The purpose of this guide is to help you find information and support on ovarian cancer. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures and Fact Sheets**

- Foundation for Women’s Cancer
  - Understanding CA 125 Level: A Guide for Ovarian Cancer Patients
  - Understanding Ovarian Cancer
  Also available online at [http://foundationforwomenscancer.org/educational-materials/ovarian-cancer](http://foundationforwomenscancer.org/educational-materials/ovarian-cancer)
- National Cancer Institute. *What You Need to Know about Ovarian Cancer*
- National Ovarian Cancer Coalition
  - Ovarian Cancer Quality of Life Issues
  - When a Loved One has Ovarian Cancer
  These titles as well as others are available at: [http://ovarian.org/news-resources-separator/nocc-resources](http://ovarian.org/news-resources-separator/nocc-resources)

**Books**

Audiovisual Resources

- National Ovarian Cancer Coalition Videos
  - Caregivers Role in Managing Symptoms & Side Effects
  - Communicating Effectively with Your Physician
  - Dealing with Recurrence
  - Dealing with Treatment Burnout
  - Living with Uncertainty
  - Understanding the Genetic Risk for Ovarian Cancer

Accessible at: [http://ovarian.org/news-resources-separator/nocc-resources](http://ovarian.org/news-resources-separator/nocc-resources)

- Ovarian Cancer Interactive Tutorial at Medlineplus.gov
  
  [http://medlineplus.gov](http://medlineplus.gov)
  → Click “Videos & Cool Tools”
  
  → Click “Interactive Tutorials”
  
  → Select “Ovarian Cancer”

This slide show utilizes illustrations, sound, and animations to provide basic, easy-to-understand explanations of the anatomy, diagnosis, and treatment options of ovarian cancer. You can also enable a voiceover, or print a text version.

Web Resources

- American Cancer Society: All About Ovarian Cancer
  
  [http://cancer.org](http://cancer.org)
  → Click “Learn About Cancer”
  
  → Select “Ovarian Cancer” from the drop-down under “Select a Cancer Type”
  
  → Click “Go”

- Cancer.Net Ovarian Cancer Guide
  

  This site provides an overview of ovarian cancer, including topics such as coping with side effects, illustrations, and the latest research.
• Foundation For Women’s Cancer  
http://foundationforwomenscancer.org  
This site provides news and information on gynecologic cancers.

• National Cancer Institute  
http://cancer.gov  
→ Click “All Cancer Types”  
→ Select “Ovarian Cancer”

• National Ovarian Cancer Association  
http://ovariancanada.org  
The site of this Canadian organization provides information on the diagnosis and treatment of ovarian cancer, as well as the physical and emotional aspects of living with ovarian cancer.

• National Ovarian Cancer Coalition  
http://ovarian.org  
This site has information about support services for women with ovarian cancer and about the disease.

• Ovarian Cancer National Alliance  
http://ovariancancer.org  
Information for ovarian cancer survivors about living with ovarian cancer, support groups, new research, and advocacy.

Screening, Genetics, and Early Detection Information

• National Cancer Institute  
http://cancer.gov  
→ Click “All Cancer Types”  
→ Select “Ovarian Cancer”  
→ Select “Prevention, Genetics, Causes” from the menu

• FORCE: Facing Our Risk of Cancer Empowered  
http://facingourrisk.org  
This site is for women who are at an increased risk of hereditary ovarian or breast cancer and for women who have been diagnosed with these cancers.
University of Michigan Resources

- University of Michigan Gynecologic Oncology Clinic – Gynecologic Cancer Awareness
  This site provides information on ovarian cancer as well as other gynecologic cancers.

Organizations

- National Ovarian Cancer Coalition (NOCC)
  [http://ovarian.org](http://ovarian.org)
  Info Line: 1-888-OVARIAN (1-888-682-7426)

- SHARE: Self-Help for Women with Breast or Ovarian Cancer
  [http://sharecancersupport.org](http://sharecancersupport.org)
  Helpline: 1-844-ASK-SHARE