



Prevention

Ovarian Cancer Awareness Month September 2025

OVARIAN CANCER: INNOVATION IN DETECTION AND PREVENTION

Note to Readers

Innovation is essential for cancer prevention. New analytic, diagnostic, and treatment methods, including precision medicine and artificial intelligence, continue to transform early detection and risk reduction. The Strang Cancer Prevention Institute, whose mission since 1933 has been to promote the cure of cancer through early detection and research, will continue to highlight important advances that improve patient outcomes and expand access to life-saving care.

Summary

Ovarian cancer is often difficult to detect early because symptoms can be subtle, and there is no effective screening test for the general population. As a result, many cases are diagnosed at later stages. Recent advances offer new hope. Multi-omic blood tests, improved genetic risk tools, precision-prevention strategies, and lifestyle research are helping doctors better identify women at higher risk and detect cancer earlier. These innovations may lead to more targeted surveillance, earlier diagnosis, and fewer unnecessary procedures, improving outcomes for women.

OVARIAN CANCER: RECENT INNOVATION IN DETECTION

1. Multi-omic blood testing for early ovarian cancer

A new multi-omic blood test combines lipid and protein markers with machine-learning analysis to detect ovarian cancer at very early stages. In a recent clinical study, this test demonstrated about 98 percent sensitivity at 70 percent specificity, performing much better than the traditional CA-125 marker.¹ Although not yet approved for routine screening, this approach could bring us closer to an accurate blood test for early ovarian cancer.

2. Precision prevention approach

A recent viewpoint article in *JAMA Oncology* recommends focusing prevention on women who are most at risk instead of using a one-size-fits-all approach.² Because broad screening has not decreased ovarian cancer deaths, experts suggest earlier and more frequent surveillance for women with genetic risks, such as BRCA1 or BRCA2 mutations, and considering fallopian tube removal and ovariectomy when appropriate.² Tailoring prevention to individual risk may help detect cancer earlier and prevent unnecessary procedures.

3. Cell-free DNA fragment patterns

A 2025 study in *Cancer Discovery* tested a blood-based method that analyzes cell-free DNA fragment patterns along with protein markers.³ In nearly 600 women, this approach showed significantly better accuracy than current blood tests.³ This method may help detect ovarian cancer in women who do not yet have clear symptoms, facilitating earlier diagnosis.

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4. Improved risk prediction tools

Ovarian cancer is rare and accounts for only 1% of all cancer cases, which makes broad screening challenging because even effective tests can produce false-positive results. New research shows that machine-learning models that combine clinical information, imaging, and genetic data can better estimate a woman's individual risk.⁴ More accurate risk prediction may guide decisions about who should undergo preventive surgery or closer monitoring, while reducing unnecessary tests for women at lower risk.

5. Healthy diet patterns and lower risk

Diet may play a role in ovarian cancer development. A 2025 study found that women who consumed more inflammatory foods, including many processed items and fewer fruits and vegetables, had a higher risk of gynecologic cancers.⁵ Eating a balanced diet rich in vegetables, whole grains, and plant-based foods, while limiting highly processed foods, may help lower overall cancer risk and support long-term health.

Editor: Michael P. Osborne MD, MSurg, FRCS, FACS President **Strang** Cancer Prevention Institute

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The Strang Cancer Prevention Cookbook

Peach and Blueberry Crisp

Reduce your Risk for Cancer by Eating a Healthy Diet!

Peach and Blueberry Crisp * 6 Servings



6 medium peaches, peeled, pitted, and cut into large chunk's, 2 cups blueberries, 1/4 cup plus 1 tablespoon all- purpose flour, 1/3 cup granulated sugar, juice 1/2 lemon, 1/2 cup quick cooking cereal, 1/4 cup packed brown sugar, 1/2 teaspoon ground cinnamon, 2 tablespoons melted unsalted butter. Vanilla frozen yogurt, optional.

Preheat oven to 375 F. Spray a baking/casserole dish, at least 6 cup capacity, with canola oil/cooking spray or lightly rub w canola oil.

In a medium bowl, combine peaches, blueberries, 1 tablespoon of flour, sugar and lemon juice. Toss with your hands to combine thoroughly. Spread the fruit out in the baking pan. In a separate bowl, prepare the topping. Mix together the oat-meal, remaining 1/4 cup of flour, brown sugar and cinnamon. Drizzle with the melted butter, and then rub the topping together with you hands until it resembles a coarse meal. Entirely spread the topping over the fruit and bake for 35 minutes or until the fruit is bubbling and the topping is browned lightly. Remove and let cool slightly. Serve warm or room temperature. Top with vanilla frozen yogurt.

Calories 261, Protein 3 g, Carbohydrates 49 g, Fat 6 g, Cholesterol 5 mg, Dietary fiber 4 g Saturated fat 3 g

Major sources of Potential Cancer fighters: Phytochemicals: plant polyphenols (flavonoids, phenolic acids), terpenes (carotenoids) Source: cookbook page 307.


Recipe by Laura Pensiero, R.D., **Strang** Nutrition Consultant
Chef, Dietitian, Restaurateur, Author
Owner, Gigi Hudson Valley Trattoria & Catering Rhinebeck, New York

THIS NEWSLETTER IS DEDICATED TO DIANNE TASHMAN ZOLA

The Dianne Zola Ovarian Cancer Research Fund was established in 2014



September is Ovarian Cancer Awareness Month

 **Strang** Cancer Prevention Institute
641 Lexington Avenue 15th Floor
New York, NY 10022
Tel: (212) 501-2111 www.strang.org

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