



Ovarian Cancer: Causes, Symptoms, Diagnosis and Treatment Options

Anna Smith*

Department of Obstetrics and Gynecology, University of Pennsylvania Health Systems, Philadelphia, USA

ABSTRACT

Ovarian cancer is a type of cancer that affects the ovaries, which are the female reproductive organs responsible for producing eggs. It is the fifth most common cause of cancer-related deaths in women and accounts for approximately 3% of all female cancers. Despite advances in treatment, ovarian cancer remains a challenging disease to treat and cure. There are several risk factors for ovarian cancer. The risk of developing ovarian cancer increases with age, with most cases occurring in women over the age of 50. Women who have a family history of ovarian cancer, breast cancer, or colorectal cancer are at higher risk of developing ovarian cancer. Additionally, women who have a personal history of breast cancer or have never had children are also at increased risk. Some studies have suggested that the use of hormonal contraceptives may reduce the risk of ovarian cancer, while the use of fertility drugs may increase the risk.

Keywords: Diagnosis; Breast cancer; Ovarian cancer

INTRODUCTION

In its early stages, ovarian cancer may not cause any noticeable symptoms. As the disease progresses, however, symptoms may develop. These can include abdominal bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly and urinary symptoms such as urgency or frequency. These symptoms can be caused by a variety of conditions, so it is important to see a doctor if they persist. Diagnosis of ovarian cancer typically begins with a physical exam and a pelvic exam. Additional tests may be performed to confirm the diagnosis, including blood tests to check for tumor markers and imaging tests such as ultrasound, CT scans and MRI. The only definitive way to diagnose ovarian cancer is through a biopsy, in which a small sample of tissue is removed and examined under a microscope [1].

LITERATURE REVIEW

The treatment of ovarian cancer depends on the stage of the disease and other factors, such as the patient's age and overall health. Surgery is often the first line of treatment and may involve the removal of one or both ovaries, as well as other

organs such as the uterus, fallopian tubes and lymph nodes. Chemotherapy may also be used to kill cancer cells and prevent them from spreading. Radiation therapy is not typically used to treat ovarian cancer. The prognosis for ovarian cancer depends on the stage of the disease at the time of diagnosis. The earlier the cancer is detected, the better the chance of successful treatment. Unfortunately, many cases of ovarian cancer are not diagnosed until the disease has already spread beyond the ovaries. The five-year survival rate for ovarian cancer is around 47%, but this varies depending on the stage of the disease and other factors [2].

DISCUSSION

There is no guaranteed way to prevent ovarian cancer, but there are some steps that women can take to reduce their risk. Having regular pelvic exams and Pap tests, as recommended by a doctor knowing your family history and discussing any concerns with a doctor. Using birth control pills, which have been shown to reduce the risk of ovarian cancer. Maintaining a healthy diet and exercise routine considering genetic counseling if you have a family history of ovarian cancer or other cancers. Ovarian cancer is a type of cancer that begins in the ovaries,

Received: 28-April-23

Manuscript No: IPGOCR-23-16186

Editor assigned: 29-April-23

PreQC No: IPGOCR-23-16186 (PQ)

Reviewed: 12-May-23

QC No: IPGOCR-23-16186 (Q)

Revised: 18-May-23

Manuscript No: IPGOCR-23-16186 (R)

Published: 26-May-23

DOI: 10.36648/2471-8165.9.3.14

Corresponding author: Anna Smith, Department of Obstetrics and Gynecology, University of Pennsylvania Health Systems, Philadelphia, USA; E-mail: Smithanna.5@gmail.com

Citation: Smith A (2023) Ovarian Cancer: Causes, Symptoms, Diagnosis and Treatment Options. Gynecol Obstet Case Rep. Vol.9 No.3:14.

Copyright: © Smith A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

which are female reproductive organs that produce eggs. It is the fifth leading cause of cancer deaths in women, with an estimated 21,410 new cases and 13,770 deaths in the United States in 2021 alone. It is often referred to as the "silent killer" because it is difficult to detect in its early stages and symptoms often do not appear until the cancer has advanced [3].

The exact cause of ovarian cancer is unknown, but certain factors may increase a woman's risk of developing the disease. The risk of developing ovarian cancer increases as a woman gets older, with most cases occurring in women over the age of 50. Women with a family history of ovarian cancer or breast cancer are at an increased risk of developing the disease. This is because certain gene mutations, such as BRCA1 and BRCA2, are associated with an increased risk of both breast and ovarian cancer. Women who have had breast cancer or certain types of reproductive cancers are at an increased risk of developing ovarian cancer. Women who have never had children or who have had trouble getting pregnant are at an increased risk of developing ovarian cancer. Women who have used hormone therapy, such as estrogen replacement therapy, for a long period of time are at an increased risk of developing ovarian cancer. Women who have endometriosis, a condition in which the tissue that normally lines the inside of the uterus grows outside of it, may be at an increased risk of developing ovarian cancer. Ovarian cancer is often referred to as the "silent killer" because it is difficult to detect in its early stages and symptoms often do not appear until the cancer has advanced [4].

It is important to note that these symptoms can be caused by other conditions as well and having these symptoms does not necessarily mean that a woman has ovarian cancer. However, if a woman experiences these symptoms for an extended period of time, she should see her doctor for an evaluation. There is no single test that can diagnose ovarian cancer. Instead, a combination of tests and procedures may be used to diagnose the disease. During a pelvic exam, the doctor will feel for any lumps or abnormalities in the ovaries. Imaging tests, such as ultrasound, CT scans, or MRI, may be used to produce images of the ovaries and surrounding tissue. Blood tests may be used to measure certain substances, such as CA-125, that are often elevated in women with ovarian cancer. If a doctor suspects ovarian cancer, a biopsy may be performed to remove a sample of tissue for examination under a microscope. The treatment of ovarian cancer depends on the stage of the disease, the type of ovarian cancer and the overall health of the patient. Treatment

options may include Surgery is often the first line of treatment for ovarian cancer. The goal of surgery is to remove as much of the cancerous tissue as possible. Chemotherapy is often used after surgery [5,6].

CONCLUSION

In conclusion, ovarian cancer is a serious disease that affects thousands of women each year. While it is difficult to prevent, early detection and treatment can significantly improve the chances of successful outcomes. Women should be aware of their risk factors and take steps to reduce their risk and maintain good overall health. Regular check-ups with a doctor and awareness of the symptoms can also help in early detection and prompt treatment of the disease.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

The author has no conflicts of interest to declare.

REFERENCES

1. Bump RC, Mattiasson A, Bø K, Brubaker LP, DeLancey JO, et al. (1996) The standardization of terminology of female pelvic organ prolapse and pelvic floor dysfunction. *Am J Obstet Gynecol* 175(1):10-17.
2. Domröse CM, Mignon P, Henning L, Walther K, Michael M, et al. (2016) Development of obstetrical and gynecological journals, 2007 to 2013: A trend analysis. *Arch Gynecol Obstet* 293(6):383-389.
3. Austin OG (1956) Massive thrombophlebitis of the ovarian veins; a case report. *Am J Obstet Gynecol* 72(2):428-429.
4. Alexandre BR, Simon C, Fauser BC. (2015) Trends in clinical reproductive medicine research: 10 years of growth. *Fertil Steril* 104(1):131-137.
5. Iftikhar PM, Ali F, Faisaluddin M, Khayyat A, De Sa MD, et al. (2019) A bibliometric analysis of the top 30 most-cited articles in gestational diabetes mellitus literature (1946-2019). *Cureus* 25(2):11-17.
6. Gupta A, Kennedy B, Meriwether KV, Francis SL, Cardenas-Trowers O, et al (2020). Citation classics: The 100 most cited articles in Urogynecology. *Int Urogynecol J* 31(4):249-266.