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Minnesota Ovarian Cancer Alliance is Going Teal To Support Ovarian Cancer Awareness Month

September is designated National Ovarian Cancer Awareness Month

Minneapolis, MN – Sept. 1 -- On Friday, September 4, 2009, Minnesota Ovarian Cancer Alliance will join hundreds across the United States in wearing teal to support Ovarian Cancer Awareness Month. Teal is the ovarian cancer community's color and serves as a reminder that ovarian cancer is the deadliest of all the cancers of the reproductive system and a leading cause of cancer death among women.

Minnesota Ovarian Cancer Alliance (MOCA) is also holding its annual Silent No More Walk/Run Saturday, Sept. 12, to raise funds to fight the disease, increasing awareness to prevent the disease from going undiagnosed. The event takes place at Rosland Park in Edina. Registration starts at 7:30 a.m. Evan Farmer, host of Home and Garden Television's (HGTV) "Freestyle," a design show, will emcee this year's event. Participants raise money through pledging and donations with special prizes for the top finishers and top pledge getters.

MOCA, a Partner Member organization of the Ovarian Cancer National Alliance, is helping save women's lives by raising awareness about this disease. This year's theme is *Know your body. Know the symptoms. Help spread the word.* Kathleen Gavin, Executive Director of the Minnesota Ovarian Cancer Alliance, said, "Increasing awareness of ovarian cancer is essential because diagnosing the disease is difficult. Recognizing September as National Ovarian Cancer Awareness Month will contribute significantly to increasing awareness about the disease and coincides with hundreds of grassroots activities across the country, including health fairs, runs, fundraisers and events."

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)

See your doctor, preferably a gynecologist, if you have these symptoms almost daily for more than one to two weeks. Experts suggest a combination of pelvic/rectal exam, a CA-125 blood test and a transvaginal ultrasound.

Unfortunately, these symptoms are often missed or dismissed by women and their healthcare providers, leading to late diagnosis of the disease. Less than 20 percent of women are diagnosed in the early stages of ovarian cancer, when survival rates are highest.

About the Minnesota Ovarian Cancer Alliance (MOCA):

Celebrating our 10th anniversary, MOCA was founded in 1999 by a small group of ovarian cancer survivors. MOCA has grown from a group of nine women to an organization with more than 800 survivors and more than 32,000 donors and active members. MOCA is a Minnesota-based nonprofit organization that is dedicated to raising awareness and funding the research needed to detect ovarian cancer early and treat it properly. In just nine years, MOCA has raised more than \$2.3 million for ovarian cancer research in Minnesota.

About the Ovarian Cancer National Alliance:

Established in 1997, the Ovarian Cancer National Alliance is the foremost advocate for ovarian cancer in the United States. Until there's a cure for the disease, the Ovarian Cancer National Alliance, a 501(c) (3) organization, leads the national initiative to conquer ovarian cancer. The organization unites individuals and organizations at the local, state and national levels to advance ovarian cancer research in the quest for early detection tests, improved health care practices and development of life-saving treatment protocols.

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For more information on the Silent No More Walk/Run or ovarian cancer, please visit www.mnovarian.org or call 612-822-0500 for additional information.