



September is **Ovarian Cancer Awareness Month** and October is **Breast Cancer Awareness Month**. Join us as we will pass the torch to increase awareness of their genetic link.

Do you know? Ovarian Cancer

According to the American Cancer Society there will be an estimated 21,880 newly diagnosed cases of ovarian cancer among women in 2010. An estimated 13,850 deaths are expected in 2010 from ovarian cancer. It is usually diagnosed in the late stages due to no obvious symptoms. Ovarian cancer is the fourth leading cause of death from cancer in women and the most common cause of death from gynecologic cancers.

Ovarian cancer is often referred to as the cancer that whispers because it has no obvious symptoms. Watch for:

- Abdominal bloating and/or pain
- Gastrointestinal disturbances (constipation or gas, indigestion, loss of appetite)
- Ongoing fatigue
- Urinary symptoms
- Unexplained weight gain or loss (particularly weight gain in the abdominal region)
- Back pain
- Pelvic pain

There is currently no sufficiently accurate screening test proven to be effective in the early detection of ovarian cancer. Baylor Charles A. Sammons Cancer Center at Dallas and Baylor Research Institute are conducting a study that may provide a screening test for early detection.

To learn more about cancer care services or cancer research, please call 214.820.3535 to speak with one of our Patient Navigation nurses. Visit us online at BaylorHealth.com/DallasCancer for a listing of upcoming events and patient support services.



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Do you know? Breast Cancer

According to the American Cancer Society breast cancer is the second most common cancer in women, (skin cancer is the most common) with an estimated 207,090 newly diagnosed cases in 2010.

The most common symptoms of breast cancer are:

- New lump or mass
- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk

There may be an increased risk of developing breast or ovarian cancer if you have a family history of breast and/or ovarian cancer. Familial cancer risk assessment and clinical genetic testing of cancer susceptibility genes is available at W.H. & Peggy Smith Baylor Sammons Breast Center—Hereditary Cancer Risk Program to help determine an individual's risk of developing breast and/or ovarian cancer.

To learn more about the Hereditary Cancer Risk Program and other breast care services at Baylor University Medical Center at Dallas, please contact W.H. & Peggy Smith Baylor Sammons Breast Center at 214.820.9600. Visit us online at BaylorHealth.com/DallasCancer for a listing of upcoming events and patient support services.

