



March 2017

e-update

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A word from the Chair

March is Ovarian Cancer Awareness Month.

In the UK, around 7,100 women are diagnosed with ovarian cancer each year. It is the fifth most common cancer among women; after breast cancer, bowel cancer, lung cancer and endometrial cancer.

The causes of ovarian cancer are not yet fully known, but the most important risk factors for the disease are age and a family history of ovarian or breast cancer.

Ovarian cancer is most common in post-menopausal women but can also occur in younger women.

The diagnosis is difficult to make as many of the symptoms are similar to other common conditions, such as IBS or indigestion. Late diagnosis leads to poorer outcomes and each year nearly a third of ovarian cancer patients in the UK are diagnosed in A&E.

There is no screening test for ovarian cancer and last year the UK Collaborative Trial of Ovarian Cancer Screening was reported in the Lancet.

> [UKCTOCS Trial](#)

Further results are required before a screening programme for ovarian cancer is recommended in the UK.

More information about this study and answers for patients' questions can be found on the Eve Appeal website.

> [Eve Appeal](#)

In February the results of the United Kingdom Familial Ovarian Cancer Screening Study (UKFOCSS) were published in the Journal of Clinical Oncology. This is a long-term study looking at whether a screening programme would benefit women at high risk of ovarian cancer because of a family history of ovarian or breast cancer. The results indicate that four-monthly screening with the Risk of Ovarian Cancer Algorithm (ROCA) may be an option for these women until they decide to undergo surgery. We await further guidance on what this means in practice.

> [United Kingdom Familial Ovarian Cancer Screening Study](#)

Target Ovarian Cancer is urging people to support its #StartMakingNoise campaign to raise awareness and money to support women with ovarian cancer.

> [Target Ovarian Cancer](#)

Other resources on ovarian cancer include:

> [NICE – Ovarian cancer: recognition and initial management CG 122](#)

Published April 2011

> [NICE – Ovarian cancer Quality Standard QS18](#)

Published 2012

Bloating and other abdominal symptoms: could it be ovarian cancer?

> [RCGP e-learning](#)

Anne Connolly

Chair of the Primary Care Women's Health Forum

GUIDELINES

> [NICE Quality Standard for menopause](#)

This quality standard can be used as a tool to improve and audit the care offered to women with menopause symptoms requiring care in your practice.

> [Early puberty in 11-year-old girls: Millennium Cohort Study findings.](#)

> [HRT and Dementia Thesis](#)

USEFUL RESOURCES

FGM resources and training

> [Free on line training available at e-learning for health](#)

> [Summary document on FGM safeguarding and risk assessment](#)

> [Professional guidance](#)

> [Patient information](#)

RCOG report on perinatal mental health and the impact this has on women, partners and their extended family. This report includes recommendations for healthcare professionals, maternity services and commissioners about the implications of poor perinatal mental health written following a survey of women on their experiences of care in relation to their mental health during and following pregnancy.

> [RCOG Maternal Mental Health – Women’s Voices](#)

Our Chance is a campaign to raise awareness of things that can go wrong and give information and advice to reduce pregnancy risks – to help keep women and their babies as healthy and as safe as possible.

The Department of Health in partnership with Sands and Best Beginnings have developed the campaign to support women to understand advice about healthy pregnancies and how to act on it. The website includes 24 films which highlight the crucial risk factors during pregnancy and the postnatal period which may lead to adverse outcomes for the woman or her baby.

> [Pregnancy campaign. WHAT IS OUR CHANCE?](#)

The NHS National Institute for Health Research has also published a resource for clinicians and patients: Better Beginnings – Improving Health for Pregnancy.

This review brings together research from the National Institute for Health Research for factors that can be modified before, during and after pregnancy to improve the outcome of the pregnancy and the lifelong health of children.

The research covers smoking, healthy diet and weight, alcohol and drugs, mental health, violence against women, and supporting families using multifaceted approaches. This broad view of health links care around pregnancy with wider services in partnership with women and families.

> [Better Beginnings – Improving Health for Pregnancy](#)

EVENTS

A One Day Update on Gynaecology annual conference

The National Association for Premenstrual Syndrome (NAPS) Conference will provide you with a one day update on gynaecology, presentations from eminent speakers together with interactive workshops and discussion groups. The conference is aimed at GPs, GP Registrars, Practice Nurses, GPwSI in women's health and Hospital Doctors.

What to expect

Those attending will join a number of expert sessions, about current affairs and topic areas in gynaecology. The practical workshops provide further opportunities to share best practice with other healthcare professionals. Delegates will also benefit from five hours of certified CPD.

Friday 12th May 2017

St John's Hotel, Solihull

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