

FREE IMPORTANT ADVICE

*Be Kind

*Take a Deep Breath

*KNOW THE SIGNS & SYMPTOMS OF OVARIAN CANCER

The acronym **BEAT** can help remind you and your loved ones of ovarian cancer symptoms:

- B** – is for **BLOATING** it's persistent and doesn't come and go
- E** – is for **EATING** difficulty eating and feeling full more quickly
- A** – is for **ABDOMINAL** and pelvic pain you feel most days
- T** – is for **TOILET** changes in urination or bowel habits

Early detection increases survival rate.

See your doctor if you have these symptoms for more than two weeks.



The
Amy Krouse
Rosenthal
Foundation

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