



From all of us at the
Laurel Auto Group & the
Ann Harris Smith Foundation
we hope you will use
this symptom diary
for yourself or share it
with someone special
as a useful tool for
self-awareness
and to recognize the
signs & symptoms of
ovarian cancer.

In 2000, Ann Smith, an energetic and vivacious 50 year-old woman from the Johnstown area, was diagnosed with Stage IV ovarian cancer. Shortly after her diagnosis, Ann and her family organized the first Laurel Auto Group Pro-Am Charity Golf Classic to help raise awareness about ovarian cancer. Ann lost her valiant fight against this silent disease in 2002. Her unwavering commitment to helping others learn about ovarian cancer lives on, stronger today than ever.

How to use this diary

Fill in the circle each day you experience any of the symptoms listed on the bottom left.

If you regularly experience any one or more of these symptoms, which are *not normal* for you, make an appointment to see your FP or GYN. Take this diary with you to your appointment to help your FP or GYN gain a clear picture of your symptoms.



Family History

Do you have two or more relatives on one side of your family (mother or father) diagnosed with ovarian and/or breast cancer? If yes, discuss with your FP

Other Symptoms

Other symptoms include changes in bowel habits, fatigue, or unexplained weight loss

Bright Pink® has created a tool to help you assess your personal risk level for breast and ovarian cancers. The more you know, the better prepared you are to take actions that can help reduce your risk.

Check out **BrightPink.org** where you will find a quick, easy assessment tool or just type in:
<https://www.assessyourrisk.org/>

Ovarian Cancer is the 5th leading cause of cancer death in women.

Ovarian Cancer is not an uncommon disease, as it affects 1 in 72 women.

Ovarian Cancer is difficult to diagnose because the symptoms are subtle and can be very often misinterpreted by both women and physicians.

Therefore, 75% of the women are diagnosed with Ovarian Cancer after the disease has reached an advanced stage (stage III or IV).

Unfortunately, there is little awareness nor education available concerning this deadly disease.

If you have questions or concerns, always talk to your family physician and/or gynecologist.

For additional information, you can find out more by visiting the following websites:
driveteal.com • brightpink.org • ocrfa.org • cancer.org • ovarian.org

Symptoms Diary

Ovarian cancer symptoms

- Persisten bloating (not bloating that comes and goes)
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that's your tummy and below)
- Urinary symptoms (needing to wee more urgently or more often than usual)

Week 1

Week 2

Week 3

Week 4

Other symptoms including changes in bowel habits, fatigue, and unexplained weight loss. Use this area to keep additional notes: