

**Perci Health**

# Ovarian Cancer Awareness Month

March 2026



## Education, engagement and inclusion for employees

Ovarian Cancer Awareness Month March 2026 is a dedicated awareness campaign aimed at educating people about ovarian cancer, its signs and symptoms, and the importance of contacting a GP with any concerns. Ovarian cancer affects 1 in 56 women in the UK, and this month helps remind employees to prioritise their health.



## Why promote Ovarian Cancer Awareness Month in your workplace?

- Ovarian cancer is the sixth most common cancer in women. Around 7,600 women are diagnosed every year in the UK.
- There is no NHS screening programme for ovarian cancer so it's important that women understand their risk and contact a GP with concerns.
- The signs of ovarian cancer can be difficult to spot so most are diagnosed in the later stages, when it's less treatable. Knowing the signs and symptoms is vital.
- Offering risk awareness education can make a real difference to employees, as well as to the significant costs associated with cancer.

**65%**

Of surveyed employees agreed that cancer prevention and early detection education is important in the workplace.

**55%**

Agreed that employers have an actual responsibility to support cancer prevention and early detection education.

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Given the significant number of people of working age who are affected by cancer, and the devastating impact the illness can have on them and their loved ones, it is vital for employers to appropriately support their staff.

Ian Talbot, CEO, Healix Health Services

## Five easy ways to promote the campaign



01

Share the employee brochure provided in the Perci Health cancer awareness campaign hub.

02

Display the provided posters in areas of high footfall around the workplace, such as breakout areas, kitchens and bathrooms.

03

Share the ready-to-go social media posts on your chosen channels, offering reliable stats about ovarian cancer.

04

Post a short awareness message on Slack, Teams or the company intranet, explaining the importance of the campaign.

05

Encourage employees to contact their GP if they have any concerns about risk or are experiencing symptoms.

## How to have sensitive conversations during a cancer awareness campaign

Feeling uncomfortable about having conversations about cancer and its symptoms is a significant barrier to running an engaging cancer awareness campaign. Here's how managers can approach them.

- ✓ **DO** Use inclusive language. For example, at Perci, we use, 'Women and people with ovaries' when we talk about who can get ovarian cancer.
  - ✓ **DO** Signpost employees to reputable information (like the Perci campaign awareness assets) and sources of advice (like Macmillan, NHS, their GP or Perci cancer nurse specialists).
  - ✓ **DO** Plan how to respond if an employee raises concerns, before you actually need to.
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- ✗ **DON'T** Ask employees for personal information about risk, family history, or whether they've experienced the signs and symptoms of ovarian cancer.
  - ✗ **DON'T** Offer medical advice yourself or share personal stories about test experiences or cancer.

## Why should employers support ovarian cancer awareness?

Women and people with ovaries face significant barriers to the knowledge and support that could potentially save their lives.

- **Only 15% of women with stage 4 ovarian cancer will survive 5 years.** However, if it is caught early, ovarian cancer has a 95% survival rate.
- **Routine NHS screening is not available.** There is no national screening programme for ovarian cancer in the UK as there isn't a test that reliably picks up ovarian cancer at an early stage.
- **The signs and symptoms of ovarian cancer can be overlooked.** Symptoms like bloating, back pain, loss of appetite and tiredness can be easily dismissed.

Currently, it is an individual's own responsibility to understand ovarian cancer signs and symptoms, investigate their personal risk, and to contact a GP if they're concerned. It's therefore vital that employers engage with campaigns of this kind and provide free, reliable advice, as well as offering time off to attend GP and testing appointments.

### Trusted ovarian cancer resources

[nhs.uk](https://www.nhs.uk) • [macmillan.org.uk](https://www.macmillan.org.uk) • [cancerresearchuk.org](https://www.cancerresearchuk.org)

It's also a good idea to research testing support local to your workplace.