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33

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September Is Ovarian Cancer Awareness Month

About 1 in every 57 women in the United States will develop ovarian cancer. Most cases occur in women over the age of 50, but this disease can also affect younger women.

Go to the following MedicineNet.com articles to get the facts:

- FocusOnCancer.com
- Ovarian Cancer
- Doctors Response: Ovarian Cysts Precursor to Cancer?
- Doctors Response: Ovarian Cancer...Early Warning Signs and Symptoms
- Health Fact: Oral Contraceptives and The Risk Of Ovarian Cancer
- Procedures: CA 125

In the United States, more women die of ovarian cancer each year than of cervical and endometrial cancers combined. Survival rates have not greatly improved, and screening has not been proven to decrease the death rate. As a result, there is currently a great focus on prevention of cancer of the ovary.

Ovarian cancer can sometimes be associated with known risk factors for the disease. Many risk factors are modifiable though not all can be avoided. Here is a listing of risk factors.

Age

The risk of developing ovarian cancer increases as a woman gets older.

Oral Contraceptives

Studies suggest that the use of oral contraceptives may reduce the risk of developing ovarian cancer. The longer you use oral contraceptives the lower your risk might be. The decrease in risk may last for a long time after the use of oral contraceptives has ended.

Childbearing and Breast-feeding

Women who have had at least one child are less likely to develop ovarian cancer than women who have never had children. Studies have also shown that women who breast-feed are less likely to develop ovarian cancer.

Tubal Ligation or Hysterectomy

Studies have shown that women who have undergone tubal ligation (sterilization) or hysterectomy are at decreased risk of developing ovarian cancer.

Family History of Ovarian Cancer

A woman whose mother or sister has had ovarian cancer has a higher than average risk of developing ovarian cancer.

Prophylactic Oophorectomy



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Sometimes women with a very strong family history of ovarian cancer decide to have prophylactic oophorectomy (removal of both ovaries). However, this has not been proven to avoid the risk of ovarian cancer; and ovarian removal can have unwanted effects. Careful discussion of pros and cons of this procedure is important before deciding if it is appropriate for you.

Hormone Replacement Therapy

Hormone replacement therapy may be associated with an increased risk of ovarian cancer in postmenopausal women.

Fertility drug use has been associated with an increased risk of ovarian cancer. Other risk factors that have been suggested for ovarian cancer are the use of talcum powder in the area between the vagina and the anus and eating a high-fat diet. The exact relationship remains unclear.

Ovarian Cancer At A Glance

- Most ovarian growths in women under age 30 are benign, fluid-filled cysts.
- There are several types of ovarian cancer.
- Factors that increase the chance of developing ovarian cancer have been identified.
- The symptoms of ovarian cancer can be vague.
- Detection of ovarian cancer involves physical examination (including pelvic exam), ultrasound, X-rays, the CA-125 blood test and biopsy of the ovary.
- The treatment of ovarian cancer depends on the stage of the disease and the age and health of the woman.

Sources:

MedicineNet.com (www.medicinenet.com)

National Cancer Institute (www.cancer.gov)

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About the NOCC



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Mission Statement

Our mission is to raise awareness about ovarian cancer and to promote education about this disease. By dispelling myths and misunderstandings, the coalition is committed to improve the overall survival and quality of life from ovarian cancer.

A Brief History of NOCC

In December, 1989 Gail Hayward, a 47-year-old woman was diagnosed with stage III ovarian cancer. Although her physicians told her that the disease would most likely be fatal within two years, Gail survived for 10 and a half years until May 2000. What she did in those 10 and a half years was to build what is now the National Ovarian Cancer Coalition.

Rather than focus on her own serious health issues Gail chose to turn her attention to other women. Frustrated by the lack of information and public knowledge about ovarian cancer she started to network with other survivors and physicians throughout the United States. She rallied individuals one by one and shaped them into a coalition committed to saving women's lives by working for better education on the risks and symptoms of ovarian cancer. At her kitchen table, from her hospital bed or hooked to IV's in her home, Gail sat with her phone and laptop, building a national ovarian cancer movement.

In 1995 Gail incorporated the National Ovarian Cancer Coalition as the country's first comprehensive organization providing awareness and education about ovarian cancer. With the assistance of a prestigious national medical advisory board and board of directors from around the country Gail set out to develop an organization that would fuel the ovarian cancer awareness movement. She developed the first national information hotline 1-888-OVARIAN and the www.ovarian.org website, initiated the national September Ovarian Cancer Awareness public information campaign and created informational brochures and resource literature on ovarian cancer. Within two years of its incorporation, NOCC was acknowledged as the leading educational and information organization on ovarian cancer in the nation.

The National Ovarian Cancer Coalition remains Gail Hayward's legacy, keeping alive her spirit of outspoken advocacy, compassion for survivors and families and commitment to women's health.

Goals

1. To provide the medical community and general population with a national resource focused solely on ovarian cancer.
2. To provide complete and accurate information regarding ovarian cancer.
3. To obtain more funding for:
 - Patient and public education
 - Professional education
 - Quality of life
 - Survivorship in ovarian cancer
 - Basic and clinical research

NOCC AT A GLANCE

Eight Million Consumer Contacts Annually

- Web Site - 6,700,000 hits
- Telephone - 20,000 calls
- Newsletter - 65,000 copies
- Membership - 16,000 members, US and worldwide
- Community Outreach - 1,000,000 people reached through more than forty NOCC divisions, locations at health fairs, symposia, Walk for the Whisper

- Brochure Distribution - 140,000
- Information Packets - 20,000

Over 75,000 Physician Contacts Annually

- Conference Outreach - 65,000
- Symptom Cards for Physicians - 10,000

Public Awareness Milestones

- NOCC proclaims September National Ovarian Cancer Month (National Health Observances): <http://nhlc-nt.health.org/Pubs/HealthObs.htm>
- President Clinton proclaims Ovarian Cancer Awareness week in 1998, 1999, and 2000
- President Bush proclaims Ovarian Cancer Awareness week in 2001
- NOCC founder, Gail Hayward, chosen as 1999 Coping Magazine's Survivor of the Year, chosen Reader's Digest 1999 Health Hero of the Year. Hayward has been interviewed by Ladies Home Journal, Lauren Neergard, Associated Press, Reader's Digest, MAMM Magazine, The Cancer Letter, American Health Advocate, PA Today, and more.
- NOCC September 2000 Ovarian Cancer Month Campaign reach 5.7 million households
- NOCC now has 43 divisions in 28 states
- NOCC has sponsored Physician education (CME's) held in 1998, 1999, 2000, and 2001

Call to Arms: NOCC's Advocacy Efforts

NOCC's first national effort was to participate in the expansion of DOD funds for ovarian cancer research. NOCC has successfully nominated Consumer Liaisons to the NCI and DOD. Since 1998, NOCC has helped facilitate ten state resolutions for ovarian cancer awareness.

WHAT IS NOCC?

NOCC is the leading ovarian cancer public information and education organization in the United States. NOCC initiated the first toll free ovarian cancer information line (1-888-OVARIAN), maintains the comprehensive website for ovarian cancer support in the world (www.ovarian.org) and has built a network of many state chapters across the U.S. NOCC's Board of Directors are diverse professionals from around the country. The prestigious Medical Advisory Board is comprised of physicians and researchers active in the discovery of new treatments and early detection for ovarian cancer. NOCC is headquartered in Boca Raton, Florida.

HOW CAN I GET INVOLVED WITH NOCC?

NOCC invites all people with an interest in raising awareness about ovarian cancer to join its membership. There are no required membership dues, although financial donations starting at \$25, in-kind services or volunteer hours are appreciated. We can help women be diagnosed earlier by coming together as a strong force of women survivors with a voice.

Ovarian Cancer . . .It Whispers . . .So Listen!

Contact Information

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500 NE Spanish River Boulevard, Suite 14
Boca Raton, FL 33431

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Fax: (561) 393-7275
1-888-OVARIAN
E-Mail: NOCC@ovarian.org

NOCC NATIONAL OFFICE STAFF

- Maxine Stein, Executive Director
- Lori Hayward, VP Finance
- Ellen Kurry, Development Director

- Shelly Rozenberg, Community Relations Director
- Ann Rosenbaum, Finance Coordinator
- Cathy Hylinski, Finance Coordinator
- Mary McNulty, Events and Special Projects Manager
- Maritza Ehrenberg, Administrative Assistant

Board of Directors

- Chair: Michael W. Method, M.D., M.P.H.
- President: JR Adams
- Vice President: Jane Langridge
- Treasurer: William Gerstein, Esq.
- Secretary/General Counsel: Steven Garellek, Esq.
- President-Elect: Maria Ciesla
- Walk 2002 Chair: Jamie Docteroff
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- Mimi Howard
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- Robert Schachter
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- Jonathan S. Berek, M.D.
- Carol Brown, M.D.
- Nehama Dresner, M.D.
- David Marc Gershenson, M.D.
- Howard M. Goodman, M.D.
- Robert W. Holloway, M.D.
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- Hoa N. Nguyen, M.D.
- Robert C. Park, M.D.
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- Carolyn D. Runowicz, M.D.
- Bernd-Uwe Sevin, M.D., Ph.D.
- Nicole Urban, Sc.D.
- Judith Wolf, M.D.

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Senate Rules Committee

Senator Randy Phillips, Chair

SCR 33 – Ovarian Cancer Awareness Month

Sponsor Statement

Senate Concurrent Resolution 33 will designate September as Ovarian Cancer Awareness Month in the state of Alaska. This resolution encourages health care organizations, health care providers, municipalities, private agencies, and individuals to participate in awareness activities throughout the month.

The Alaska Chapter of the National Ovarian Cancer Coalition, founded by Kim Sexton and Deb Donoho in August 2000, respectfully requests this resolution be passed as a commitment to the health of the women of Alaska. The Alaska Chapter hopes to raise awareness about the silent and often misdiagnosed warning signs of ovarian cancer. They are specifically concerned that women may not be aware that:

- In the United States, more women die of ovarian cancer each year than of cervical and endometrial cancers combined.
- The American Cancer Society reports that ovarian cancer accounts for four percent of all cancers among women and ranks fifth as a cause of death.
- The American Cancer Society predicts that approximately 23,000 new cases of ovarian cancer will be diagnosed yearly with 13,000 deaths annually.
- Early detection is key to survival; if the cancer is diagnosed while confined to the ovary the five-year survival rate reaches 93% on average.
- The incidence of advanced stage ovarian cancer is increasing due to the vague symptoms and the lack of a screening test for early detection.

Senator John Cowdery, Vice-Chair
Senator Rick Halford, Senator Gene Therriault, Senator Johnny Ellis
Senator_Randy_Phillips@legis.state.ak.us

FISCAL NOTE

STATE OF ALASKA
2002 LEGISLATIVE SESSION

Fiscal Note Number: _____
Bill Version: SCR 33
(S) Publish Date: _____

Revision Date/Time (Note if correction): _____ Dept. Affected: _____
Title Ovarian Cancer Awareness Month BRU _____
Component _____
Sponsor Rules by Request _____
Requester Senate State Affairs Committee Component No. _____

Expenditures/Revenues (Thousands of Dollars)

Note: Amounts do not include inflation unless otherwise noted below.

OPERATING EXPENDITURES	FY 2003	FY 2004	FY 2005	FY 2006	FY 2007	FY 2008
Personal Services						
Travel						
Contractual						
Supplies						
Equipment						
Land & Structures						
Grants & Claims						
Miscellaneous						
TOTAL OPERATING	0.0	0.0	0.0	0.0	0.0	0.0

CAPITAL EXPENDITURES						
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CHANGE IN REVENUES ()						
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FUND SOURCE (Thousands of Dollars)

1002 Federal Receipts						
1003 GF Match						
1004 GF						
1005 GF/Program Receipts						
1037 GF/Mental Health						
Other (Specify Type--Do not abbreviate)						
TOTAL	0.0	0.0	0.0	0.0	0.0	0.0

Estimate of any current year (FY2002) cost: 0.0
Check this box (X) if funding for this bill is included in the Governor's FY 2003 budget proposal:

POSITIONS

Full-time						
Part-time						
Temporary						

ANALYSIS: (Attach a separate page if necessary)

Prepared by: SENATE STATE AFFAIRS COMMITTEE Phone 465-4797
Division _____ Date/Time _____
Approved by: /s/ Senator Therriault, Chair Date 4/29/02
Agency _____

ANCHORAGE, ALASKA
AR NO. 2001-231

**A RESOLUTION OF THE ANCHORAGE MUNICIPAL ASSEMBLY RECOGNIZING THE
FOUNDING MEMBERS OF THE ALASKA CHAPTER OF THE NATIONAL OVARIAN CANCER
COALITION**

WHEREAS, the American Cancer Society reports that ovarian cancer accounts for four percent of all cancers among women, and fifth as a cause of death, estimating there will be 23,400 new cases, and 13,900 deaths in 2001; and

WHEREAS, because the symptoms of ovarian cancer are vague, it is often undiagnosed until it has reached the advance stage where survival rates are very low; and

WHEREAS, co-founders of the Alaska Chapter of the National Ovarian Cancer Coalition, Kim Colburn Sexton and Deb Donoho, have achieved their goal of raising awareness and educating the public about the "whispering" symptoms of ovarian cancer by hosting displays at the Alaska Women's Show and various health fairs in Anchorage, and helping women who have had, or who are still battling, this silent killer; and


WHEREAS, August 21, 2001 will mark the 1st Anniversary of the founding of the Alaska Chapter of the National Ovarian Cancer Coalition to be celebrated at the "Make a Statement" Dinner and Fashion Show on September 5, 2001.

NOW, THEREFORE, the Anchorage Assembly resolves that:

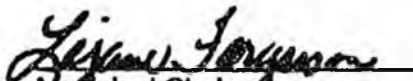
KIM COLBURN SEXTON AND DEB DONOHO

are recognized and honored as the founding members of the Alaska Chapter of the National Ovarian Cancer Coalition, and thanked for their commitment to educating the women of Alaska on this 1st Anniversary of its existence.

PASSED AND APPROVED by the Anchorage Municipal Assembly this 14th day of August, 2001.


Chair

ATTEST:


Municipal Clerk

Submitted by: Assembly members TAYLOR, Clementson, Fairclough, Kendall, Stromberg, Sullivan, Teache, Train, Tremaine, Van Eiten, and Von Gemmingen



STATE OF ALASKA



Executive Proclamation by *Tony Knowles, Governor*

According to the National Ovarian Cancer Coalition, ovarian cancer is the fifth leading cause of new cancer cases reported. It is the fourth leading cause of cancer related deaths.

The American Cancer Society estimates that 25,500 cases of ovarian cancer are diagnosed yearly and 14,400 women die from ovarian cancer each year.

If ovarian cancer is diagnosed and treated early while the cancer is confined to the ovary, the five-year survival rate reaches 93 percent on average, depending upon the tumor type, stage, and grade. This rate drops significantly with late detection.

There are numerous factors that can help in reducing women's risk for ovarian cancer, including raising awareness of early detection and prevention, and seeing a health care provider for regular gynecological examinations.

NOW, THEREFORE, I, Tony Knowles, Governor of the State of Alaska, do hereby proclaim September 2001 as:

Ovarian Cancer Awareness Month

in Alaska, and urge women and their health care professionals to raise awareness of this serious disease.

DATED: July 13, 2001



Tony Knowles
Tony Knowles, Governor

Municipality of Anchorage Alaska

PROCLAMATION

WHEREAS, 25,500 cases of ovarian cancer are diagnosed yearly -- one woman in 55 - and 14,400 women die from ovarian cancer each year; and

WHEREAS, ovarian cancer, the fifth most common cause of fatal cancer in the United States, is a serious and unrecognized threat to women's health across the nation; and

WHEREAS, the incidence of ovarian cancer is increasing due to vague symptoms and the lack of a screening test for early detection; and

WHEREAS, the majority of ovarian cancer cases are detected at an advanced state, and the survival rates for women with advanced ovarian cancer has shown minimal improvement over the last 15-25 years; and

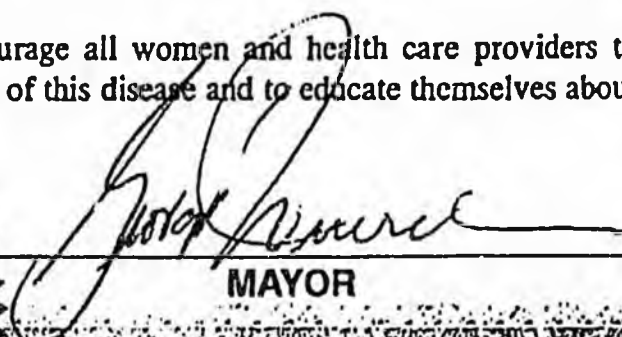
WHEREAS, increased public awareness of this disease, its risk factors, and its subtle symptoms will enhance chances of early detection and save lives; and

NOW, THEREFORE, I, George Wuerch, Mayor of Anchorage, Alaska do hereby proclaim the month of September 2001 as

OVARIAN CANCER AWARENESS MONTH

in Anchorage and encourage all women and health care providers to increase their awareness of this disease and to educate themselves about early detection.




MAYOR