



Ovarian cancer is a relatively rare cancer. There is no effective screening test, no reliable diagnostic test, and no “red-flag” symptoms. Considering these challenges, it may be difficult to have an effective conversation with your doctor. **Once you have used the worksheet to identify and record all your risk factors, symptoms, and family history, this summary sheet is designed to support you in having a helpful conversation with your doctor about your risk for ovarian cancer.**

Reviewing this information together will help you and your doctor make the best decisions possible about your care.

You may want to start your appointment by telling your doctor something like:

I am concerned about ovarian cancer and I have therefore recorded my risk factors, symptoms, and family history below. I would like to understand the likelihood that I have ovarian cancer and discuss appropriate next steps.

List your risk factors:

List your symptoms:

List any biological relatives who have had cancer, and how they are related to you: