



OVARIAN CANCER

EARLY DETECTION OF OVARIAN CANCER HAS NEVER BEEN MORE IMPORTANT. THIS YEAR, AN EXPECTED 22,430 WOMEN IN THE UNITED STATES WILL BE DIAGNOSED WITH THE DISEASE, AND IT WILL CLAIM THE LIVES OF OVER 15,000 MORE. THE GOOD NEWS IS THAT, IF DIAGNOSED EARLY ENOUGH, 9 OUT OF 10 WOMEN CAN SURVIVE BEYOND FIVE YEARS—AND POSSIBLY EVEN BEAT THE DISEASE. BUT NOT ENOUGH WOMEN ARE FINDING IT IN TIME. ONLY 19% OF CASES ARE DETECTED BEFORE THE CANCER HAS SPREAD OUTSIDE THE OVARY. IN FACT, MORE THAN 7 OUT OF 10 WOMEN ARE NOT DIAGNOSED UNTIL THE DISEASE HAS ALREADY PROGRESSED TO ADVANCED OR LATER STAGES. AND FEWER THAN HALF OF ALL WOMEN DIAGNOSED WITH OVARIAN CANCER LIVE FIVE YEARS AFTER THE DIAGNOSIS.

Turning whispers into...
OVATIONS
for the cure of ovarian cancer.

www.ovationsforthe cure.org

LOOKING TO THE FUTURE

Ovations for the Cure was founded by Patricia Franchi Flaherty, an 8-year ovarian cancer survivor, in honor of her mother with the aspiration of making a difference for women with ovarian cancer. Today her vision is a reality, and Ovations continues to ensure that the future holds great promise for thousands of women.

Inspired by the power of hope. Invested in the power of science. Only through innovative research do we learn more about ovarian cancer and how we can stop it. Ovations for the Cure awards grants to organizations who receive approval from a medical committee that evaluates the most innovative and cutting-edge science available.

Ovations is also heavily involved in the emotional side of the fight against ovarian cancer. The Foundation offers patients and caregivers an uplifting support network by providing education and awareness and hosting unique patient morale-boosting initiatives. These initiatives include the "Happy Feet" program, that provides complimentary Stuart Weitzman slippers to ovarian cancer treatment patients, and "Just Because" events, which sponsor patients and their caregivers for special events designed to support the ovarian cancer community.

Learn more, and join the fight at:

www.ovationsforthe cure.org

The other women's cancer:
Why knowledge is power.



WHAT WOMEN NEED TO KNOW...

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WHAT ALL WOMEN MUST DO

Know the symptoms of ovarian cancer.

Identifying ovarian cancer at its earliest stage can help improve survival. In fact, women may have symptoms for months before the cancer is actually found.

The most common symptoms are:

- » BLOATING
- » PELVIC OR ABDOMINAL PAIN
- » TROUBLE EATING OR FEELING FULL QUICKLY
- » URINARY SYMPTOMS, SUCH AS URGENT OR FREQUENT FEELINGS OF NEEDING TO GO

While these symptoms also represent common problems that affect most women at different times, if you experience combined, persistent or worsening symptoms daily for a period of two or three weeks, see your doctor right away. Keep in mind that a family history of ovarian or breast cancer raises your risk. Prompt evaluation of symptoms can lead to earlier diagnosis. And earlier diagnosis can significantly improve the odds. We know that when women are diagnosed in Stage I of the disease, it is 90% curable.

Learn your family history. If any female members of your family – either on your mother’s or your father’s side – has had ovarian cancer, it is important you notify your primary care physician and your obstetrician/gynecologist. They can monitor you on a regular basis using a variety of diagnostic tests that are available to screen for ovarian cancer. It is also important to notify your doctor if any male family members develop cancer.

Be your own advocate. Researchers have found that women experience symptoms for an average of 12 weeks before consulting a doctor. In addition, it’s known that women who ignore their symptoms or who wait until the symptoms are severe before going to the doctor will not live as long as women who go to the doctor when their symptoms are mild.

Monitor your annual check-ups. Make sure your primary care doctor and obstetrician/gynecologist conduct a thorough pelvic and rectal exam at every checkup. It is also important to have an annual mammogram beginning at age 40 and a regular colonoscopy after age 50.



WHAT YOU SHOULD DO IF YOU HAVE A FAMILY HISTORY OF OVARIAN CANCER

Ask your doctor for the BRCA-1/BRCA-2 genetic test. Genetic testing can determine if you carry gene mutations that put you at risk for having ovarian cancer. Carriers of the BRCA-1/BRCA-2 gene mutation carry a 60% lifetime increased risk of ovarian cancer. Testing for this gene consists of a simple blood test.

Make an appointment at a “high-risk clinic.” At a high-risk clinic, a team of specialists will evaluate your medical history, ensure you receive the appropriate diagnostic tests and will monitor your care. Among the tests that you may receive is the CA125 blood test. The CA125 screening test can be used to diagnose women who are high-risk. CA125 is a protein that can be found in the blood and is useful in detecting and evaluating ovarian cancer. The test, however, is best used in combination with a pelvic ultrasound because its accuracy is only 80%, and is even less reliable when used to screen pre-menopausal women.

Determine your HNPCC risk. Women who have a rare syndrome known as HNPCC (hereditary nonpolyposis colon cancer) have a 10 percent chance of developing ovarian cancer. These women should be monitored closely for signs of ovarian and other types of cancers.



DONATION FORM

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Please make checks payable to Ovarions for the Cure.

CREDIT CARD DONATIONS

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Please send completed form to: **Ovarions for the Cure**
251 West Central Street, Suite 32, Natick, MA 01760

Ovarions for the Cure Foundation is a 501(c)(3) non-profit organization dedicated to the research, patient treatment and awareness of ovarian cancer