



Prevention Beat

September 8, 2011

September is National Ovarian Cancer Awareness Month

Facts about Ovarian Cancer:

- Ovarian cancer is the deadliest of all gynecological cancers and will affect 1 in 57 women. The American Cancer Society estimates that there will be more than 22,000 new cases diagnosed and more than 15,000 deaths this year in the U.S.
- Ovarian cancer is a malignant tumor that begins in the cells that constitute one or both ovaries. It occurs when abnormal cells grow in an uncontrolled manner and invade normal tissue. These abnormal cells can accumulate and form growths or masses called tumors.
- Cancer cells spread through direct contact with other organs, through the blood stream or the lymph nodes to other parts of the body. The spread of a tumor from the original location to a new site is called metastasis.
- Cancer cells that metastasize from other organ sites to the ovaries are not considered ovarian cancer. These cancers are most commonly breast or colon.
- There is no early testing available for ovarian cancer. PAP smears detect cervical cancer, not ovarian cancer.
- There are many types of ovarian cancer, and the treatment options depend on the type and how far it has spread when diagnosed.
- It is difficult to diagnose because the symptoms can be easily confused with other diseases. Therefore, most cases are diagnosed when the disease has advanced to later stages (Stage III or IV). When diagnosed in advanced stages, the chance of 5 year survival drops to about 25%.
- In cases where ovarian cancer detection happens before it has spread beyond the ovaries, more than 90% of women survive longer than five years.
- Research shows that a referral to a gynecologic oncologist remains one of the top factors in increasing ovarian cancer survival rates and decreasing rates of recurrence.
- As with all cancers, it is extremely important to have open communication with your health care team during your treatment.

The 4 primary symptoms of ovarian cancer are:

- Bloating, abdominal pressure and/or discomfort

- Pelvic or Lower Abdominal Pain
- Difficulty eating or feeling full quickly
- Urinary Urgency or Frequency (in absence of an infection)

Additional possible symptoms:

- Vague, but persistent gastrointestinal upsets (gas, nausea, indigestion)
- Change in bowel habits (constipation, diarrhea)
- Abnormal bleeding, pain during intercourse
- Unusual fatigue, shortness of breath
- Unexpected weight loss or gain

If you have these symptoms for 2 or more weeks contact your doctor & get screened! Too frequently this disease is not detected until it's in an advanced stage. Women need to know their risk factors, the potential symptoms and be assertive in speaking to their health care providers.

Early detection is the key to treating and surviving Ovarian Cancer!

For more information about Ovarian Cancer visit The National Ovarian Cancer Coalition page at: <http://www.ovarian.org/> or The Vicki Welsh Fund's page at: <http://thevickiwelshfund.org/index.html>.

To learn more about a new Ovarian Cancer Test that is showing promise follow this link: <http://www.livescience.com/health/new-ovarian-cancer-test-shows-promise-100811.html>.

Adult Quick Care now has flu shots available at all Kansas City area locations.

For clients of OHS-COMPCARE, we are offering seasonal flu shots to employers again in 2011. To be put on the list to be scheduled for an on-site or to learn more please contact client services at 816-561-2105 (option 1) or by email at clientservices@ohscompcare.com.

Arrange for your flu shots today and take the BITE out of the FLU BUG for you and your employees!

*****We are now open Saturdays at our Independence location from 9am – 1pm to serve your occupational medicine and urgent care needs. Our Independence location is open 5pm – 9pm Monday – Friday to serve your after hour needs as well*****



Adult Quick Care is now on Facebook (www.facebook.com/aqcUrgentCare).

Become a fan to keep up with current happenings with AQC as well as Prevention Tips.

Please feel free to forward this information to any member of management in your company who would benefit from it.

To learn more about services Adult Quick Care or OHS-COMP CARE has to offer, contact our Client Services Team at (816) 561-2105 option 1 or by e-mail at clientservices@ohscompcare.com. You can also visit us at www.adultquickcare.com or www.ohscompcare.com.

OHS-COMP CARE now featuring Adult Quick Care (Urgent Care Services) has seven (7) area clinical facilities:

Independence Clinical Facility
19000 E. Eastland Center Crt, St. 200
Independence, MO 64055
816-478-9299

After Hours Available

***Now open Saturday 9am – 1pm**

KCMO/Broadway Clinical Facility
1650 Broadway
Kansas City, MO 64108
816-842-2020

Johnson County Clinical Facility
10415 Lackman Road
Lenexa, KS 66219
913-495-9905

KCMO/Front Street Clinical Facility
6501 East Commerce, Suite 110
Kansas City, MO 64120
816-483-5550

St. Joseph Clinical Facility
904 Edmond Street
St. Joseph, MO 64501
816-233-7702

Wyandotte County Clinical Facility
1333 Meadowlark Lane, Suite 200
Kansas City, KS 66102
913-596-2774

Grandview Clinical Facility
13830 S Us Highway 71
Grandview, MO 64030
816-761-4664



Adult Quick Care provides Urgent Care to Adults and Adolescents Age 14 and Older. No appointment is necessary at Adult Quick Care.

When you are sick or have a new injury, Adult Quick Care is your affordable, time saving choice for quality care.

To learn more about **Adult Quick Care** please call 816-559-6320 or visit www.adultquickcare.com.