



# Women's health

Ask your doctor about the benefits and risks of current recommended screening tests for certain cancers and other health problems.



Most often, ovarian cancer has no symptoms or only vague ones until the cancer is in an advanced stage. Tell your doctor if pain in your lower abdomen or pelvis lasts or if you feel full, even after a light meal.

Menopause occurs when menstrual periods have stopped for one whole year. Hot flashes and other symptoms usually occur several years before menopause.

Many over-the-counter products, such as black cohosh, soy items, vitamin and other supplements, etc. claim to relieve symptoms of menopause. Ask your doctor what products are okay for you to take on your own.