

The Vicki Welsh Fund

Volume 1, Issue 7
November, 2016

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



UPCOMING EVENTS

Warrior November
Women Support 15
Group



Vicki Welsh

July 6, 1953-Jan. 22, 2006

TEAL, TALK AND TRUFFLES EVENT HELD OCTOBER 20, 2016



Carolyn's Pennies with support from a grant from the Harvest Ball Society offered a free program called *Teal, Talk, and Truffles*. This evening event featured delicious hors d'oeuvres and presentations by Gayle O'Connell RN MS, Safi Atay Perry PhD, and Alisdair (Rod) Philp, PhD MS CGC. Safi, from the KU Godwin Research Lab, reviewed her work on exosomes as potential tumor



markers. Rod, also from KU, discussed his work in genetics. Following the presentations, the speakers were joined by Russ and Carolyn Shandrowski, Founders of Carolyn's Pennies, Tammy Wheaton, member of Warrior Women Support Group and Linda Lane, President of the Vicki Welsh Fund for a panel discussion. (pictured below) The group answered questions from the audience. Gaylen Mast, organizer and Master of Ceremonies for this event states, "We hope to offer more educational events like this that provide information, support and hope for those touched by ovarian cancer."



FEATURED BOARD MEMBER: KELLY SZALA, WHPN

Kelly Szala, M.S.N., W.H.N.P.-B.C., is a Women's Health Nurse Practitioner practicing at Saint Luke's Medical Group at Saint Luke's North Hospital Barry Road. She has been in women's health since 1996. In her current role, she provides care

and education for women. Kelly graduated from UMKC with a Master's Degree in Nursing and is a Certified Women's Health Nurse Practitioner (WHNP). Kelly also has a BS in Marketing from Auburn University. She has been an active volunteer for

the Vicki Welsh Fund since 2006. She is Girl Scout leader and is active in her community, volunteering and speaking on women's health. Kelly's passion is to educate women about their risk factors and symptoms of ovarian cancer and hopes one day they will find a cure. Thank you Kelly!

Vicki Welsh Fund

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The Vicki Welsh Ovarian Cancer
Fund is a 501(c)(3) not for profit
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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.



GENETIC TESTING: SHOULD YOU BE TESTED?



Considering genetic testing? First it is important to understand that all cancer is a genetic disease. The 'cancer' genes we often hear about are actually essential to our daily life and need to be intact and functional. Cancer can occur when one of these genes has been altered (or 'mutated'). While about 85%-90% of cancer is 'sporadic' (or random) and the biggest risk factor is age, around 10%-15% of cancer is 'inherited'. To be specific, we do not inherit the cancer, but we inherit the mutation that brings about a higher risk of developing cancer. These mutations can be passed down through the family and any individual (male or female) carrying these changes can be at higher risk of developing certain types of cancer. If you or a family member has been diagnosed with ovarian cancer then genetic counseling is an important step before genetic testing. The National Cancer Institute States, "...testing of individuals who do not have cancer should only be performed when the person's individual family history suggest the possible presence of a harmful mutation..." The two genes most commonly associated with inherited breast and ovarian cancer are *BRCA1* and *BRCA2*. To date over 5,000 different disease-causing variants have been identified in these two genes. It is also important to note that other genes (e.g. *MLH1*, *MSH2*, etc.) can also result in a high risk for ovarian cancer. The selection of which genes to test is based on the analysis of your personal and family history. The best way to understand whether or not you or your family members should consider genetic testing is to seek counseling from a Board Certified Genetic Counselor or a physician Board Certified in Genetics. In general, Genetic Counseling consults are either free or covered by insurance with a minimal cost to you. Genetic testing for individuals at high risk is almost always covered by insurance, however should insurance not cover testing, it is possible to pay out-of-pocket and this testing costs around \$250. Board Certified Genetic Counselors can be located by using the NSGC website (www.nsgc.org). Ask your physician or look for a Board Certified Genetic Counselor near you and make an appointment today. Be an informed consumer and learn more about your family history. Ask questions and make sure you get the answers you need to make an informed decision.

UPCOMING EVENTS

Warrior Women—Support Group Meeting
November 15, 2016 6:00 pm—Turning Point
8900 State Line Road

No one knows what it's like to have ovarian cancer except someone who has been through it. Join this support group for fun and friendship. Email Tammy Wheaton at tamraw78@gmail.com to learn more or call 913-378-8433.



No-one knows your
body like you do

KNOW THE SYMPTOMS OF
OVARIAN CANCER



Thank you to all our volunteers and donors. Together we never ever give up on hope.

Want To Do More?
Visit our web page at:
VickiWelshFund.org

The Vicki Welsh Fund
Fighting Ovarian Cancer through Awareness

