



Ovarian Cancer Awareness Month QUICK-GUIDE

A publication of the Center for Leadership Education in Maternal and Child Public Health



This is one of 50+ "Quick-Guides" created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: z.umn.edu/qguides

Social Media

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to see what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media networks. Include it in any posts you create.

Please share this Quick-Guide and tag @UMN_MCH!

Hashtag

#OvarianCancer
#KnowOvarian

Twitter

@NOCC_National
@AmericanCancer

Facebook

- National Ovarian Cancer Coalition
- American Cancer Society

Instagram

@NOCC_National
@americancancersociety

YouTube

NOCC National

Print, Post, or Share

If available, use logos or other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

National Ovarian Cancer Coalition

Resources & Videos

Risk Factors

Signs & Symptoms

Guide for Newly Diagnosed

Sample Tweets/Posts

DYK: The pap test does not test for #ovariancancer. Screening tests include pelvic exams, transvaginal ultrasounds, and blood tests.

1 in 75 women will be diagnosed with #ovariancancer in their lifetimes. Get tested and #KnowOvarian this month.

#KnowOvarian

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