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**9TH ANNUAL WALK/RUN FOR OVARIAN CANCER
BENEFITS MINNESOTA OVARIAN CANCER ALLIANCE**

Minneapolis – September is Ovarian Cancer Awareness Month and Minnesota Ovarian Cancer Alliance (MOCA) invites members of the community to participate in the 9th Annual Silent No More Walk/Run for Ovarian Cancer on Saturday, September 13 at Rosland Park in Edina. (located approximately one half mile west of France Avenue South on 66th Street at Hwy 62 and Valley View Rd). This fun and celebratory event honors all women who have battled ovarian cancer.

Last year, more than 2,700 people participated in MOCA's Walk/Run and \$275,000 was generated to support the organization's mission of funding ovarian cancer research, raising awareness of the disease and providing support to women with ovarian cancer and their families. In the just seven years, MOCA has awarded \$2 million for research, which makes the organization one of the largest non-governmental funders of ovarian cancer research in the nation.

Registration fee for adults is \$20 before September 1 (\$25 after 9/1). The cost for children 12 and under is \$10 before September 1 (\$12 after 9/1).

T-shirts are guaranteed to individuals who register by September 1.

FREE online registration is available at www.mnovarian.org. For more information, visit: www.mnovarian.org or call 612/822-0500.

Schedule for Saturday, September 13:

7:30 a.m.	Check-in/Registration begins
8:30 a.m.	Group photo of ovarian cancer survivors
9:00 a.m.	5K Run starts
9:30 a.m.	2K Walk starts
10:00 a.m.	Kids Fun Run
10:30 a.m.	Awards presentation & door prizes

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Prizes for the top three adult pledge getters include:

- A Gift certificate from Erik's Bike Shop
- An i-Pod
- A Portable DVD player

Top Three children under 12 who raised \$500 or more in pledges will receive a \$25 gift card.

Pledge Prize Program

Prizes will be awarded to individuals for pledges totaling:

- \$500-\$1,499 – MOCA Letter Opener
- \$1,500 - \$2,499 – Silver Teal Ribbon Charm
- \$2,500-\$4,999 – Silver Bracelet & Charm
- \$5,000+- Bracelet & MOCA Charm

In order to participate in the pledge prize program, all pledges must be received in the MOCA office by September 28, 2008. Prizes are not cumulative. Individuals will receive prizes for the level corresponding to the total amount of pledges submitted. Prizes will be awarded at the Fall MOCA Meeting or MOCA Office after October 30.

For more information visit www.mnovarian.org or call MOCA, 612/822-0500.

Facts about Minnesota Ovarian Cancer Alliance (MOCA)

- Founded in 1999 by a group of ovarian cancer survivors
- MOCA's mission is to fund ovarian cancer research, raise awareness of the disease and provide support to women with ovarian cancer and their families.
- In just seven years, MOCA has awarded \$2 million for research in Minnesota, making the organization one of the largest non-governmental funders of ovarian cancer research in the nation.

Symptoms of Ovarian Cancer

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Feeling a frequent or urgent need to urinate

Women diagnosed with ovarian cancer report that symptoms are persistent and represent a change from normal for their bodies.

Other symptoms may include: fatigue, indigestion, back pain, pain with intercourse, constipation and menstrual irregularities.

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

How is Ovarian Cancer Detected?

Experts recommend:

- A complete pelvic/rectal exam
- Transvaginal ultrasound
- CA125 blood test

Unlike the Pap smear which screens for cervical cancer and the mammogram for breast cancer, there is currently no consistently reliable test available to detect ovarian cancer in its early stages.

If ovarian cancer is suspected, consult a gynecologic oncologist. For a complete listing, visit MOCA's website: www.mnovarian.org or call MOCA at 612/822-0500.

Facts about Ovarian Cancer

- September is Ovarian Cancer Awareness Month.
- Ovarian cancer affects 1 in 72 women.
- It can occur at any age.
- When detected early and treated properly, more than 93% of the women diagnosed will survive longer than five years.
- More than 80% of women with the disease are diagnosed in advanced stages when the chance of five-year rate is only about 38%.

General Ovarian Cancer Statistics

- Ovarian cancer is the deadliest of the gynecologic cancers. It is the fifth leading cause of cancer deaths among U.S. women.
- It is expected that more than 20,000 women will be diagnosed with the disease this year and an estimated 15,000 will die from it.

Risk Factors

- **Increasing age** – Although ovarian cancer can strike women at any age, 56% of women diagnosed with the disease are older than 65.

The incidence increases dramatically after the age of 50 and peaks between the ages of 55 and 65.

As a result, it is important for women to continue regular gynecologic exams, even after childbearing is complete.

- **Having a family or personal history of ovarian cancer, breast or colon cancer** – Approximately 5-10% of ovarian cancer cases are associated with hereditary risk. Women with personal or family histories of these types of cancer are more likely to develop ovarian cancer before age 50.
- **Not bearing children** – The risk of developing ovarian cancer is reduced with each subsequent pregnancy.

The vast majority of women diagnosed with ovarian cancer (90%) do not have a hereditary link to the disease.

Risk Reduction

At this time, it is impossible to completely eliminate a woman's risk for ovarian cancer, but experts have established that the following can **reduce** a woman's risk of ovarian cancer:

- **Oral contraceptives** – Regular use reduces the risk of ovarian cancer by 40-50% when taken for at least five years. Several clinical studies have reported that the effects last for years after pill use has ceased.
- **Pregnancy and breast-feeding**
- **Tubal ligation**
- **Hysterectomy**
- **Removal of the ovaries** (prophylactic oophorectomy) This procedure is usually suggested only for women at very high risk – those with two or more first-degree relatives with ovarian cancer or ovarian and breast cancer.

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