

Prizes for the top three adult pledge getters include:

- \$500 cash (1st place)
- unique custom jewelry valued at \$250 (2nd place)
- DVD player (3rd place)

Prizes for the top three children (12 and under) pledge getters include:

- gift certificate from Erik's Bike Shop (1st place)
- i-Pod (2nd place)
- gift certificate (3rd place)

New this year – pledge prize program!

Prizes will be awarded to individuals for pledges totaling:

- \$500-\$1,500 – Stainless steel MOCA travel coffee mug
- \$1,501 - \$2,500 – MOCA Sports/weekender bag
- \$2,501+ -- MOCA Jacket.

In order to participate in the pledge prize program, all pledges must be received in the MOCA office by September 30, 2006. 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 on November 14 or MOCA Office after October 30.

For more information visit www.mnovarian.org or call MOCA, 952/890-8775.

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 six years, MOCA has awarded more than \$1.3 million for ovarian cancer research in Minnesota.

Symptoms of Ovarian Cancer

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

How is Ovarian Cancer Detected?

The symptoms of ovarian cancer tend to be subtle and persistent and increase over time. If a woman suffers from any or a combination 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. As a result, fewer than one in five women will be diagnosed in the early stages. However, with early diagnosis, more than nine out of 10 women will survive more than five years. Many people mistakenly believe that ovarian cancer has no symptoms. But published research has shown that at least 80 percent of women with early-stage ovarian cancer have symptoms for several months prior to diagnosis.

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.
- Early recognition of the symptoms can save lives. With early diagnosis, more than nine out of 10 women will survive more than five years.
- Presently, fewer than one in five women are diagnosed with an early stage of the disease.

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 23,000 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.