

## Symptoms diary

[www.dianneoxberrytrust.org/word](http://www.dianneoxberrytrust.org/word)

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Registered Charity Number 1182127

## Early diagnosis saves lives.

The Dianne Oxberry Trust is helping to spread the **WORD** about the main symptoms of ovarian cancer.

These symptoms can be caused by lots of different things, so please don't panic if you notice them.

But if they keep happening, use this diary to note down what you're experiencing and then take it to your GP.

It will help them understand your symptoms and decide if more tests are needed.

Other symptoms include a change in your bowel habit, extreme fatigue, unexpected weight loss, any vaginal bleeding after the menopause and any unusual bleeding from the vagina before the menopause.

[www.dianneoxberrytrust.org/word](http://www.dianneoxberrytrust.org/word)

# SPREAD THE WORD



**W** Weeing more often



**O** Overly bloated feeling



**R** Reduced appetite



**D** Dull ache or pain in the pelvis or tummy

## What to do

Your diary is a simple tool to help spot patterns in your symptoms.

- **Track for three weeks:** Tick the days you notice symptoms.
- **Notice what's not normal:** Record anything that feels unusual for you, especially symptoms from the WORD acronym.
- **Add details:** Use the text box to jot down extra notes (e.g. how strong, how long, or what made it better/worse).
- **Book an appointment:** After three weeks, see your GP.
- **Take your diary:** It helps your doctor see what's been happening and when.

## Preparing for your GP appointment

Going to the GP can feel daunting, but being prepared will help you feel more confident.

- Bring your diary and any questions you want to ask.
- Think about your symptoms: how long they lasted, how often, how painful.
- Note down any family history of ovarian, breast or bowel cancer if you know it.
- Write down anything else that's worrying you.
- Decide if you'd like to take someone with you for support.

## The Dianne Oxberry Trust

The Dianne Oxberry Trust is a charity which was set up by Dianne's family and friends following the death of the much-loved broadcaster and presenter.

### The charity's aim?

To raise awareness of the symptoms of ovarian cancer across the North West and improve early diagnosis to help save lives.

You can find out more by visiting [www.dianneoxberrytrust.org](http://www.dianneoxberrytrust.org)



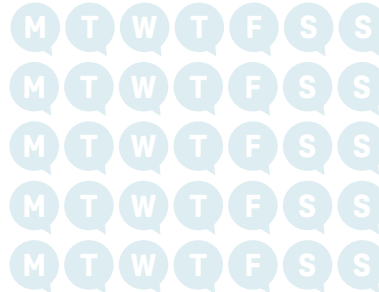
## Other symptoms or information

Use these pages to make a note of anything else you want to mention when you see your GP.

- How long pain or bloating lasts
- How often symptoms happen during the day
- Any other changes that aren't normal for you
- Questions you'd like to ask your doctor

These notes will help you feel prepared and make the most of your appointment.

### Week 1: Date




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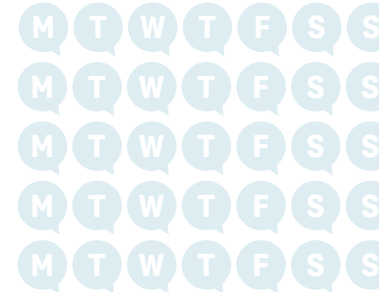
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### Week 2: Date




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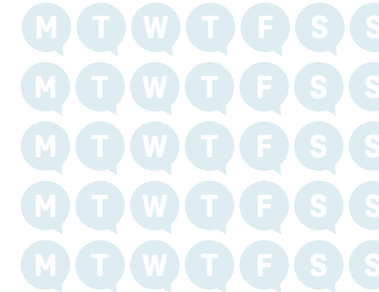
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### Week 3: Date



### When you've completed your three weeks of tracking, book an appointment with your GP.

Remember: most of these symptoms can be caused by many other conditions, so please don't panic.

Do see your doctor so they can check things properly and investigate further if needed.

Trust your instincts, you know your body best.