



# Employee Wellness Counts!

**Newsletter:** September 2021



## September is Ovarian Cancer Awareness Month

Cancer is a disease in which abnormal cells in the body grow out of control. Ovaries are small organs located on either side of the uterus. Their job is to store eggs and produce two female hormones called estrogen and progesterone. Early stages of ovarian cancer usually goes undetected since symptoms are not easily noticed. It is important to pay attention to your body and know what is normal for you. Following with your health care provider is important. Women should listen to their bodies and not ignore symptoms. Discuss with your health care professional any symptoms you are experiencing. It is extremely important to have regular health exams and pelvic exams.

### Symptoms of Ovarian Cancer

- Abdominal bloating or swelling
- Quickly feeling full when eating
- Weight loss
- Discomfort or pain in the pelvis area
- Changes in bowel habits, such as constipation
- A frequent need to urinate or urgently

Less common symptoms: back pain, extreme fatigue, pain during sex, acid reflux, menstrual changes.

Make an appointment with your doctor if you have any signs or symptoms that worry you, especially if you have a family history of ovarian or breast cancer.



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### Upcoming Events

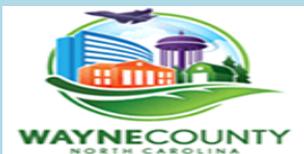
**September 2021:** Employee biometric screenings  
**Schedule your appointment online today at**

<https://www.signupgenius.com/>

October 2021: Flu vaccines available to employees

### Risk Factors for Ovarian Cancer

- ◆ **Age.** Most common in ages 50-60 years
- ◆ **Family history**
- ◆ **Inherited gene mutations.** The genes BRCA1 and BRCA2. These genes increase risk of breast and ovarian cancer.
- ◆ **Endometriosis**
- ◆ **Difficulty trying to conceive or having never given birth**
- ◆ **Hormone replacement therapy after menopause.** Especially with long term use and large doses.
- ◆ **Age menstruation started and ended.** Starting at an early age, starting menopause at a later age or BOTH may increase risk



Sources: Mayo Clinic, Cancer Treatment Centers of America, CDC Website