World Ovarian Cancer Day
May 8, 2024

Get Involved Guide

#WOCD2024 #NoWomanLeftBehind
#WorldOvarianCancerDay

@WorldOvarianCancerDay
@OvCancerDay
If nothing is done to change the status quo right now, by 2050 over 8 million women will be lost to ovarian cancer.

In this same time frame, overall incidence of the disease will rise by 55% and mortality will jump by close to 70%.

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

In this guide you will find suggestions of how you can help us get to #NoWomanLeftBehind on our 12th World Ovarian Cancer Day on May 8, 2024. You can scan or click on the QR codes to take you to our virtual toolkit and other resources.

Last year, with your help, we reached 200 million people and we are excited to see what the ovarian cancer community has in store this year.

Get Involved:
Sign and share our petition to the World Health Organization

I call upon the WHO and Global Health Leaders to recognise ovarian cancer as a global health priority.

First name
Last name
Organisation (optional)
Country
United Kingdom (GB)
Email
Comment (optional)

SIGN

Don’t forget to share within your networks!

To read the World Ovarian Cancer Coalition Data Briefing that explains these figures, scan or click on this QR code.
Get Involved:
Create custom artwork for your social media channels or to print off to promote your #WOCD2024 activities

Template can be used for social media or you can create a poster to print and use. You can change the word “woman” to something more meaningful to you (i.e., person, spouse, friend, mother).

Social media frames, one gender neutral to make it easy to show your support across all of your channels. You can upload your own photo or logo to use.

For all of your virtual meetings! You can add a logo and choose between “No Woman Left Behind” and “No Person Left Behind.”

Power up your engagement! Take a screenshot* of your meeting with the backgrounds and post on social and tag us!

* Be sure to obtain permission from other meeting participants

Get Involved:
Show your support during virtual meetings with a #WOCD2024 background
Get Involved:
Print our ready-made posters and post in the office breakroom or on community bulletin boards

FIVE FACTS
Everyone should know about ovarian cancer.

1. Ovarian cancer is often diagnosed at a late stage.
2. Diagnosing ovarian cancer before it spreads makes it much more treatable.
3. Symptom awareness might lead to a more rapid diagnosis.
4. Common symptoms include:
   a) Persistent bloating
   b) Difficulty eating
   c) Feeling full quickly
   d) Pelvic and abdominal pain
   e) Urinary symptoms

Risk Factors of Ovarian Cancer

Age: The risk increases as you get older. Ovarian cancer is more common among older women.

Family History: If a close family member (sibling or parent) has had ovarian cancer, you may have a higher risk.

Ethnicity: Women of Ashkenazi Jewish ancestry have a higher risk.

Genetic Mutations: Women with certain genetic mutations are at increased risk of ovarian cancer.

Reproductive History: Women who have had children at a young age are at a lower risk.

Hormone Replacement Therapy: Women who took hormone therapy are at a higher risk.

Other Factors: Women who have high blood pressure or diabetes may have a higher risk.

Genetics & Ovarian Cancer

Ovarian cancer needs to be a global priority.

If nothing is done to change the status quo right now, by 2050, 8 million women will be lost to ovarian cancer.

In this same time frame, overall incidence of the disease will increase by 50%, and mortality will jump by close to 70%.

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

#WOCD2024
#NoWomanLeftBehind

Tips and Tricks

Power up your engagement! Show us where you’ve placed posters - take photos and post to social and tag us! Don’t forget to use our hashtags #WOCD2024 #NoWomanLeftBehind!

#WOCD2024 Toolkit
TRANSLATIONS AVAILABLE IN THE TOOLKIT

#WOCD2024
#NoWomanLeftBehind
#WorldOvarianCancerDay

Get Involved:
Share translated artwork available in multiple languages
Learn the signs, symptoms, and risk factors of ovarian cancer and share them with anyone who will listen.

Contact one of our partner organizations and join in on their #WOCD2024 activities or consider donating your time or money for them to continue their important work.

Share your story! Do you have a personal experience with ovarian cancer as a survivor, a family member, friend, or caregiver? We are seeking 5-min video submissions for our Inspiring Voices series.

With thanks to our corporate partners

#WOCD2024
#NoWomanLeftBehind
#WorldOvarianCancerDay

worldovariancancercoalition.org