

Dear Health Care Provider,  
I am here today because I'm concerned about the **new and worsening symptoms** I have been experiencing for **more than 2 weeks now**. I know that these symptoms can be early warning signs of ovarian cancer. Below are the symptoms I'm currently experiencing.

**EARLY WARNING SIGNS**

**BLOATING OR INCREASED ABDOMINAL SIZE**

1. My bloating or increased abdominal size is mild, moderate or severe. (Please circle)
2. How many days this month has then been a problem for you? Mark the days on the calendar.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

**PELVIC OR ABDOMINAL PAIN**

1. On a scale of 1 to 10, how bad is your pain at its worst?

(MILD) Please circle (Severe)  
1 2 3 4 5 6 7 8 9 10

On this diagram, please mark where you feel pain.



2. This is a problem for me \_\_\_ times per month.

**DIFFICULTY EATING OR FEELING FULL QUICKLY**

1. How much of your meal can you typically eat before you feel full? (Circle the plate)



2. I have had indigestion, constipation, or difficulty eating \_\_\_ times per month.

**FEELING A FREQUENT OR URGENT NEED TO URINATE**

1. On average, how many times a day do you go to the bathroom? (Please circle)

(1 - 3) (4 - 6) (7 - 9) (10 or more)

2. When I need to go to the bathroom, I am worried I will not make it in time. (Please circle) **YES / NO**

**PERSONAL & FAMILY HISTORY**

**FAMILY HISTORY OF CANCER**

1. My \_\_\_\_\_ was diagnosed with breast cancer at age \_\_\_\_\_.
2. My \_\_\_\_\_ was diagnosed with ovarian cancer.
3. My \_\_\_\_\_ was diagnosed with colon cancer.

**PERSONAL HISTORY OF CANCER**

1. I've had \_\_\_\_\_ cancer.

I am concerned about these symptoms and would like you to consider ovarian cancer as a possible diagnosis. Please consider a recto-vaginal exam, a transvaginal ultrasound and a CA-125 test in addition to other tests needed to make a diagnosis.

Please be advised that the information in this worksheet is not intended to replace or modify the medical advice of your doctor or health care provider. It must be considered as informational/educational material only and is not designed to replace a physician's independent judgment regarding your condition.