

FIGHTING OVARIAN CANCER THROUGH
AWARENESS, EDUCATION, RESEARCH, AND SUPPORT



UPCOMING EVENTS

<i>47th Symphony Designer Showhouse</i>	May 12 5p - 8p
<i>It's in the Bag Mill Walk Mall</i>	May 21 10a - 3p
<i>Hospital Hill Expo</i>	June 2 3p - 7p June 3 11a - 9p
<i>Taste for Teal Bier Event</i>	June 3 5:30p - 8:30p
<i>National Cancer Survivors Day</i>	June 5 12p - 2p
<i>Just for Her</i>	June 24 5p - 9p June 25 10a - 6p June 26 11a - 4p



Vicki Welsh

July 6, 1953-Jan. 22, 2006

TEAL TEA - HELD SUNDAY, MAY 1, 2016 BENEFIT FOR OVARIAN CANCER SURVIVORS

Carolyn Shandrowski is a fourteen year, two-time survivor of ovarian cancer. She and her husband Russ founded **Carolyn's Pennies** in 2008. Carolyn's vision was initially to raise one million pennies to encourage others in the battle against this deadly form of cancer. She surpassed that target in the first year.

The signature event of Carolyn's Pennies is the Teal Tea. This event brings together ovarian cancer survivors and their family and friends for emotional and social support, while raising funds for the fight against ovarian cancer.

This year's event was a fun-filled afternoon among friends, sampling tea and hors d'oeuvres. Participants



enjoyed a showcase of outstanding talent. Meryl Lin McKean, Medical Reporter for Fox 4 News, served as Master of Ceremonies. More than 300 women attended and were served by volunteers. Proceeds will be used to inform, assist, and support women in their fight against ovarian cancer.

For more information about Carolyn's Pennies
email Carolyn at
carolynspennies@yahoo.com

Carolyn's Pennies is in partnership with the Vicki Welsh Fund

MESSAGE FROM DAVE WELSH-BOARD CHAIRMAN

The Vicki Welsh Ovarian Cancer Fund was established in 2006 to help in the fight against ovarian cancer. Ovarian cancer is the deadliest of all gynecological cancers with only 45.6% surviving beyond five years following diagnosis. Symptoms of early stage ovarian cancer

are often dismissed until the cancer has spread beyond the ovaries making it much more difficult to treat successfully. Our goal for is to continue the fight against ovarian cancer by increasing awareness of the symptoms of ovarian cancer and encouraging women to seek medical

advice sooner than later. Without the dedication of our board, staff and volunteers who commit time and talents, we would not be able to accomplish our goals. With your help we can spread the word that together we can fight ovarian cancer. 

David Welsh

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Visit our website:
vickiwelshfund.org

*The Vicki Welsh Ovarian Cancer Fund is a 501(c)(3) not for profit organization
46-1912384*

The Four Primary Symptoms of Ovarian Cancer are:

- Bloating
- Pelvic or abdominal pain
- Urinary Frequency
- Difficulty eating or feeling full too quickly

Other symptoms may include:

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

Symptoms can be vague, but 95% of women report these symptoms. If you experience these symptoms from time to time, do not be alarmed. If symptoms persist for two or more weeks, please consult your physician. 

EVENTS OF INTEREST

It's in the Bag—May 21

The first annual "It's in the Bag" fundraiser for **Relay for Life** will be held on Saturday, May 21, 2016 at the Mill Walk Mall, Harrisonville, MO, from 10:00 a.m. to 3:00 p.m. This year they are filling and donating 144 Miche Hope



Bags to cancer survivors in the Cass Co area at the Cass Co Survivors Dinner. The Vicki Welsh Fund will have a booth there offering information and encouragement to women. There will be crafts and other fun items to buy for that special someone. Join us for some great shopping support Relay for Life!

National Cancer Survivors Day—June 2

Cancer Survivors Rally, is a celebration of life, demonstrating there is not only a possibility of life after the diagnosis of cancer, but a quality of life. The rally is fun for the thousands of survivors and their supporters who attend. The Rally helps the spirits of those who are fighting the disease and instills the will to fight to those who will be diagnosed with cancer in the future. Join the Vicki Welsh Fund in celebration of life from 12:00—3:00 pm at Richard and Annette Bloch Cancer Survivors Park located at 47th and Roanoke.



SCREENING FOR OVARIAN CANCER: KNOW YOUR RISK

Experts agree that prognosis is good when ovarian cancer is caught in the early stages. A recent review of the literature in an *Up to Date* article by Karen J. Carlson, MD emphasizes the need to know one's risk factors in order to determine screening options and protocol:

Women at Average Risk

Screening for ovarian cancer with CA 125 or ultrasound is not recommended for women without a family history of ovarian cancer. "Based on the available data, it is not clear that the benefits of screening for ovarian cancer outweigh the harms related to the adverse effects related to false positive findings."

Women at Increased Risk

For women with a family history of ovarian cancer, it is important to determine if family history presents as one isolated member with ovarian

cancer (lower risk family history) or if there is evidence of a hereditary pattern. (higher risk family history).

Lower Risk Family History

Women with a family history but without evidence of a high-risk pattern should be counseled about their individual risk. Decisions regarding screening should be based on individualized considerations involving the patient and clinician.

Higher Risk Family History

Women with a suspected hereditary ovarian cancer syndrome should be referred to a genetic counselor for consideration of testing for BRCA1 and BRCA2 mutations and Lynch mutations; consideration should also be given to referring Ashkenazi Jewish women with a single family member with breast cancer before age 50 or with ovarian cancer. 

Charity & Cheer



Help Support Ovarian Cancer Awareness
The Vicki Welsh Fund
www.vickiwelshfund.org

Please join us Friday, 6/3/2016
from 5:30-8:30pm

Kansas City Bier Company
310 W. 79th St.
Kansas City, MO 64114

Register at www.vickiwelshfund.org

\$30 includes: a set flight of specialty beers, a pretzel, tip and FUN!

Bring your friends and family and join us in supporting ovarian cancer awareness at the first **Taste for Teal Bier Event** on Friday, June 3 from 5:30—8:30 pm at the Kansas City Bier Company. Cost is \$30 and includes a flight of specialty beers and more! Register at: www.VickiWelshFund.org. 



THANK YOU!

Thank you to all our donors and volunteers. John Heywood once said, "Many hands make light work." With your help we continue to spread the word that together we will fight ovarian cancer through awareness, education, research and support.

Want to do more?

To Volunteer: Email Linda Lane at vickiwelshocfund@gmail.com.

To Donate: Check out our web page and click **donate**. Every penny counts toward helping continue the fight against ovarian cancer. VickiWelshFund.org

