Reducing Your Risk of Ovarian Cancer

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En Español (Spanish Version)

At this time, there are no specific guidelines for the prevention of ovarian cancer because the cause is unknown; however, women who have had children and who have breastfed them are at lower risk for developing ovarian cancer.

Genetic testing may help identify patients who should consider having a salpingo-oophorectomy. This procedure involves removing both ovaries and the fallopian tubes. It may be done, in some cases, to prevent ovarian cancer in high-risk women, such as:

- Women with a first degree relative with ovarian or breast cancer
- Women who have had breast cancer before age 40
- Women who test positive for a genetic mutation (BRCA1 or BRCA2)

The surgery is the only proven method to reduce the risk of getting this often fatal disease.

To reduce your risk:

- Have an annual health checkup with a pelvic exam
- Maintain a healthy weight so the doctor can easily feel your ovaries

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