



## Ovarian cancer awareness month

*Ovarian cancer occurs when some of the cells in one or both of the ovaries start to grow abnormally and develop into cancer.*



### There are four main types of ovarian cancer:

- ▶ Epithelial ovarian cancer begins in the epithelium, the outer cells that cover the ovary. This is the most common type of ovarian cancer, accounting for about 90% of cases.
- ▶ Borderline or “low malignant potential” tumours are a group of epithelial tumours which are not as aggressive as other epithelial tumours. The outlook for women with borderline tumours is generally good regardless of whether the disease is diagnosed early or late.
- ▶ Germ cell ovarian cancer begins in the cells that mature into eggs. These tumours account for about 5% of ovarian cancers and usually affect women under 30 years.
- ▶ Sex-cord stromal cell cancer begins in the ovary cells that release female hormones. These tumours account for about 5% of ovarian cancers and can affect women of any age.

Although we do not know the causes of most ovarian cancer, there are some risk factors which may increase a woman’s risk of developing the disease.

### These include:

- ▶ **Age:** The risk of ovarian cancer increases with age, it is most common in women over 50 and in women who have stopped menstruating (e.g. been through menopause). However, ovarian cancer can affect women of all ages.
- ▶ **Genetics and family history:** If a woman has two or more relatives from the same side of her family affected by ovarian, bowel, or breast cancer, her risk of developing ovarian cancer may be increased. Genetics and family history are responsible for at least 15% of ovarian cancers.

- ▶ **Child-bearing history:** Women who have not had children, are unable to have children, never used oral contraceptives, or had children over the age of 30 may be slightly more at risk.
- ▶ **Endometriosis:** This condition is when the tissue lining the uterus (endometrium) is also found outside of the uterus.
- ▶ **Lifestyle factors:** Such as smoking tobacco, being overweight or eating a high fat diet.
- ▶ **Hormonal factors:** Including early puberty (menstruating before 12) or late menopause (onset after 50).

It is important to note that many women who develop ovarian cancer do not have any known risk factors, while many women who do have risk factors never develop the disease. Research is continuing to understand more about ovarian cancer and how we can stop it.

Education is the key in reducing the number of ovarian cancer cases in Australia, and understanding the signs and symptoms is vital as there are no early detection tests. The most commonly reported symptoms are an increased abdominal size, persistent bloating, abdominal or pelvic pain, feeling full after eating a small amount, and needing to urinate often or urgently. Other symptoms may include unexplained weight loss or gain, excessive fatigue, pain during sex and bleeding after menopause or in-between periods.

If you are experiencing any of these symptoms, which are persistent and troublesome, you should see your doctor. They will examine you, and if necessary, do further tests to find the cause of your problems.

**OVARIAN  
CANCER:  
THE FACTS**

**4** AUSTRALIAN WOMEN  
DIAGNOSED  
EACH DAY

**3** AUSTRALIAN WOMEN  
WILL DIE  
EACH DAY

**1 in  
10** AUSTRALIANS KNOWS  
SOMEONE WHO HAS  
BEEN DIAGNOSED WITH  
OVARIAN CANCER

# Getting back on track after the holiday season



In the wake of the Christmas break, hopefully you are feeling refreshed, excited and energised for the year ahead. For many of us, the holiday season can be so busy that we feel less energetic than we did at the end of 2018. Often this comes from getting out of our usual routine, with late nights out drinking with friends, lazy mornings with no exercise, and larger meals with more overindulgence.

The New Year is a great time to set new goals, but research shows that just 8% of people achieve their new year's goals and 12 January is the fateful day most resolutions are abandoned.

Here are some tips to help you stay on track:

**ACCOUNTABILITY** - Start making yourself aware of all your fitness and dietary habits by tracking them. Research proves that people who track their daily habits have the greatest health gains.

**ORGANISE YOUR MORNING** - Prepare everything the night before. Lay out your workout gear and pack your gym bag. Plan your meals and if possible, have them prepped and waiting for you.

**EAT EARLIER** - Make your biggest meals early in the day. This will prevent you from eating large meals at night and helps your metabolism burn those calories before going to sleep.

**FIND A WORKOUT BUDDY** - Even if it is your dog, commit to finding someone who is waiting for you at a pre-planned time.

**SET GOALS** - Pick a big event in your near future, a reunion or birthday and set a weight loss goal. Or pick a fitness event, such as the HBF Run for a Reason, and start training for it.

**AIM FOR DAILY EXERCISE** - Of course there will be days where you miss it but if you aim to exercise every day and schedule it in your calendar you will at least end up with a solid 4 or 5 days of movement.

**GIVE UP (CUT BACK) THE BOOZE** - Not only will you save the extra calories, your back pocket will appreciate you too.

## Roast pumpkin, feta and quinoa salad

Serves 4

### Ingredients:

- ▶ 2 cups (400g) quinoa
- ▶ 1kg pumpkin, cut into wedges or cubes
- ▶ 2 tbsp olive oil
- ▶ 1 red onion, cut into wedges
- ▶ 1/4 cup (60ml) white wine vinegar
- ▶ 2 tsp caster sugar
- ▶ 1/3 cup chopped coriander leaves
- ▶ 1 x 400g can chickpeas, drained and rinsed
- ▶ Marinated feta, crumbled, to serve

### Method:

1. Soak the quinoa in a saucepan with 3 cups (750ml) water for 15 minutes. Place the saucepan over high heat and bring to the boil. Reduce heat to low and cook, covered, for 15 minutes or until all the water is absorbed. Set aside.
2. Preheat oven to 220°C. Place the pumpkin and half the oil on a baking tray and toss to coat. Roast for 10 minutes. Add the onion and roast for a further 10–15 minutes or until pumpkin is tender.
3. Mix to combine the vinegar, sugar, coriander, chickpeas and quinoa. Top with roasted pumpkin and onion. Serve topped with feta.



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