

## SUPPORT GUIDES FOR WOMEN WITH A DIAGNOSIS OF OVARIAN CANCER

### Information guides

#### **What Happens Next**

Answers your questions following an ovarian cancer diagnosis, providing advice on everything from treatment to taking care of yourself, and where to find support in the months ahead.

[targetovariancancer.org.uk/NewlyDiagnosedGuide](https://targetovariancancer.org.uk/NewlyDiagnosedGuide)

#### **Back Here Again**

Offers practical advice and information to help you cope with an ovarian cancer recurrence.

[targetovariancancer.org.uk/RecurrenceGuide](https://targetovariancancer.org.uk/RecurrenceGuide)

#### **My Care, My Future**

Aims to help you get the most from every day, while living with incurable ovarian cancer. It offers insights into looking after yourself, understanding symptoms you may have, your relationships with others, and more. [targetovariancancer.org.uk/IncurableGuide](https://targetovariancancer.org.uk/IncurableGuide)

#### **A Younger Woman's Guide to Ovarian Cancer**

Provides crucial information, advice and signposting to help younger women through the emotional, physical and psychological impact of a cancer diagnosis.

[targetovariancancer.org.uk/YoungerWomanGuide](https://targetovariancancer.org.uk/YoungerWomanGuide)

#### **Genetic Testing and Hereditary Ovarian Cancer**

Answers your questions about whether your ovarian cancer could be hereditary, what a genetic test involves, and the potential implications of the results for you and your family.

[targetovariancancer.org.uk/GeneticsGuide](https://targetovariancancer.org.uk/GeneticsGuide)

### Wellbeing guides

#### **Diet and Nutrition**

Answers your questions about what to eat and drink when you have ovarian cancer. It looks at the evidence for different diet and nutrition advice and offers practical suggestions for getting all of the nourishment you need, even when eating is hard. [targetovariancancer.org.uk/DietGuide](https://targetovariancancer.org.uk/DietGuide)

#### **Finances**

Answers your questions about the impact of an ovarian cancer diagnosis on your finances, providing information on insurance, benefits and pensions, and advice on where to find support and specialist guidance. [targetovariancancer.org.uk/FinancesGuide](https://targetovariancancer.org.uk/FinancesGuide)

#### **Complementary Therapies**

Answers your questions about the use of complementary therapies, including what complementary therapies are, the difference between complementary and alternative therapies, and how and where you can find out more. [targetovariancancer.org.uk/TherapiesGuide](https://targetovariancancer.org.uk/TherapiesGuide)

#### **Sex and Intimacy**

Answers your questions about the impact of an ovarian cancer diagnosis on your sexuality, sex life and relationships, including what physical and emotional issues you may face and how you can seek help and support. [targetovariancancer.org.uk/IntimacyGuide](https://targetovariancancer.org.uk/IntimacyGuide)

#### **Stomas**

Is for you if you have a stoma or may get one after ovarian cancer surgery. This guide explores what a stoma is and does and offers practical tips for overcoming common concerns.

[targetovariancancer.org.uk/StomaGuide](https://targetovariancancer.org.uk/StomaGuide)