

Hope, Health & Awareness

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

OVARIAN CANCER AWARENESS MONTH

In honor of Ovarian Cancer Awareness Month there are fabulous events being hosted by grassroots organizations across the country. Happenings such as the 7th Annual Run Walk in LA, golf tournaments in Chicago, camping retreats for survivors, the Taste for Life Celebration in San Francisco and the 8th annual Ovarian Cancer National Alliance Conference in Atlanta will help to raise awareness about ovarian cancer.

Thank you to our Outreach Coordinators in California, Colorado, Illinois, Wisconsin and Florida, who have handed out 4,000 symptom cards at health fairs, schools, fitness centers and doctors offices. These symptom cards are an important part of our awareness campaign keeping the focus the national goal of "Until there's a test, awareness is best."

In support of Ovarian Cancer Awareness Month Telek has provided a generous grant to the WCA Group and the Ovarian Cancer Foundation for Living's "Taste for Life" event. The celebration begins at noon and activities will last until three p.m. There is something for everyone



Photo Courtesy: Sabrina McCormack

Elaine Bechler, Rande Duran & Carolyn Stanley

including fabulous food, a \$15 wine tasting card, a music solo by a local artist, door prizes and a special presentation to the honored winner of the first WCA Group Hope Award.

You will not want to miss the opportunity to hear our special keynote speakers, Laura Duska, MD from Harvard Medical School who will present the latest in clinical trial options and C. Bethan Powell, MD of UCSF who will speak about the warning signs, symptoms and risk factors of ovarian cancer.

HEALING ATTITUDES

Martia Neilson of the Arts for Healing organization is putting together an extraordinary multimedia sculpture comprised of meaningful objects contributed by people whose lives have been touched by cancer.

The Heart of Healing sculpture will be displayed in various locations nationwide in an effort to inspire hope, strength, awareness, compassion, healing, creativity, humor and resilience.

If you or anyone you know has been affected by cancer and would like to add your experience to the Art For Healing project, please search your heart for an object that symbolizes one of your coping and/or empowerment tools.

If you have any questions, please call Martia Neilson at 707-823-4403 or visit the Art for Healing website at: www.ArtsForHealing.com

This issue of
Hope Health & Awareness
has generously been
brought to you by:



Innovating for life

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.

JOHANNA'S LAW ALLIANCE

By: Sheryl Silver, Founder/President



Johanna Silver Gordon

Johanna's Law also called "The Gynecologic Cancer Education and Awareness Act," is named after my sister Johanna Silver Gordon, a dynamic woman and former schoolteacher, who lost her life to ovarian cancer. Despite being a health conscious woman who visited the gynecologist regularly, Johanna did not know the symptoms of ovarian cancer until after she was diagnosed with an advanced stage of the disease. Not knowing the symptoms contributed to a delay in her diagnosis as it has for so many other women diagnosed with ovarian cancer.

I proposed **Johanna's Law** to end the life-threatening information gap that has led to so much suffering and so many deaths. By educating America's women about gynecologic cancer symptoms and risk factors, **Johanna's Law** can help women experiencing symptoms seek appropriate medical help quickly, increasing the potential for earlier detection. Women possessing risk factors can take steps to lower their risk. By also devoting resources to educating physicians, **Johanna's Law** will enhance the limited exposure to gynecologic cancer patients most physicians receive during their

training, making it more likely gynecologic cancers will be considered as possible causes of certain symptoms, along with the less lethal conditions so often assumed to cause them.

220 members of the U.S. House of Representatives have already decided to co-sponsor **Johanna's Law**. More co-sponsors are needed, however, to give **Johanna's Law** the best chance of passing this year. Please join this important effort to save women's lives by asking your member of the House to co-sponsor **Johanna's Law**. With just the tools at your fingertips -- the telephone, fax, or computer -- you can play a critical role in bringing life-saving facts to millions of women at risk for gynecologic cancers. How better to honor the hundreds of thousands of American women lost to these cancers and the courage of those still struggling to survive them? How better to exercise the freedoms of this democracy than by making your voice heard on Capitol Hill?

Sheryl Silver, Founder/President Johanna's Law Alliance for Women's Cancer Awareness

For more information, please visit: www.johannaslaw.org

EDUCATION & EMPOWERMENT EVENT CALENDAR

Sonoma County

Tuesday September 20, 2005
320 N. McDowell Blvd.
12:00 - 1:30
"Benefits of Yoga"

Tuesday October 21, 2005
320 N. McDowell Blvd.
12:00 - 1:30
"Guided Meditation"
Presented by: Shakira Rowyn

RSVP: 707-849-4781

Solano County

Thursday September 29, 2005
Please note date change.
611 Village Drive, Suisun
12:00 - 1:30
"Herbs for Health & Healing"
Kami McBride - Living Health Institute

Tuesday October 28, 2005
611 Village Drive, Suisun
12:00 - 1:30
"Clinical Research Trials in Oncology"

RSVP: 707-481-5640

**RELAY FOR LIFE
PETALUMA
9/24/05**

For more information call:
800-ACS-2345

OBESITY AND OVARIAN CANCER STUDY

Height, weight tied to ovarian cancer risk. Tall women or those who were overweight in their youth may be more likely to develop ovarian cancer later in life according to the results of research done in Norway.

Researchers suggest that ovarian cancer risk may be linked to both height and obesity among women at various stages of their lives. The study which spanned 25 years, was published in August 2003 Journal of the National Cancer Institute. It showed that women who

were overweight or obese as young adults were up to 56% more likely to develop ovarian cancer in adulthood than those who were of average weight.

In addition, researchers also found that women under age 60 who were taller than 5'9" were 29% more likely to develop ovarian cancer than those who were average height (about 5'4").

The 25 year study which took place in Norway, was conducted among 1.1 million women.

Special thanks to the Roswell Park Cancer Institute for allowing us to use this article.

TEAL JELLY BRACELETS

To inspire hope and encourage conversations about Ovarian Cancer Awareness, the Women's Cancer Awareness Group is proud to offer teal jelly bracelets.

The bracelets come in youth and adult sizes and cost \$2 each, a little more than the bracelets other organizations offer, because we

wanted the perfect Teal color and our favorite word "HOPE."

We hope you will order some bracelets to wear and share with your friends. Supplies are limited, please stock up now for your stocking stuffers and your favorite Trick or Treaters.

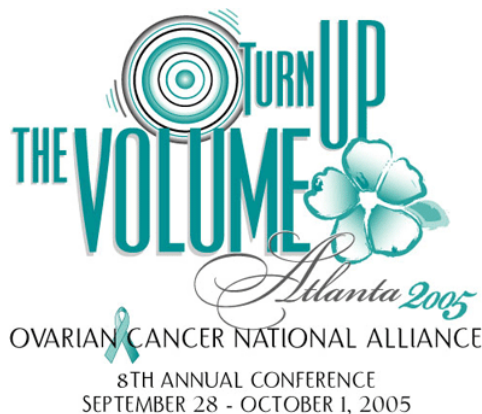
To order call: 707-481-5640 or 707-849-4781

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 currently need volunteers to help us sell our Jelly Bracelets. Please let us know if we can send you a package of 10 or 20.

Cheryl Holloway - Volunteer Coordinator
707-803-8397



With communication comes understanding and clarity; with understanding, fear diminishes; in the absence of fear, hope emerges; and in the presence of hope, anything is possible. - Ellen Stovall



Women's Cancer Awareness Group

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Raising awareness,
one conversation at a time.