

S Table 1. Risk Factors of Ovarian Cancer

| Risk Factors | Relative Risks (RR) (95%C.I.) | Level of Evidence |
|--|--|---------------------------------------|
| Genetic mutation <ul style="list-style-type: none"> BRCA1 mutation carrier BRCA2 mutation carrier | Cumulative risk of ovarian cancer by age 80 44% (36% – 53%) 17% (11% – 25%) | 2++ ¹² |
| Lynch syndrome (HNPCC) <ul style="list-style-type: none"> MSH2 MLH1 MSH 6 | Cumulative risk of ovarian cancer from age 40-70 24% (3% – 52%) 20% (1% – 65%) 1% (0% – 3%) | 2+ ¹³ |
| Family history <ul style="list-style-type: none"> Affected first-degree relative | Pooled RR = 3.1 (2.6 – 3.7) | 2+ ¹⁴ |
| Exposure to Asbestos | Pooled SMR = 1.77 (1.37-2.28) | 2++ ¹⁵ |
| Diabetes | 1.55 (1.11 – 2.19) | 2+ ¹⁶ |
| <ul style="list-style-type: none"> Menopause > age 52 (comparing with menopause ≤45) Each additional year of menstrual lifespan | HR = 1.46 (1.06 – 1.99) HR = 1.02 (1.01 – 1.04) | 2++ ¹⁷ |
| Menopausal hormonal therapy <ul style="list-style-type: none"> Current use but <5 years History of use with cessation < 10 years | 1.43 (1.31 – 1.56) 1.25 (1.07 – 1.46) | 2++ ¹⁸ |
| Endometriosis | Epithelial ovarian cancer: OR = 1.42 (1.28 – 1.57) | 2++ ¹⁹ |
| Parity Risk for nulliparous women: <ul style="list-style-type: none"> Endometrioid ovarian cancer Clear cell tumors For all types of ovarian cancer Each additional birth | 1.49 (1.18 – 1.89) 1.68 (1.29 – 2.20) 1.24 (1.16 – 1.33) 0.94 (0.92 – 0.96) | 2++ ²⁰ |
| Obesity <ul style="list-style-type: none"> BMI > 30 BMI 25-29.9 Per 5 units of Body Mass Index (BMI) increase | OR = 1.3 (1.1 – 1.5) OR = 1.2 (1.0 – 1.3) 1.06 (1.00 – 1.12) | 2+ ²¹ 2++ ²² |
| Smoking <ul style="list-style-type: none"> Ever smoker Current smoker Past smoker | All types of ovarian cancer 1.07 (1.03 – 1.10) Risk of mucinous ovarian cancer 1.79 (1.60 – 2.00) 1.28 (1.06 – 1.53) | 2++ ²³ |

| Protective Factors | Relative Risks (RR) (95%C.I) | Level of Evidence |
|---|--|-------------------|
| Breast feeding <ul style="list-style-type: none"> History of breast feeding regardless of duration Duration: <ul style="list-style-type: none"> >12 months 6 to 12 months <6 months | Pooled RR = 0.70 (0.64 – 0.76) 0.64 (0.56 – 0.73) 0.73 (0.65 – 0.82) 0.85 (0.77 – 0.93) | 2++ ²⁴ |
| Physical activity <ul style="list-style-type: none"> Regularly active | RR reduction of 20% | 2+ ²⁵ |
| Average Risk Women | | |
| Oral contraceptive pills (OCP) use <ul style="list-style-type: none"> OCP use > 10 years History of OCP use | OR = 0.43 (0.37 – 0.51) OR = 0.73 (0.66 – 0.81) | 2++ ²⁶ |
| Women with BRCA1/ BRCA2 Mutation | | |
| <ul style="list-style-type: none"> History of OCP use Each additional 10 years of use | Summary RR = 0.50 (0.33 – 0.75) Summary RR = 0.64 (0.53 – 0.78) | 2+ ²⁷ |

RR = Relative Risk; SMR = Standardized Mortality Ratio; HR = Hazard Ratio; OR = Odd Ratio; OCP = Oral Contraceptive Pill; HNPCC = Lynch Syndrome; BMI = Body Mass Index