

AT YOUR MEDICAL APPOINTMENT

- Take this journal with you and use it to help explain and demonstrate each symptom
- Tell the doctor clearly what you are worried about and take a list of questions you want to ask
- Discuss any known family history of breast or ovarian cancer, and your heritage - People from backgrounds including Ashkenazi Jewish, Polish, Icelandic and Pakistani may be more likely to carry a genetic fault that increases ovarian cancer risk
- Take someone with you for support and to help keep a record of what is said
- Request a CA-125 blood test if it's not suggested
- Seek a second opinion if you are not happy with the outcome
- Keep a record of your interactions with physicians, including dates of visits, outcomes and next steps



The Bridget Nesko Ovarian Cancer Foundation, Inc. is dedicated to the memory of Bridget Nesko, BSN, RN who died November 28, 2022, from ovarian cancer at the age of 55.

The Foundation is organized exclusively for charitable and educational purposes, to honor and memorialize the life and legacy of **Bridget Nesko, BSN, RN**, by providing and promoting ovarian cancer education and awareness to the medical community, the media, and the public, and by working to defy ovarian cancer's impact on victims, caregivers, and their families through access to information, evaluation, detection, intervention, treatment and as needed, end-of-life support.

**We can't do it alone.
Join us. Support us.
Fight with us. Act now.**


Our tax identification number is 92-1427419


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<https://bridgetangelfund.org/>



Bridget Nesko
OVARIAN CANCER FOUNDATION, INC.

Defy Ovarian Cancer

Ovarian Cancer Symptoms Journal

Help Your Medical Team Help You



Use this journal to track your symptoms and share them with your medical team

Defy Ovarian Cancer.

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Use this journal to track your symptoms so you can share them in writing with your Doctor and request testing.

What are the symptoms of ovarian cancer?

- **Abdominal discomfort**, including bloating, swelling, or mild pain in the abdomen area.
- **A growing pain** in the back, kidney area, or pelvis for no apparent reason, like exercise or overdoing tasks. This also includes pain during sex.
- **Appetite and stomach issues**, including trouble eating, loss of appetite, feeling full more quickly than you should, an upset stomach or heartburn.
- **Bladder and Bowel Issues**, including needing to – or having the feeling of needing to – urinate frequently, or frequent constipation or diarrhea.
- **Fatigue**. Getting tired more easily and being tired more often for no specific reason.
- **Unexplained weight changes**, losing weight without trying, or bloating that seems like or accounts for actual weight gain.
- **Unusual vaginal discharge** or change in menstrual periods, vaginal bleeding between periods, or bleeding after menopause.

This journal is easy to use and allows you to log the frequency and severity of the symptoms you are experiencing.

If you have already seen your medical team and your symptoms are not getting better, this log serves as a written document to demonstrate what and when you are experiencing the conditions and will establish a foundation for your receiving Cancer Antigen-125 (“CA-125”) blood testing and ultrasound scanning as soon as possible. If your doctor refuses, CONTACT US DIRECTLY.

How to use this journal

Each day you experience one of the symptoms, make a note in the box for that day to indicate its severity on a scale of 1-10 (1 being mild and 10 being severe).

You don't have to log your symptoms over the complete four weeks but try to complete at least 14 days. Once you've finished your entries, take a copy to your Medical Team.

While ovarian cancer is not a common disease, it is a deadly one. The presence and persistence of three or more of these symptoms suggests that you may need to ask your medical team to perform a **CA-125** blood test, as well as other tests including pelvic or transvaginal ultrasound, and BRCA1 and BRCA2 genetic testing.

For more information, go now to:

BridgetAngelFund.Org

Symptom	Week 1		Week 2		Week 3		Week 4	
Abdominal discomfort	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
A numb or growing pain	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
Appetite and stomach issues	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
Bladder and Bowel Issues	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
Fatigue	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
Unexplained weight changes	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	
Unusual vaginal discharge	M		M		M		M	
	T		T		T		T	
	W		W		W		W	
	T		T		T		T	
	F		F		F		F	
	S		S		S		S	



Worldwide, 36 women were diagnosed with ovarian cancer in the last hour and by midnight, 570 more women will have died from it



We can't do it alone. Join us. Support us. Fight with us. Act now.