

Ovarian Cancer: Newly Diagnosed



Being told you have ovarian cancer can be scary, and you may have many questions. But you have people on your healthcare team to help.

Coping with fear

It's normal to feel afraid. Learning about your cancer and about the treatment choices available to you can make you feel less afraid. This also helps you work with your healthcare team and make the best choices for your treatment. You can also ask to speak with a counselor.

Working with your healthcare team

Your healthcare team will likely include:

- **Gynecologic oncologist.** This is a gynecologist (GYN) who is specially trained in treating cancers of the female reproductive system, including ovarian cancer. This healthcare provider is an expert in surgery to treat ovarian cancer and can also treat cancer with medicines.
- **Medical oncologist.** This is a healthcare provider who specializes in treating cancer with medicines.
- **Radiation oncologist.** This is a healthcare provider who specializes in treating cancer with radiation therapy.
- **Oncology nurse.** This is a nurse who specializes in caring for people with cancer.

They will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

Learning about treatment choices

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about your cancer. This may involve getting some tests and working with more than one healthcare provider. And you may decide that you want to get a second opinion to help you choose a treatment.

Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also visit support groups to talk with other people coping with cancer. Ask your healthcare team about local or online support groups.

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