

LOW-GRADE SEROUS OVARIAN CANCER (LGSOC) IS

SERIOUS

A woman with short brown hair, wearing a teal jacket, blue pants, and blue boots, stands between the letters 'R' and 'I' of the word 'SERIOUS'. The word 'SERIOUS' is written in large, bold, teal capital letters. The woman is looking towards the camera.

Learn about LGSOC: get the basics on diagnosis, treatment, being your own best advocate, and more.

let's talk about **LGSOC**

LGSOC is a rare and serious ovarian cancer that is not generally well understood, even by the healthcare community. Nearly 2,000 cases are diagnosed in the US each year.

- **LGSOC affects younger people** and is seen across a range of ages, with large numbers between 20-30 and 50-60 years old
- **LGSOC is distinct and different** from the more common high-grade serous ovarian cancer (HGSOC)
- **About 4 out of 5 people** (80%) treated for LGSOC **will have their cancer come back**, requiring consistent monitoring and multiple types of treatment
- **LGSOC may be caused by several different mutations** and is confirmed through a biopsy done by a pathologist. **Talk to your ovarian cancer specialist about genetic testing**—called germline and somatic testing—to guide treatment decisions



Low-grade serous ovarian cancer starts in the thin layer of tissue around the ovaries (also known as the epithelium).



Low-grade means that the cancer cells look a lot like normal cells.



Serous means that the cancer started in the serous membrane, which is part of the epithelium.

Recognizing symptoms, getting a diagnosis, and testing for LGSOC

Because the symptoms of LGSOC are similar to other diseases, **accurate diagnosis can be difficult** and may take as long as 3 years.

Common symptoms of LGSOC

- S** Stomach bloating
- E** Eating less because you feel full
- R** Repeated changes to bowel movements
- I** Intense back and pelvic pain
- O** Ongoing for up to 2 weeks
- U** Urgent need to urinate
- S** Stomach pain

This list is not exhaustive, as these are not all of the symptoms of LGSOC. Discuss any/all symptoms that you feel may be related to LGSOC with your doctor.

If you don't have a specific diagnosis, **consider getting a second opinion** with a gynecologic oncologist.

Living with LGSOC – be your own best advocate



Get connected. Finding a support community is key. There are several groups and forums on social media sites where you can connect with people who understand what you are going through.



Make your mental health a priority. In addition to impacting your physical health, cancer can take a toll on your mental health. Pay attention to how you are feeling, and don't be afraid to reach out for help when you need it.



Ask about sexual health, fertility, and treatment-induced menopause. LGSOC and its treatment may impact your sexual desire, function, and ability to become pregnant. People undergoing treatment for LGSOC may also enter menopause early due to treatments as well as surgical procedures.

Talk to your doctor if you have questions about family planning and strategies that may help support your sexual well-being.

For more information about resources, visit
LetsTalkAboutLGSOC.com/takingcareofyourself

Getting a second opinion is really important, especially for LGSOC, because it's such a rare condition.

– Kat, person living with LGSOC



Talk to your doctor about LGSOC treatment options

Currently, there are treatment options available, but there is **no therapy approved by the FDA specifically for LGSOC.**

LGSOC often does not respond to chemotherapy, and certain types of hormonal therapies used for LGSOC can come with **long-term side effects** like hot flashes, sexual dysfunction, osteoporosis, and bone pain.

If your cancer hasn't responded well to treatment, you may need another treatment approach. Ask your doctor about other treatment options or enrolling in a **clinical trial.**



For more information and helpful resources visit [LetsTalkAboutLGSOC.com](https://www.LetsTalkAboutLGSOC.com)



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New treatments for LGSOC are being studied right now. Empower yourself by staying up to date on the latest developments.



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