pregnant.
- Early age of menarche (when menstrual periods begin) or late age of menopause.
- A family history of ovarian, breast, or endometrial (uterine) cancer, particularly if the person inherits a specific type of genetic abnormality called a BRCA1 or BRCA2 mutation.
- A family history of a genetic condition called Lynch syndrome (hereditary nonpolyposis colorectal cancer [HNPCC]).

Ovarian cancer is a type of cancer that forms in the ovaries, which are female reproductive organs responsible for producing eggs and hormones. While I can provide some general information about ovarian cancer, it's important to consult with a healthcare professional or oncologist for accurate and personalized information.

Here are some key points about ovarian cancer:

1. Risk factors: Several factors can increase the risk of developing ovarian cancer, although the exact cause is often unknown. Risk factors include increasing age, a

- family history of ovarian, breast, or colorectal cancer, certain inherited gene mutations (such as BRCA1 and BRCA2), a history of hormone replacement therapy, obesity, and certain reproductive factors (such as never having been pregnant or starting menstruation early and entering menopause late).
2. Symptoms: Ovarian cancer may not cause noticeable symptoms in its early stages, or the symptoms may be vague and easily attributed to other conditions. Common symptoms that may be present include abdominal bloating or swelling, pelvic pain, difficulty eating or feeling full quickly, frequent urination, changes in bowel habits, and unexplained weight loss.
 3. Diagnosis: If ovarian cancer is suspected, a healthcare professional will typically perform a thorough physical examination and order diagnostic tests. These tests may include imaging scans (such as ultrasound or CT scan), blood tests (such as CA-125 tumor marker), and a biopsy to analyze the ovarian tissue for the presence of cancer cells.
 4. Staging and treatment: Once ovarian cancer is diagnosed, it is staged to determine the extent of the disease and guide treatment decisions. Treatment options may include surgery to remove cancerous tissue, chemotherapy, radiation therapy, targeted therapy, and in some cases, hormone therapy. The specific treatment plan depends on various factors, including the stage of the cancer, the individual's overall health, and their preferences.
 5. Prevention: While it may not be possible to prevent ovarian cancer entirely, there are some steps that can help reduce the risk. These include using oral contraceptives (birth control pills), having multiple pregnancies, breastfeeding, and considering risk-reducing surgeries for individuals with a high genetic risk. Regular check-ups and discussing any concerning symptoms with a healthcare professional are also important for early detection.

It's important to emphasize that only a healthcare professional can provide a definitive diagnosis and appropriate guidance regarding ovarian cancer. If you have any concerns or notice any unusual symptoms, I encourage you to seek medical attention for a proper evaluation.

• Cancer Treatment Vitamin Support Package UPON REQUEST

ADDITIONAL TREATMENTS IF REQUESTED

UPON REQUEST

Ovarian cancer has an **average five-year survival rate of 50%**. The American Cancer Society estimates for **ovarian cancer in the United States for 2023** are: About 19,710 women will receive a new diagnosis of ovarian cancer. About 13,270 women will die from ovarian cancer. The key to battling ovarian cancer is early diagnosis and timely treatment. Many women are looking into alternative treatment options. Alternative treatments for ovarian cancer are used as part of the holistic approach.

WHY ALTERNATIVE THERAPIES FOR OVARIAN CANCER ARE WORTH TRYING?

An alternative therapy considers the whole body rather than the disease itself. It approaches the person, trying to find reasons for the illness rather than dealing with the consequences.

The alternative therapy approach is mostly aimed at improving the immune system and helping healthy cells battle their cancerous counterparts.

The diversity of alternative treatments is impressive. Some have been used for thousands of years to treat different diseases. Many women have tried and benefited from alternative therapies which deal with the body and mind of a patient. A holistic approach has helped many patients battle cancer and ease their symptoms.

Some of the complementary therapies include:

UPON REQUEST

HOW CAN YOU FIND THE RIGHT ALTERNATIVE TREATMENT FOR OVARIAN CANCER?

Alternative therapies require a highly individualized approach. What can work for one patient may hurt another. That's why it's vital to consult with a specialist before trying **complementary and alternative therapies to treat ovarian cancer**.

The simplest way to start treating ovarian cancer using the alternative approach is to consider a diet. There are numerous anti-inflammatory and cancer-fighting foods which can help a patient feel better while improving their immune system. A therapy specialist will prepare a list of important foods to eat or avoid, to keep the chemical terrain inhospitable to cancer.

WHAT IS THE DIFFERENCE BETWEEN COMPLEMENTARY AND ALTERNATIVE MEDICINE?

Patients often ask about the difference between complementary and alternative medicine. Complementary medicine takes advantage of the non-conventional therapies to complement the conventional methods. These practices may reduce the side effects of the conventional therapies and ease cancer symptoms.

Alternative medicine is used to replace the conventional methods. It is not a part of conventional therapies.

Many people use “complementary” and “alternative” interchangeably. It’s important to consult a specialist about the usefulness of each approach.

WHERE CAN YOU FIND AN ALTERNATIVE TREATMENT FOR OVARIAN CANCER?

At our clinic, we offer an individual approach to each ovarian cancer patient and prepare a holistic treatment plan. Call us today.

Ovarian Cancer signs and symptoms

During the early stages of ovarian cancer, symptoms may be present but are often vague and ill-defined. Symptoms may include pelvic or abdominal discomfort, increased abdominal size or bloating, decreased appetite, feeling full after eating a small amount of food, or urinary symptoms (urgency and frequency).

In some women, ovarian cancer is initially suspected when a mass or lump is felt during a routine pelvic examination. However, a mass is not always detectable in the early stages of ovarian cancer. Even when a mass is detected, it does not necessarily mean that the woman has ovarian cancer. There are

many common noncancerous conditions (such as ovarian cysts) that can cause masses.

Ovarian Cancer Diagnosis

If ovarian cancer is suspected based on symptoms and/or an abnormal physical examination, imaging tests of the abdomen and pelvis are usually recommended as an initial step in the evaluation. Imaging tests may include ultrasound, computed tomography (CT), or magnetic resonance imaging (MRI). These tests do not provide enough information by themselves to definitively diagnose ovarian cancer, although they may provide important information about the location and/or extent of a possible cancer.

The only way to diagnose ovarian cancer with certainty is through surgery. In some cases (for example, if surgery is not possible or if the woman is a candidate for chemotherapy prior to surgery), a nonsurgical procedure may be done instead. This involves removing tissue or fluid from the abdomen or chest with a needle (called a biopsy, paracentesis, or thoracentesis) for testing.

Conventional treatments

Ovarian cancer is diagnosed (and the stage determined) through exploratory surgery. HHH Therapy or The surgeon will also remove all visible cancer. In most cases, this involves removing the uterus, fallopian tubes, and ovaries. This is done to ensure that as much of the cancer as possible is removed, and to help prevent the cancer from spreading further. Sometimes, no further treatment is needed; however, most of the time, additional (or “adjuvant”) treatment with chemotherapy is recommended.

Most women with ovarian cancer do get treatment with HHH Therapy or chemotherapy (in addition to surgery). After the cancer is removed with surgery to the extent possible, there is still a risk that cancer cells remain and may return or spread to other parts of the body. HHH Therapy or Chemotherapy is given after surgery to destroy these cells; it improves the chance that the cancer will not recur and decreases the risk of dying of ovarian cancer.

Integrative medicine for Ovarian Cancer UPON REQUEST