

Editorial Note on Ovarian Cancer

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The ovaries are two female reproductive glands that produce ova, or eggs. They also produce the feminine hormones estrogen and progesterone.

Ovarian cancer is when abnormal cells within the ovary begin to multiply out of control and form a tumor. If left untreated, the tumor can spread to other parts of the body. This is often called metastatic ovarian cancer.

Ovarian cancer often has warning signs, but the earliest symptoms are vague and straightforward to dismiss. One-fifth of ovarian cancers are detected at an early stage.

Early Symptoms of Ovarian Cancer

It's easy to overlook the first symptoms of ovarian cancer because they're almost like other common illnesses or they have a tendency to return and go. The first symptoms include:

- abdominal bloating, pressure, and pain
- abnormal fullness after eating
- difficulty eating
- an increase in urination
- an increased urge to urinate

Ovarian cancer also can cause other symptoms, such as:

- Fatigue
- Indigestion
- Heartburn
- Constipation
- Back pain
- Menstrual irregularities
- Painful intercourse

Dermatomyositis (a rare disease which will cause rash, muscle weakness, and inflamed muscles)

These symptoms may occur for any number of reasons. They aren't necessarily thanks to ovarian cancer. Many ladies have a number of these problems at just one occasion or another.

These sorts of symptoms are often temporary and answer simple treatments in most cases.

The symptoms will persist if they're thanks to ovarian cancer. Symptoms usually become more severe because the tumor grows. By this point, the

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cancer has usually spread outside of the ovaries, making it much harder to treat effectively.

Types of Ovarian Cancer

The ovaries are made from three sorts of cells. Each cell can become a special sort of tumor:

1. Epithelial tumors form within the layer of tissue on the surface of the ovaries. About 90 percent of ovarian cancers are epithelial tumors.
2. Stromal tumors grow within the hormone-producing cells. Seven percent of ovarian cancers are stromal tumors.
3. Germ cell tumors develop within the egg-producing cells. reproductive cell tumors are rare.
4. Ovarian cysts
5. Most ovarian cysts aren't cancerous. These are called benign cysts. However, a really small number are often cancerous.

An cyst may be a collection of fluid or air that develops in or round the ovary. Most ovarian cysts form as a traditional part of ovulation, which is when the ovary releases an egg. They typically only cause mild symptoms, like bloating, and get away without treatment.

Cysts are more of a priority if you aren't ovulating. Women stop ovulating after menopause. If an cyst forms after menopause, your doctor might want to try to more tests to seek out the explanation for the cyst, especially if it's large or doesn't get away within a couple of months.

If the cyst doesn't get away, your doctor may recommend surgery to get rid of it just in case. Your doctor can't determine if it's cancerous until they remove it surgically.

Risk Factors for Ovarian Cancer

The exact explanation for ovarian cancer is unknown. However, these factors can increase your risk:

- A case history of ovarian cancer
- Genetic mutations of genes related to ovarian cancer, like brca1 or brca2
- A personal history of breast, uterine, or carcinoma
- Obesity
- The use of certain fertility drugs or hormone therapies
- No history of pregnancy
- Endometriosis
- Older age is another risk factor. Most cases of ovarian cancer develop after menopause.

It's possible to possess ovarian cancer without having any of those risk factors. Likewise, having any of those risk factors doesn't necessarily mean you'll develop ovarian cancer.

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