

## September is National Ovarian Cancer Awareness Month

The Wisconsin Ovarian Cancer Alliance is dedicated to overcoming ovarian cancer by creating awareness and providing support and advocacy to those faced with the disease.

Volunteers and fund raisers help support WOCA's advocacy and education efforts. To learn more, see inside, then visit [wisconsinovariancancer.com](http://wisconsinovariancancer.com).

**Know your body,  
know the symptoms!**

WISCONSIN OVARIAN  
CANCER ALLIANCE

[wisconsinovariancancer.com](http://wisconsinovariancancer.com)

# Irony fills a void

## Wisconsin Ovarian Cancer Alliance is formed

It was while working as a volunteer on the Komen Foundation's Milwaukee Race for the Cure in 1999 that Joan Sagan, an oncology nurse with more than 20 years experience, was diagnosed with ovarian cancer. She knew right away that she wanted to start a Wisconsin organization that would do for ovarian cancer what the Komen Foundation did for breast cancer: provide education, encourage advocacy, generate support.

After her treatment, Sagan assembled family, friends, medical professionals and fellow survivors to launch the Wisconsin Ovarian Cancer Alliance (WOCA). Formed in May 2000, the non-profit group has been on a fast track ever since. Key actions have included the formation of a medical advisory board; identification of outreach partners in Green Bay and Madison, as well as metropolitan Milwaukee; creation of the Comedy for the Cause fund raising event; and the launch of the organization's informational Web site, wisconsinovariancancer.com.

### Our mission

The WOCA is dedicated to overcoming ovarian cancer. Our mission is threefold:

**Education** - First and foremost, WOCA pledges to create awareness of early warning signs that may be indicative of ovarian cancer. This means educating individuals, the medical community and organizations to recognize ovarian cancer's subtle symptoms. In so doing, WOCA hopes to increase early detection and improve treatment methods.

**Support** - Second, WOCA works to support Wisconsin women and their families in their battle against ovarian cancer. This includes developing and distributing educational material, promoting support systems and creating networking groups.

**Advocacy** - Finally, WOCA's membership supports the advocacy efforts of the Ovarian Cancer National Alliance to secure additional funds and advance research toward a diagnostic test and a cure.

# A ready resource

wisconsinovariancancer.com offers a wealth of information

Whether a current patient, survivor, family member or concerned volunteer, women (and men!) will find educational information and tools on the WOCA Web site to help in their understanding of the disease.

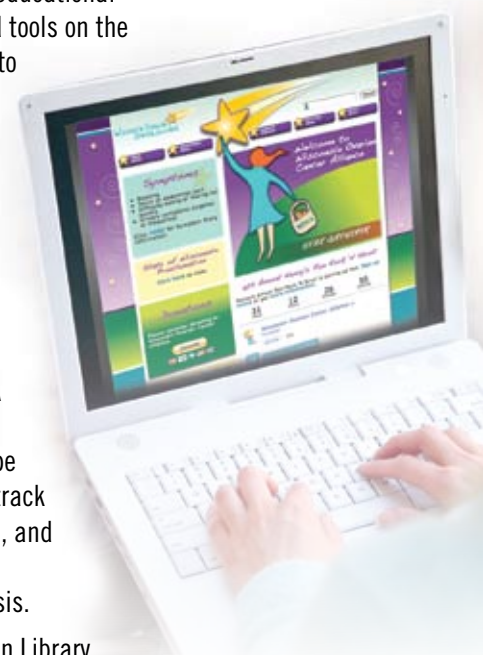
On the site, symptoms of and treatment options for ovarian cancer are explained. A personal Symptom Diary may be downloaded to track health concerns, and may assist in a doctor's diagnosis.

An Information Library includes tools for finding a local oncologist and links to other resources such as Mayo Health and the Women's Cancer Network.

A medical advisory board keeps the organization informed of research and treatment advances.

Support services for both those in treatment and their family and friends also can be found on the site. These range from household cleaning services and support groups to stories of inspiration, as well as the

opportunity to share one's own.



For those interested in being a part of the supportive community, the WOCA site also lists upcoming statewide events in support of ovarian cancer awareness, and provides the opportunity to make a donation to the organization.

For questions not answered on the site and to learn about volunteer opportunities, e-mail friends@wisconsinovariancancer.com.

# BACK TO SCHOOL SALE

Instrument Rentals Starting At Just \$4.99 Per Month!

Call 1-800-920-RENT

**\$4.99/Mo.\***

Flute • Clarinet • Trumpet • Trombone  
Percussion • Violin • Viola

**\$9.99/Mo.\***

Oboe • Alto Sax • Tenor Sax • Cello  
French Horn • Baritone Horn

\*Intro on 3 month special ends Oct. 15, 2011



Proud Sponsor Of The Wisconsin Ovarian Cancer Alliance

CASCIO INTERSTATE MUSIC | SUPERSTORE - 138th & NATIONAL  
ONLINE AT WWW.INTERSTATEMUSIC.COM/SUPERSTORE

**Cascio**  
interstatemusic.com

September is

**Ovarian Cancer Awareness Month**

### KNOW THE SYMPTOMS of OVARIAN CANCER:

- Bloating
- Abdominal Pain
- Difficulty eating / feeling full quickly
- Urinary urgency or frequency

Women who have these symptoms for more than a few weeks should see their doctor.



Helping Guide Surgical Decisions  
visit ova-1.com to learn more.

# What is ovarian cancer?

Less than two years ago ovarian cancer was referred to as the “silent killer” because it is difficult to diagnose and even more challenging to treat. More recently, it is being referred to as “the disease that whispers.” In June 2007, the Society of Gynecologic Oncologists formed a consensus statement on ovarian cancer.

Ovarian cancer is cancer that begins in the cells that make up the ovaries (there are two ovaries, one on each side of the pelvis). Cancer that originates at another site (e.g. breast or colon) and spreads to the ovaries is not considered ovarian cancer.

Despite an increase in the resources dedicated to the study of the disease, little remains known about ovarian cancer. Poor long-term survival rates are mostly due to the lack of a reliable method of detection, with less than a quarter of all ovarian cancer cases being detected at the critical early stages. Consequently, the American Cancer Society estimates that 23,100

women are diagnosed with ovarian cancer and 14,000 women die from the disease annually.

Carcinoma of the ovary is one of the most common gynecologic malignancies. In many cases, it is curable when found early, but because it does not cause any symptoms in its early stages, most women have widespread disease at the time of diagnosis.

Partly because of this, the mortality rate from ovarian cancer exceeds that for all other gynecologic malignancies combined. It is the fourth most frequent cause of death in women in the United States.

**Friday, Sept. 2  
is National Ovarian  
Cancer Awareness Day.  
Wear teal and show  
your support.**

## Symptoms

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

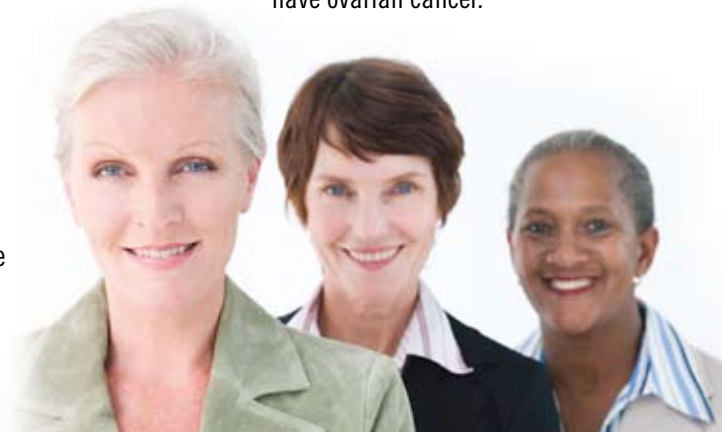
- **Bloating**
- **Pelvic or abdominal pain**
- **Difficulty eating or feeling full quickly**
- **Urinary symptoms (urgency or frequency)**

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

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.



**Saturday, Sept. 17 · 10 a.m.**

**Cool Waters Pavilion at Greenfield Park**

**5k Run · 2-Mile Walk**

**Rascal Romp for children 8 and younger**

Nancy's Run Rock 'n' Stroll is held each year in memory of Nancy Niese, who lost her life to ovarian cancer in 2005 at the age of 64. This event is held to raise awareness and promote education about ovarian cancer. Proceeds benefit WOCA.

**Register online** at [wisconsinovariancancer.com](http://wisconsinovariancancer.com) or [active.com](http://active.com).

**Race-day registration** begins at 8 a.m. at Cool Waters Pavilion in Greenfield Park.

**A Woman's Touch  
Sexuality Resource Center**

**Need a resource to help you or someone you love  
enjoy healthy sexuality after cancer?**

A Woman's Touch Sexuality Resource Center offers a comfortable boutique setting to find resources and education for cancer survivors and partners. Speakers for support groups & healthcare providers available.

200 N. Jefferson St. Suite 101 Milwaukee  
[www.sexualityresources.com](http://www.sexualityresources.com)

proudly supporting the

ovarian cancer alliance

**JOHNSON BANK** 414.287.6450  
Six locations in the Greater Milwaukee area  
[johnsonbank.com](http://johnsonbank.com)

**Laura's Smile  
FOUNDATION**

Laura David fought a long & difficult battle with Ovarian Cancer

**Mission Statement**

Laura's Smile Foundation is dedicated to leading the movement towards ovarian cancer awareness. We are committed to raising non-profit funds to continuing the battle against ovarian cancer through education, advocacy and research. All of our activities are devoted to providing support, hope and honor to those whom have been affected by ovarian cancer.

To Donate to Laura's Smile Foundation or to learn more information about our organization visit:  
[www.laurasmilefoundation.com](http://www.laurasmilefoundation.com)



**Something is not right. I can't ignore it any more.  
I need a gynecologist I can trust.**

**Being a strong woman means asking for help if you need it.** Schedule an appointment with a Wheaton Franciscan Medical Group OB/GYN physician, and we'll help you understand what your body is telling you with symptoms like unusual bleeding, painful periods, or urinary incontinence. And then we'll clearly explain your options. Most issues can be treated medically, but if necessary our advanced capabilities extend to minimally invasive procedures and even robot-assisted surgeries. With clinics throughout the area, relief is only an appointment away.

For more information, please contact us.

**1-888-9-WHEATON**  
**mywheaton.org/gyn**



In Partnership with the Felician Sisters