

Get Involved Guide

May 8, 2023

#WOCD2023 #NoWomanLeftBehind
#WorldOvarianCancerDay



WORLD
OVARIAN
CANCER
DAY **2023**

NO
WOMAN
LEFT
BEHIND

If nothing is done to change the status quo right now, by 2040 over 4 million women will be lost to ovarian cancer.

In this same time frame, overall incidence of the disease will rise by 42% and mortality will jump by over 50% with 313,617 women dying in 2040 alone.

We need a shared global commitment today to fight this disease.

Join us for the 11th World Ovarian Cancer on May 8, 2023. Last year because of supporters like you we reached over **28** million people - together we can reach even higher to get to our goal of **#NoWomanLeftBehind**.

The past few years have seen enormous progress in ovarian cancer, but in the absence of a reliable screening tool, symptom awareness remains our first line of defence

but...



**NO
WOMAN
LEFT
BEHIND**

...according to our 2018 Every Woman Study™, prior to diagnosis:

69% of women had little to NO knowledge of ovarian cancer

91% of women experienced one or more symptoms

Clinicians who contributed to the Study felt strongly that poor symptom awareness is a barrier to a more rapid diagnosis.

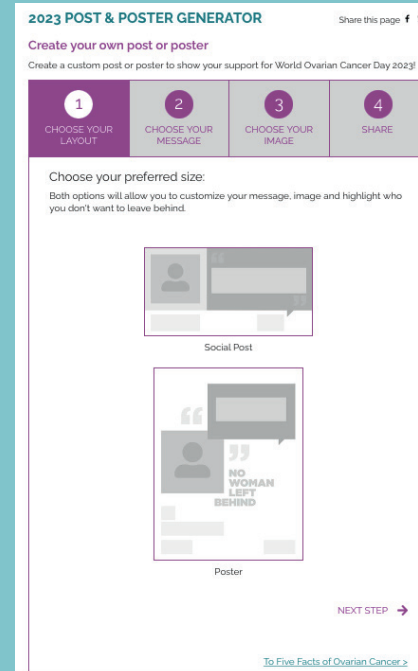
Women are being left behind - but you can help us change that.

Help make the change

DO IT YOURSELF POST/POSTER GENERATOR

The easiest way to get the word out for World Ovarian Cancer Day is through our Do-It-Yourself Post/Poster Generator. With multiple options to customize the artwork - including swapping out the word "Woman" in the campaign logo to make it personal or gender neutral - the possibilities are endless to make the artwork your own - no design skills required!! Whether to share on social media or post around the office, you can create multiple panels to promote #WOCD2023 and any events you are holding. QR code on the posters will direct users to useful information about ovarian cancer.

WorldOvarianCancerCoalition.org



1

A Pap test (cervical smear test) does not detect ovarian cancer

2

Ovarian cancer is often diagnosed at a late stage

3

Diagnosing ovarian cancer before it spreads makes it much more treatable

4

Symptom awareness might lead to a more rapid diagnosis

FIVE FACTS

Everyone should know about ovarian cancer.

5

Common symptoms include

- a) Persistent bloating**
- b) Difficulty eating**
- c) Feeling full quickly**
- d) Pelvic and abdominal pain**
- e) Urinary symptoms**

Help us make the change

OTHER TOOLS

As we get closer to our 11th World Ovarian Cancer Day, [keep checking our website](#) for other #WOCD2023 tools to help you mark the day.

Our “Save the Date” artwork in **45 languages** is already available, and we will be uploading more posts very soon.

Also - already available to use [on our site](#) are Zoom/ virtual meeting backgrounds, [posters to print and share](#), and a Ovarian Cancer Crossword which tests your general knowledge.

[Get in touch with us](#) if there is anything missing you would like to see!

Usuku lwelizwe lwesibeleko soMhalaza
8 UCanzibe 2023

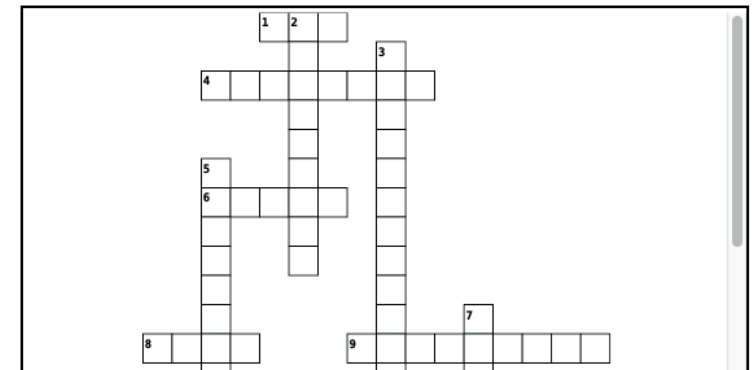


**AKUKHO
MFAZI
USHIYE
NGASEMVA**

OVARIAN CANCER CROSSWORD

Share this page [f](#) [t](#)

With help from information from our site, test your knowledge of ovarian cancer with this crossword!



Across

Down

1. While it detects ovarian cancer, this test does NOT detect ovarian cancer
2. Symptom ___ can lead to a more rapid diagnosis
3. A risk factor of ovarian cancer is this condition where the tissue that normally lines the endometrium grows outside the uterus
4. In addition to feeling full quickly, pain, and urinary symptoms, this is one of the most common symptoms
5. Your risk is greater as you get ___
6. Known as ___1 and ___2, mutations in these tumour suppressing genes have been associated with breast and ovarian cancer
7. Low grade ___ is a rarer type
8. Women of Eastern European and of ___ Jewish descent are at a higher risk
9. If taken for 5 years or more, this pill can halve your risk
10. If we do nothing, over four ___ women will be lost to the disease



Other ways to help us get to #NoWomanLeftBehind:

[Share one of our social media posts](#) with your friends and family and encourage them to do the same. Ovarian cancer needs to become a global priority so raise your voice!

[Learn the signs, symptoms, and risk factors](#) of ovarian cancer and share them with anyone who will listen. About half of the world was born with ovaries, and every one of them should be aware!

Personally touched by ovarian cancer? [Share your story with us](#)

[Contact one of our partner organizations](#) and join in on their #WOCD202 activities or consider donating your time or money for them to continue their important work.

Create an event in your area if none exist*. Challenge your co-workers to a walk-a-thon or fun run and end the event with a bake sale. No event is too small to make an impact. [Use our poster generator to help promote it!](#)

Don't be afraid to speak up! Whether it is advocating for yourself or for others, and no matter where you live in the world, there is room for improvement and change.

SHARE, SHARE, SHARE. No woman, no person, should be left behind.

**please abide by all local public health protocols given the ongoing presence of COVID-19.*



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