

Break the Silence

Ovarian Cancer in South Dakota, 2008



Ovarian Cancer...It Whispers, So Listen!

Ovarian Cancer Estimates for 2008¹

South Dakota expects 60 new ovarian cancer cases and 50 deaths due to this cancer in 2008. Nationally, it is estimated that 21,650 women will be diagnosed and 15,520 women will die of ovarian cancer in 2008. According to the American Cancer Society, ovarian cancer is the eighth most common cancer in women and also ranks as the fifth cause of cancer death in women.

Incidence and Mortality

During 2001-2005, there were 291 new cases of ovarian cancer diagnosed among South Dakota female residents. Of those cases, 277 were from the white population and 13 were from the American Indian population.

In South Dakota, 222 female residents died from ovarian cancer spanning the years from 2001 to 2005. Of that number, 216 were white and 4 were American Indian.

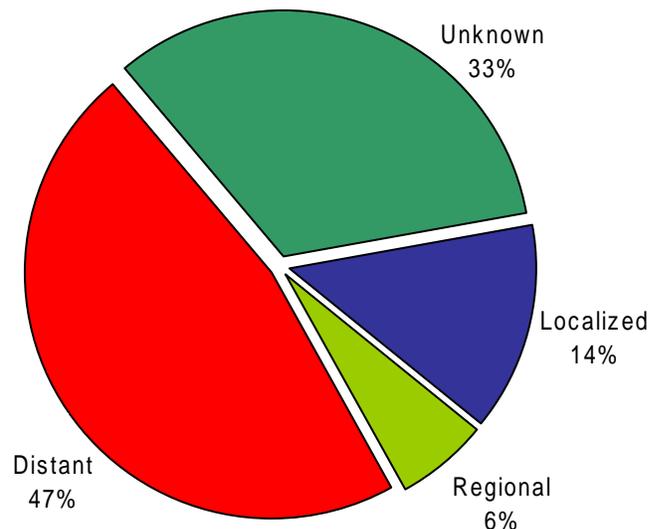
Incidence 2005		Mortality 2005	
Number of Cases		Number of deaths	
Total	66	Total	42
White	60	White	41
American Indian	6	American Indian	1
Median age at diagnosis	66 yrs	Median age at death	74 yrs
Mode	74 yrs	Mode	58 yrs
Age range at diagnosis	17-94 yrs	Age range at death	34-94 yrs
SD age-adjusted incidence rate	14.7	SD age-adjusted death rate	8.4
US SEER age-adjusted incidence rate	12.5	US SEER age-adjusted mortality rate	8.6

Rates per 100,000 U.S. 2000 standard population / 2005 U.S. SEER age-adjusted rate / Source: SD Department of Health

Figure 1 SEER Summary Stage

Ovarian cancer stage at diagnosis, South Dakota, 2005

Early detection will save lives! The two main obstacles for an early ovarian cancer diagnosis are no screening test and the lack of awareness about ovarian cancer.



Source: South Dakota Department of Health

¹Source: Cancer Facts and Figures 2008, American Cancer Society

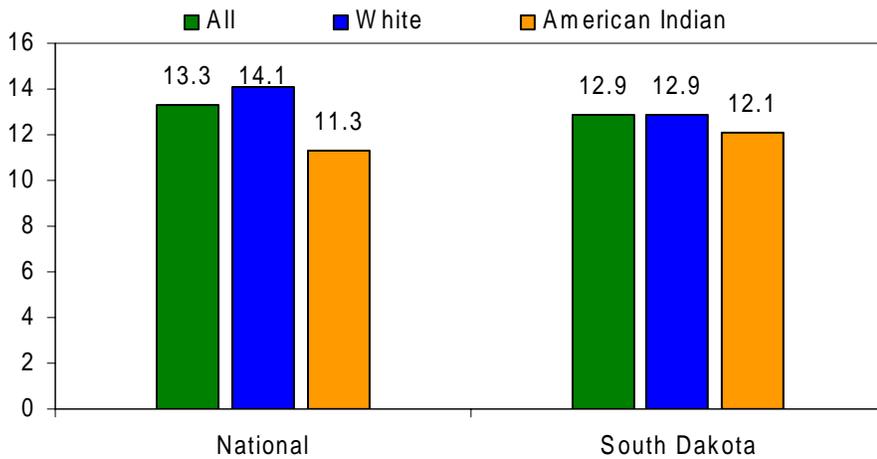


Figure 2
Age-adjusted Ovarian Cancer Incidence Rate
 Age-adjusted rate for ovarian cancer cases by race, nationally and South Dakota, 2001-2005.

Knowing the symptoms of ovarian cancer may lead to an earlier diagnosis.

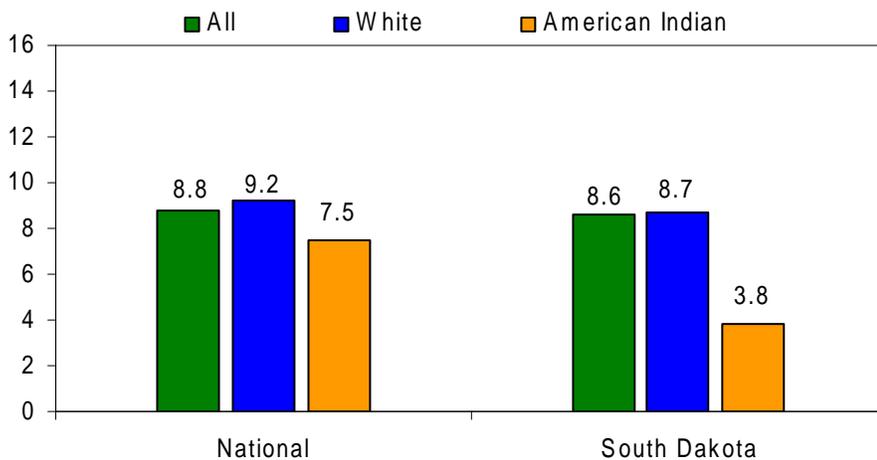


Figure 3
Age-adjusted Ovarian Cancer Death Rate
 Age-adjusted rate for ovarian cancer deaths by race, nationally and South Dakota, 2001-2005.

The earlier ovarian cancer is found and treated, the more likely treatment will be effective.

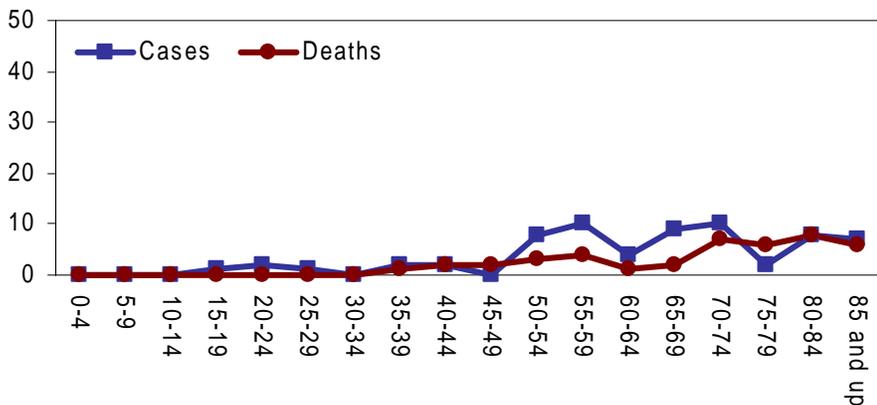


Figure 4
Ovarian Cancer Cases and Deaths
 Ovarian cancer cases and deaths by age, South Dakota, 2005.

Middle-aged and older women are at a greater risk of developing ovarian cancer.

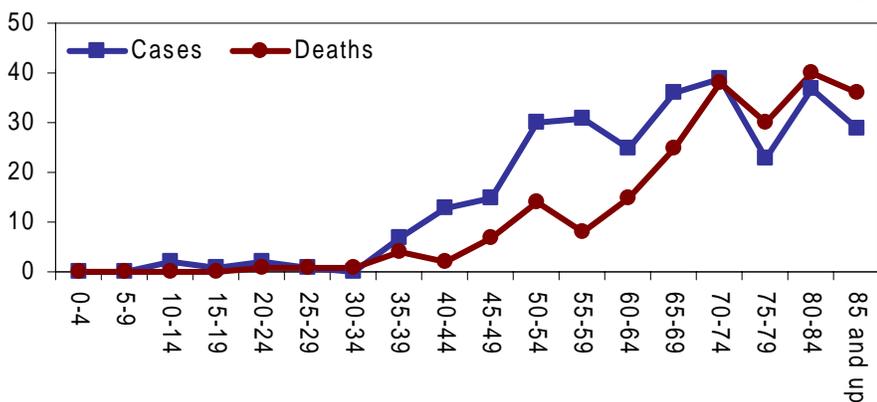


Figure 5
Ovarian Cancer Cases and Deaths
 Ovarian cancer cases and deaths by age, South Dakota, 2001-2005.

One in every 95 women will die from ovarian cancer.

Rates per 100,000 U.S. 2000 standard population.
 Source: SEER National Cancer Institute and the South Dakota Department of Health.

Risk Factors

Your risk of developing ovarian cancer, is higher if you;

- are middle-aged or older,
- have close family members (such as mother, sister, aunt, or grandmother) on either your mother's or your father's side, who have had ovarian cancer,
- have had breast, uterine, or colorectal cancer,
- have an Eastern European (Ashkenazi) Jewish background,
- have never given birth or have had trouble getting pregnant,
- have endometriosis (a condition where tissue from the lining of the uterus grows elsewhere in the body),
- are overweight or obese, and
- are taking hormone replacement therapy (HRT).

Prevention

The following are ways women can reduce their risk of developing ovarian cancer;

- using birth control pills for several years,
- having a tubal ligation (tubes tied), both ovaries removed, or a hysterectomy (an operation in which the uterus, and sometimes the cervix, is removed),
- giving birth, and
- breastfeeding.

Signs and Symptoms

Ovarian cancer often causes signs and symptoms. See your doctor, nurse, or other health care professional if you have any of these signs every day for two weeks or longer and they are not normal for you, especially if they get worse;

- pain in the pelvic or abdominal area (the area below the stomach and between the hip bones).
- back pain,
- tired all the time,
- bloating, which is when the area below the stomach swells or feels full,
- change in bathroom habits, such as having to pass urine very badly or very often,
- upset stomach or heartburn,
- vaginal discharge that is not normal for you, and
- pain during intercourse.

Detection Recommendations

There is no simple and reliable way to test for ovarian cancer. The Pap test does not check for ovarian cancer; however, here are steps that you can take;

- **BE AWARE** - pay attention to your body and know what is normal for you.
- **SEE YOUR DOCTOR** - if you notice any changes in your body that are not normal for you and could be a sign of ovarian cancer, see your doctor.
- **ASK QUESTIONS** - ask your doctor if you should have a test, such as a rectovaginal pelvic exam, a transvaginal ultrasound, or a CA-125 blood test, if you have any unexplained signs or symptoms of ovarian cancer. These tests may help find or rule out ovarian cancer.

Break the Silence is the national campaign created by the National Ovarian Cancer Coalition, Inc.

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For more information or additional copies, contact the South Dakota Department of Health at 605.773.3361 or see the South Dakota Cancer Registry website at <http://doh.sd.gov/SDCR/>.