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**MINNESOTA OVARIAN CANCER ALLIANCE'S
6TH ANNUAL SILENT NO MORE WALK/RUN FOR OVARIAN CANCER**

Minneapolis – September is Ovarian Cancer Awareness Month and Minnesota Ovarian Cancer Alliance (MOCA) is hosting the Sixth Annual Silent No More Walk/Run for Ovarian Cancer on Saturday, September 17, 2005 at Rosland Park in Edina. Emcee for the event is KSTP investigative reporter and ovarian cancer survivor Kristin Stinar.

“The Walk/Run is a wonderful way to educate people about the symptoms of ovarian cancer and promote the importance of early detection,” says Walk/Run Co-Chair and Co-President of MOCA’s Board of Directors Lisa McLaughlin. Ovarian cancer survivors, family members and friends will walk or run to honor women living with the disease and to remember those who are no longer with us.

Last year, 2,000 people participated in the event and more than \$140,000 was raised from individual pledges, corporate sponsors and registrations. This year, MOCA’s goal is \$165,000. The funds generated support MOCA’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 past five years, MOCA has awarded more than \$1 million for ovarian cancer research in Minnesota.

MOCA Executive Director Kathleen Gavin states “The Silent No More Walk/Run provides women with ovarian cancer and their families a fun and celebratory event that reflects the community’s support for them.”

Runner and walkers are encouraged to participate in honor of a loved one with ovarian cancer or to celebrate their own survival over the disease. As an incentive to raise more pledges, MOCA is offering prizes for the top pledge getters:

Adults

1st Place: \$500 cash
2nd Place: Unique custom designed jewelry valued at \$250.
3rd Place: It’s a surprise valued at \$100

Children under 12

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|-----------------------|---------------------------------|
| 1 st Place | Bike for Erik's valued at \$300 |
| 2 nd Place | i-Pod Shuffle |
| 3 rd Place | It's a surprise valued at \$50 |

When: Saturday, September 17, 2005
9:00am 5K Walk/Run
9:45am 2K Walk/Run
10:15 Kids Fun Run
10:30am Awards Ceremony

Rosland Park is located approximately one-half mile west of France Avenue on 66th Street in Edina (Hwy 62 & Valley View Road)

Registration fee for adults \$20 before September 9 (\$25 after 9/9)
Children under 12 \$10 before September 9 (\$12 after 9/9)

Register online at: www.mnovarian.org (enter MOCA)
Or call 952/890-8775 and MOCA will send you a registration form.

For more information visit: www.mnovarian.org.

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 the past five years, MOCA has awarded more than \$1 million for ovarian cancer research in Minnesota.

Symptoms of Ovarian Cancer

- Abdominal pain, pressure or bloating
- Abnormal changes in bowel or bladder patterns
- Persistent digestive problems
- Excessive fatigue, backache
- Abnormal post-menopausal bleeding
- Pain during intercourse
- Weight gain or loss
- Change in appetite
- Increased waist line

How is Ovarian Cancer Detected?

If a woman suffers from any or all of the symptoms listed above consistently for 4-6 weeks, she should consult with a healthcare provider and ask for a combination of the following three things:

- Vaginal/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.

Facts about Ovarian Cancer

- September is Ovarian Cancer Awareness Month.
- Ovarian cancer affects 1 in 57 women.
- It can occur at any age.
- When detected early and treated properly, more than 90% of the women diagnosed will survive longer than five years.
- Almost 70% of women with the disease are diagnosed in advanced stages when the chance of five-year rate is only about 25%.

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 25,000 women will be diagnosed with the disease this year and an estimated 16,000 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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