



Hope, Health & Awareness

A newsletter published by the Women's Cancer Awareness Group

OVARIAN CANCER SYMPTOMS ~ CONSENSUS STATEMENT

2007 HUMAN RACE - SANTA ROSA

The Ovarian Cancer National Alliance endorses the following consensus statement on ovarian cancer's symptoms. The Gynecologic Cancer Foundation, the Society of Gynecologic Oncologists and the American Cancer Society led the effort to form this consensus statement which was released June 13, 2007.

Historically ovarian cancer was called the "silent killer" because symptoms were not thought to develop until the chance of cure was poor. However, recent studies have shown this term is untrue and that the following symptoms are much more likely to occur in women with ovarian cancer than women in the general population. These symptoms include:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

Women with ovarian cancer report that symptoms are persistent and represent a change from normal for their bodies. The frequency and/or number of such symptoms are key factors in the diagnosis of ovarian cancer. Several studies show that even early stage ovarian cancer can produce these symptoms.

Women who have these symptoms almost daily for more than a few weeks should see their doctor, preferably a gynecologist. Prompt medi-

cal evaluation may lead to detection at the earliest possible stage of the disease. Early stage diagnosis is associated with an improved prognosis.

A DECADE OF ACTION



A FUTURE OF HOPE

Several other symptoms have been commonly reported by women with ovarian cancer. These symptoms include fatigue, indigestion, back pain, pain with intercourse, constipation and menstrual irregularities. However, these other symptoms are not as useful in identifying ovarian cancer because they are also found in equal frequency in women in the general population who do not have ovarian cancer.

Take Action

Consult a health care professional if any symptoms persist or feel abnormal.

Experts recommend a complete pelvic/rectal exam, a transvaginal ultrasound, and a CA 125 blood test. Pap tests do not detect ovarian cancer.

Sources:

Ries LAG, et al (eds). SEER Cancer Statistics Review, 1975-2003, National Cancer Institute. Bethesda, MD. Available at: http://seer.cancer.gov/csr/1975_2003/. Based on November 2005 SEER data submission, posted to the SEER web site 2006.

Goff BA, et al. (2000). Ovarian carcinoma diagnosis. *Cancer*, 89: 2068-2075.

Olson SH, et al. (2001). Symptoms of ovarian cancer. *Obstet Gynecol*, 98: 212-217.

Goff, BA, et al. (2007). Development of an ovarian cancer symptom index: possibilities for earlier detection. *Cancer*, 109: 221-227.

Goff BA, Muntz HG. (2005). Screening and early detection of ovarian cancer. *Women's Health in Primary Care*, 8 (6): 262-268.

Women's Cancer Awareness Group is a Partner Member of the

Ovarian Cancer National Alliance

Women's Cancer Awareness Group would like to extend it's heartfelt thanks to all of the people who participated in the 2007 Human Race in Santa Rosa on May 12.

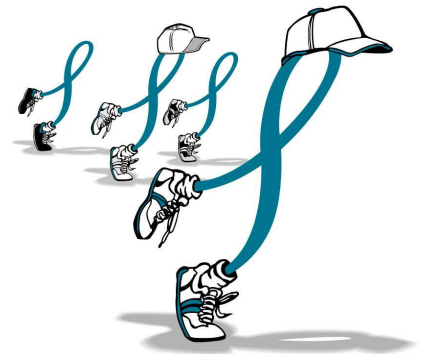
The event was a great success for us! We handed out 1,000 symptom cards, were interviewed on the local TV and two Radio programs. The Run/Walk and festival was lots of fun! Special thanks to Joanne Emery for creating our fabulous teal centipede! Special thanks to Rita Wyrick and Stinger Sportswear for the fabulous t-shirt design!

Special thanks to Jelly Belly Candy Company for the amazing teal gift basket and the Jelly Belly samples that caused a big commotion among the participants and sent hundreds of people to our table!



We greatly appreciate all the hard work and fundraising that everyone did to make this our biggest outreach event of the year!

WOMEN'S CANCER AWARENESS GROUP



UPCOMING EVENTS

Solano County

Education & Empowerment

When: 3rd Friday of the Month

Time: 11:30 - 1:00

Location: 1600 Union St. Fairfield
St. Marks Church

RSVP: 707-481-5640
LHZipp@juno.com

Clinical Research Trials
September 21, 2007

Sonoma County

Education & Empowerment

When: 1st Friday of the Month

Time: 11:30 - 1:00

Location: TBA

RSVP: 707-481-5640
LHZipp@juno.com

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LHZipp@juno.com

Please visit
our web site:
www.WCAGroup.net

AWARENESS BASKETS

We plan to distribute 30 awareness baskets full of ovarian cancer symptom cards and calendar of upcoming events. If you would like to help put a basket together or place one in your office, gym, doctor's office or local store, please contact Lydia Zipp at 707-481-5640.

AWARENESS BRACELETS

Sterling silver awareness bracelets made with Swarovski crystals, fasten with a lobster claw. Available in Teal, Pink & Purple to represent various cancer types.

Limited Time Offer: \$20

Plus \$4.95 shipping & handling

To Order Call:

707-481-5640

Offer expires 12/31/07

Limited Supply

Special Thanks to Telik
For their generous support
of our programs.




SAVE THE DATE
2008 HUMAN RACE
5/10/08

VOLUNTEER OPPORTUNITIES

Sunshine Director

We are looking for a cheerful person to coordinate our birthday list and send cards to people that aren't feeling well. If you are interested in this fun job, please contact Lydia at 707-481-5640

Volunteer Coordinator

We are looking for an organized person to match our volunteers up with current volunteer opportunities. If you are interested, please call Lydia 707-481-5640.

Ovarian Cancer Awareness Stickers

Strip of 16 stickers for \$1.00

Send a check and \$.50 for postage and handling to P.O. Box 5115, Petaluma, CA 94955-5115



Women's Cancer Awareness Group

P.O. Box 5115

Petaluma, CA 94955

707-481-5640

Raising awareness, one conversation at a time.