

# Our Mission

- ◇ To promote awareness of ovarian cancer and to provide education to women and the health care community;
- ◇ To offer support to all ovarian cancer survivors by providing opportunities for networking, education and community outreach;
- ◇ To advocate for public policy, research and funding for ovarian cancer.

## Connect With Us

Toll-free (877) 682-2679

Facebook

Twitter

[www.ovariancancerosw.org](http://www.ovariancancerosw.org)

**Our website contains important information about ovarian cancer, local resources, events and classes, and ways to get involved.**



## Be aware of ovarian cancer symptoms

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

See your doctor, preferably a gynecologist, if you have these symptoms more than 12 times during the course of one month and the symptoms are new or unusual for you. Prompt medical evaluation may lead to detection at the earliest possible stage of the disease. Early stage diagnosis is associated with an improved prognosis.

## WE ARE HERE FOR YOU



**Call us toll-free at  
877-682-2679**

We will respond to your message within a day.

# OVARIAN CANCER?

We  
are here  
for you.



 Ovarian Cancer Alliance  
of Oregon & Southwest Washington  
• We are here for you •

16420 SE McGillivray; PMB 243  
Vancouver, Washington 98683  
[www.ovariancancerosw.org](http://www.ovariancancerosw.org)  
Toll Free Hotline: 877-682-2679

# We Educate

## ◇ Presenting to Medical Students

As part of the Ovarian Cancer Research Fund Alliance program, Survivors Teaching Students®, we speak to all 3rd year medical students at OHSU during their ob/gyn rotation. We also speak to nursing, nurse practitioner, physician assistant, and pharmacy students and to students at the National College of Natural Medicine. The goal is to increase the students' awareness of the symptoms of ovarian cancer through the shared testimony of ovarian cancer survivors.



## ◇ Exhibiting at Health Fairs & Events

We raise awareness through education at local health fairs and events. If you are planning a fair, or know of one we should attend, please contact us.

## ◇ Speaking to Groups

We will speak to any group that could benefit from increased awareness of ovarian cancer. This could be a neighborhood group, a professional organization or a women's group. Contact us if you are interested in scheduling a speaker.

## ◇ Providing a Medical Update

We host an annual "Medical Update" talk each June following two important global conferences on clinical oncology and gynecologic cancers. Our website contains current event information, including dates.



*"I had never spoken to an ovarian cancer survivor before. No one really knows your journey unless they have walked it,"*

*---Monica, ovarian cancer survivor*

# We Advocate

## ◇ Advocating for Legislation

We are involved in raising awareness of ovarian cancer on a national level. Each year, we advocate for legislation and funding that supports ovarian cancer research. Our website contains information about how you, too, can get involved.

## ◇ National Conference

We are a partner member of the Ovarian Cancer Research Fund Alliance (OCRFA). Each year, the OCRFA hosts an annual conference in Washington, DC, including an Advocacy Day. We offer partial scholarships to local survivors to help defray the cost of attending the national conference and advocacy day.

# We Support

## ◇ Networking & Social Opportunities

We facilitate networking opportunities for women with ovarian cancer and their communities of friends and families. These include an annual Survivor & Volunteer Luncheon and a comedy event called "O-Vary Funny, A Stand-up Benefit for Ovarian Cancer."

## ◇ Local Resources

For a comprehensive list of local support groups, our community partners, and a list of all the gynecologic oncologists in Oregon and SW Washington, visit our website at [www.ovariancancerosw.org](http://www.ovariancancerosw.org).

## ◇ Peer Mentoring

We are here for you. Our Peer Mentoring program matches a trained ovarian cancer survivor with any woman who is newly diagnosed or faced with a recurrence.



**Call our toll-free hotline to leave a message, 877-682-2679.  
Messages will be returned within 24 hours.**