

Hope, Health & Awareness

A bi-monthly newsletter published by the Women's Cancer Awareness Group

WINE & CHEESE PARTY GREAT SUCCESS!

On May 15, 2005 the WCAG held our Second Annual Wine & Cheese Fundraiser. It was an over-cast day filled with the bright rays of hope from cancer survivors, our dedicated supporters and our esteemed doctors.

Guest speaker Bethan Powell, MD, Director of Gyn Oncology at UCSF, presented the latest advancements in gynecologic cancer research. Dr. Powell encouraged women to know the symptoms of ovarian cancer (see symptoms column) which are often confused with other illnesses. If you, or someone you love, suspects that you might have ovarian cancer symptoms, ask your doctor to refer you to a specialist, a Gynecologic Oncologist.



Photo Courtesy: S. McCormack
Bethan Powell, MD
 Director of Gyn Oncology
 Univ. of California, San Francisco

Dr. Powell also told us about a vaccine for HPV, which is the primary cause of cervical cancer. For HPV vaccine clinical trial information visit the National Cancer Institute website at www.Cancer.gov or call 800-4CANCER.

To our delight, the WCAG was able to reach both our financial goal and our attendance goal for this years W&C event.

Congratulations to Robin Jones & Carter Crilly, who won our Grand Prize Weekend for Two in San Francisco!

Our very special thanks goes to the Interior Design Society for allowing us to have our event at the beautiful showcase home in Penngrove. A thank you also goes to Nick & Nate of STADES for providing the music at the event.

We especially want to express our deep appreciation to Dr. Powell for her powerful speech!

EDUCATION & EMPOWERMENT PROGRAM

The Education & Empowerment Program is a lunch time gathering of cancer patients, survivors, family, friends, medical professionals and researchers.

Each month a different topic is chosen, based on feedback we have received from the people who attend

the program. There is no cost for attending the event. Walk-ins are welcome, but reservations do help us to plan better.

Please see the Calendar of Events on side two of this newsletter for the summer Education & Empowerment schedule.

Past topics have included, Clinical Research Trials, Hereditary Aspects of Cancer, The Essence of Hope, Nutrition For Cancer Prevention and Recovery.

This program is not meant to replace traditional support groups, but rather to be a place for people to get empowered with information.

“TASTE FOR LIFE”

In honor of Ovarian Cancer Awareness Month, the WCAG is teaming together with Matt Hansen of the Ovarian Cancer Foundation for Living. Together we will be hosting an event in San Francisco.

Taste the best wines from around the world while raising awareness for ovarian cancer, all for only \$40. Participants will receive \$15 worth of wine tastes plus all-you-can-eat food and appetizers. The event will also host two keynote speakers and a silent auction.

Place: Vino Venue
 3rd & Market
 San Francisco
 Date: 9/17/05
 Time: 12:00 - 3:00 PM
 Tickets: 415-706-0993
 707-481-5640

OVARIAN CANCER SYMPTOMS

- ◆ Abdominal bloating, pressure, or discomfort
- ◆ Indigestion, gas, constipation, or frequent urination.
- ◆ Abnormal bleeding
- ◆ Unexplained weight loss or gain
- ◆ Unusual fatigue
- ◆ Shortness of breath

Take Action...
 if any symptoms last more than 2 - 3 weeks. Experts suggest a combination pelvic/rectal exam, CA 125 blood test, and a transvaginal sonogram.



Photo Courtesy: Rosemarie Lion
Lydia Zipp & Rita Wyrick

AWARENESS EVENTS

ACS—Relay for Life

Fairfield: 8/6
Vallejo: 8/6
Santa Rosa: 9/17
Petaluma: 9/24

Los Angeles

The 7th Annual Run/Walk
To Benefit Ovarian Cancer
Ovarian Cancer Coalition
Sunday September 11, 2005
OvarianCancerCalifornia.org

Atlanta, GA

Ovarian Cancer National Alliance
8th Annual National Conference
September 28, 2005 -
October 1, 2005
www.amcnetwork.com/ocna.htm

Long Beach to Baja

Crusin' For Cancer
January 6 - 9
www.Cooking4Cancer.org

SURVIVOR BAGS: A MINI LIBRARY FOR GYN CANCER

A tote bag full of booklets, brochures and other items of interest for survivors of gynecologic cancer, especially ovarian, with information focusing on care, support and education. Bags are available free by ordering from WCAG or onsite at our functions.

This issue of Hope Health & Awareness was generously brought to you by the American Cancer Society, Solano County Unit.

EDUCATION & EMPOWERMENT EVENT CALENDAR

Sonoma County

Friday July 22, 2005
320 N. McDowell Blvd.
12:00 - 1:30
"New developments in cancer diagnosis and treatment".
Presented by: Thomas S. Stanton, MD -
Redwood Regional Oncology

Tuesday August 16, 2005
320 N. McDowell Blvd.
12:00 - 1:30
"Conditions That Benefit From Chinese Medicine".
Presented by: Sally Criss, Lac

Tuesday August 23, 2005
320 N. McDowell Blvd.
12:00 - 1:30
"Menopause"
Presented by: To Be Announced

Solano County

Tuesday July 26, 2005
611 Village Drive, Suisun
12:00 - 1:30
"What You Need to Know About Insurance"
Presented by: Carolyn Stanley

Tuesday August 23, 2005
611 Village Drive, Suisun
12:00 - 1:30
"New developments in cancer diagnosis and treatment"
Presented by: James Long, MD
NorthBay Cancer Center

Tuesday August 23, 2005
611 Village Drive, Suisun
12:00 - 1:30
"Herbs for Health & Healing"
Kami McBride - Living Health Institute

RSVP: 707-849-4781

RSVP: 707-481-5640

VOLUNTEER OPPORTUNITIES

Women's Cancer Awareness Group is proud to offer a variety of volunteer opportunities, from special one-time events to long-term positions. Volunteers are very important to our organization.

We are currently seeking volunteers to help with:
Administrative Research,
Community Outreach,
Health & Information, Advertising/Marketing, Newsletter team members and Education & Empowerment



Photo Courtesy: Rosemarie Lion
WCAG Volunteers

committee.

If you are interested in becoming a volunteer please contact:
Cheryl Holloway - Volunteer Coordinator
707-803-8397

Women's Cancer Awareness Group

5055 Business Center Dr., #108 PMB 136
Fairfield, CA 94534
707-481-5640

WCAG

MISSION STATEMENT

The Women's Cancer Awareness Group is a non-profit organization run entirely by volunteers. We are dedicated to creating support programs for survivors, and to increasing awareness of the risk factors and symptoms of gynecologic cancers.

WCAG 1ST ANNUAL ADVOCACY AWARD

The Women's Cancer Awareness Group is proud to announce our first Annual WCAG Hope Award. This Award will be presented to the honored advocate of Gyn Cancer that is nominated by you.

To submit a nomination,

please complete the enclosed form and return it to us, post-marked by August 15, 2005.

The winner will be presented her award at the Taste For Life celebration in San Francisco on September 17, 2005.

