

***The Michigan Ovarian Cancer Alliance serves survivors, their families, healthcare providers and the public.***

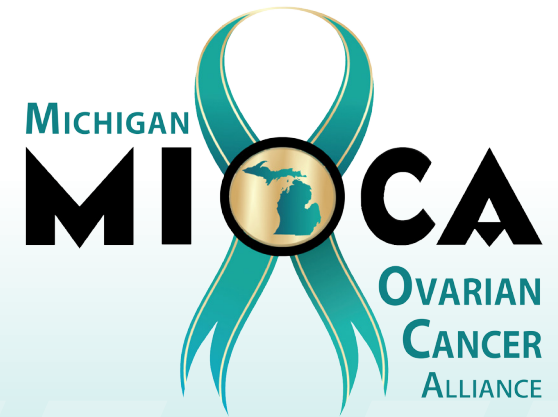
- Survivor to Survivor Support Network - matches survivors or caregivers with others for support
- Survivor Support Totes - chemo care gift bags for women in treatment
- Ovarian Cancer Support Groups
- National Ovarian Cancer Awareness Month, Turn The Towns Teal®
- Community awareness events and educational resources
- Teal Attack – high school and collegiate athletic events raise awareness of ovarian cancer
- SPEAK: Survivors Promoting Early Awareness and Knowledge<sup>SM</sup> - educational program for the public and healthcare providers
- Survivors Teaching Students: Saving Women's Lives® - Ovarian Cancer National Alliance educational program for future healthcare professionals
- Advocacy at the local and federal levels, Capitol Hill Advocacy Day
- Geri Fournier Ovarian Cancer Research Grant – funds research in Michigan

**LEARN MORE:**

***Michigan  
Ovarian  
Cancer  
Alliance***

***MIOCA.org  
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The Michigan Ovarian Cancer Alliance, a 501(c)3 Partner Member of the Ovarian Cancer National Alliance, strives to save lives by promoting early detection and improved treatment outcomes. MIOCA raises awareness of ovarian cancer, provides resources and support to survivors and their families, advocates both locally and federally, educates Michigan communities, and funds innovative ovarian cancer research.



***Learn to listen  
for the  
subtle killer.***

Ovarian cancer is the most lethal gynecologic cancer and the fifth leading cause of cancer-related death in women. There have been modest gains in survival rates for ovarian cancer over the past few decades, but the cure rate for ovarian cancer has not changed. Due to the lack of an early detection test, only 15% of ovarian cancer is diagnosed early. For these reasons, increased awareness and advocacy are critical.

## Facts & Risk Factors

- “Ovarian cancers” include ovarian cancer, fallopian tube cancer, and primary peritoneal cancer (PPC). Women who have had a removal of both fallopian tubes and ovaries decrease their risk of ovarian and fallopian tube cancer by 90%, but are still at risk for PPC which accounts for 10% - 20% of “ovarian” cancer diagnoses.
- Removal of only the fallopian tubes may reduce the risk of ovarian cancer.
- Using oral contraceptives for 5 or more years can LOWER a woman’s risk of developing ovarian cancer by 50%.
- Risk factors include:
  - Personal or family history of ovarian, breast, uterine, or colorectal cancer
  - Increased number of menstrual cycles in a lifetime (never had children, late menopause, no use of oral contraceptives, etc.)
  - Increasing age, however females of all ages are at risk of developing ovarian cancer
  - Infertility, regardless of whether fertility drugs were used
  - Hormone Replacement Therapy
  - Obesity
- Only about 20% - 25% of ovarian cancer is due to having a hereditary tendency. Being of Eastern European or Ashkenazi Jewish descent increases the risk of carrying the BRCA gene mutation.

### Early Detection Saves Lives

A woman diagnosed at the earliest stage has a 92% chance of living five years; if diagnosis is at the latest stage, her chance is only 25%.

## Statistics

OVARIAN  
CANCER

Survival Rates:

1 year: **72%** survival

5 year: **45%** survival

10 year: **36%** survival

COMPARE

5-Year Survival Rates:

Breast Cancer: **89%**

Cervical Cancer: **68%**

Uterine Cancer: **83%**

Ovarian cancer: **45%**

## Know Your Body, Know the Symptoms:

<b>Bloating</b>	<b>Pelvic or abdominal pain</b>
<b>Difficulty eating or feeling full quickly</b>	<b>Urinary symptoms (urgency or frequency)</b>

### Take Action if symptoms persist:

- See your doctor, preferably a gynecologist, if any of these symptoms are unusual for you and occur more than 12 times in a month
- Experts suggest a transvaginal ultrasound, a CA125 blood test and a pelvic/rectal exam
- If ovarian cancer is suspected, see a gynecologic oncologist
- A pap test will NOT detect ovarian cancer

**Until there’s a test,  
awareness is best.**