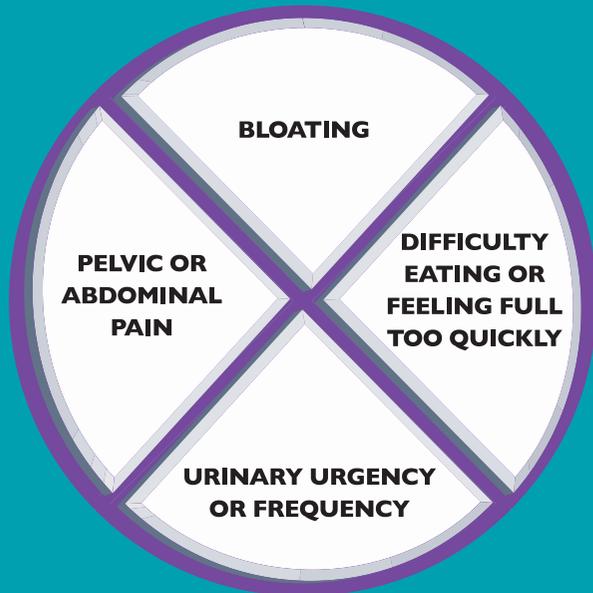


It is important that you know what
**The Four Primary Symptoms
of Ovarian Cancer Are:**



The symptoms above are often associated with the location of the tumor and its impact on the surrounding organs. The above symptoms can be vague, but 95% of women report these symptoms.

Additional symptoms may include:

- Indigestion, gas, nausea
- Constipation, diarrhea
- Abnormal bleeding, painful intercourse
- Shortness of breath
- Unusual fatigue
- Unexpected weight gain or loss

Many women experience these symptoms from time to time. Do not be alarmed. **If the symptoms persist for two or more weeks, please consult your physician immediately.**

Our Mission

Fighting ovarian cancer through awareness, education, research and support.

GET INVOLVED

Join us in the fight against ovarian cancer

- Share this information with women you care about
- Make a donation online at www.vickiwelshfund.org
- Volunteer by contacting us at www.vickiwelshfund.org



For more information or to print this brochure, visit
www.vickiwelshfund.org

The Vicki Welsh Ovarian Cancer Fund is a 501(c)(3) not for profit organization in Kansas City, Mo.

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**OVARIAN
CANCER
AWARENESS**

*What Every Woman
Needs to Know*



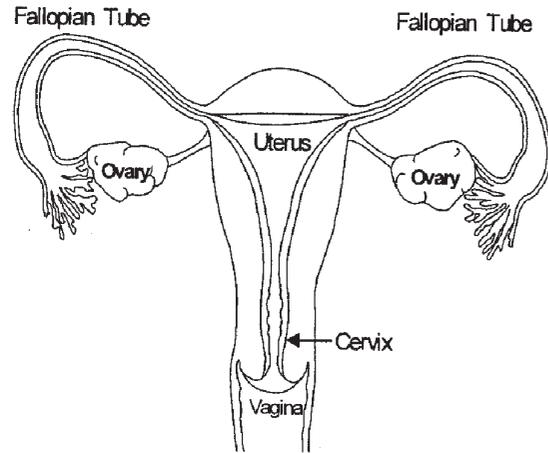
The Vicki Welsh Fund
Fighting Ovarian Cancer through Awareness

www.vickiwelshfund.org

Facts:

- Ovarian cancer occurs in 1 in 72 women.
- Each year in the U.S. more than 22,000 women will be diagnosed with ovarian cancer, and more than 14,000 will die from the disease.
- Symptoms are subtle, persistent and usually increase over time, so it is difficult to detect in early stages.
- Only 15% of ovarian cancers are found at an early stage.
- Detected early and treated properly, rates of survival increase to 93% at 5 years.

The Female Reproductive System



The ovaries are a pair of almond shaped glands that lie on either side of the uterus and just below the opening to the fallopian tubes.

In addition to producing eggs for reproduction, the ovaries produce the female sex hormones estrogen and progesterone.

Factors that may increase your risk:

- Over 60 years of age
- Personal or Family History of ovarian, breast, uterine or certain types of colon cancer (like Lynch Syndrome)
- Being Caucasian
- Personal history of endometriosis
- Never having been pregnant
- Having the first child after the age of 30
- Having taken estrogen therapy without progesterone after menopause for at least 5 to 10 years
- Body mass index greater than 30
- Having a BRCA1 (increase 35-46%)
- Having a BRCA2 gene mutation (increase 13-23%)
- Being an Ashkenazi Jewish woman
- Long-term use of fertility drugs (such as Clomid)

Factors that may decrease your risk:

- Under 40 years of age
- Having tubes tied (Tubal Ligation)
- History of breastfeeding infant
- Using hormonal birth control (pill, patch, ring, shot, implant)
- Multiple pregnancies
- Removal of both ovaries and fallopian tubes
- Low BMI

Diagnosis:

If you have symptoms your doctor may order a combination of:

- Pelvic/rectal exam
- Transvaginal ultrasound
- CT scan
- Lab tests including a CA 125 blood test
- Laparoscopy may be useful if the diagnosis is uncertain

Currently, the only definitive means of making an ovarian cancer diagnosis is through a surgical procedure in which ovarian tissue is obtained and examined by a pathologist.



Where can I find more information?

- www.vickiwelshfund.org
- If you have concerns or questions, speak with your primary care physician or gynecologist.
- Based on your personal information, your physician may refer you to a genetic counselor to determine your risk.