

FACTORS THAT INCREASE RISK

- Anyone born with ovaries
- Being post-menopausal
- Being overweight or obese
- Having a family history of ovarian cancer, breast cancer, or colorectal cancer
- Having a personal history of breast cancer
- Having an inherited genetic mutation (BRCA1, BRCA2)
- Having a family cancer syndrome (Lynch syndrome, Peutz-Jeghers syndrome, MUTYH associated polyposis)
- Having children later in life or never having a full-term pregnancy
- Taking hormone replacement therapy
- Taking fertility treatment
- Smoking

FACTORS THAT DECREASE RISK

- Taking birth control
- Having a child and breastfeeding
- Having surgical removal of ovaries and fallopian tubes
- Having a hysterectomy/tubal ligation

DON'T PANIC

If you have one or more of these risk factors, don't panic. You may be at increased risk, but it does not necessarily mean that you will get the disease. If you have one or more risk factors, be sure to watch for early symptoms and report them to your doctor.

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