

Ovarian Cancer Awareness

Ovarian cancer is the seventh most common cancer in women in the U.S. with over 25,000 women newly diagnosed each year. It is the fifth leading cause of cancer deaths in women and frequently does not result in symptoms until the cancer has spread extensively. There is no true test for ovarian cancer and the exact cause is unknown.

Older women are at a higher risk for this cancer. The risk of developing ovarian cancer appears to be affected by several factors. The more children women have, the lower the risk of ovarian cancer. Early age at pregnancy, older ages of final pregnancy and the use of low dose hormonal contraception have also been shown to have a protective effect. Ovarian cancer is reduced in women after tubal ligation. Family history increases your risk of the disease. Studies have suggested that women who are obese at age 18 are at an increased risk of developing ovarian cancer before menopause. Symptoms of ovarian cancer are nonspecific and mimic those of many other more common conditions, including digestive and bladder disorders. **Recent studies have shown that women with ovarian cancer are more likely than are other women to consistently experience the following symptoms:** Abdominal pressure, fullness, swelling or bloating, Urinary urgency and Pelvic discomfort or pain.

Additional signs and symptoms:

- Persistent indigestion, gas or nausea
- Unexplained changes in bowel habits, including diarrhea or constipation
- Changes in bladder habits, including a frequent need to urinate
- Loss of appetite, unexplained weight loss or gain
- A persistent lack of energy
- Low back pain and pain during intercourse

Women with these symptoms are encouraged to seek medical attention to discuss these signs and symptoms with your doctor. Doctors can usually diagnose ovarian cancer within three months of women first noticing symptoms, but sometimes it may take six months or longer before a diagnosis can be made.

Lets Play Trivia!

Please answer the question below by sending us your response.

Name the symptoms that are more commonly experienced by women with ovarian cancer.

Please e-mail your response along with your name and address to www.cancer.cherokee.org or log on to our web site at: <http://cancer.cherokee.org>. You can also contact Chris at 918-453-5453.

Rules: Each month one winner will be drawn from those who send in the correct answer. A prize will be sent to the winner. Monthly winners will have their name entered for the Grand Prize drawing held on June 30, 2009 - so don't forget to play!

The WINNER OF THE JUNE 2007-2008 GRAND PRIZE DRAWING IS Henrietta Oliver from Sallisaw. CONGRATULATIONS HENRIETTA!!! She has won a \$200.00 Portable DVD player.

You can win too, but you must enter and play before you can win!

Free Cancer Education Workshops

CancerCare is a national nonprofit organization that provides free, professional support services for anyone affected by cancer; people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs – including counseling, education, financial assistance, and practical help – are provided by trained oncology social workers and are completely free of charge. **All calls are free of charge.** For more information on these programs please call 1-800-813-4673, or email info@cancer.org.

August 2008 Workshops

- **August 7, 2008: Living with Colorectal Cancer: Managing Treatment Side Effects**

Why I Should Eat 5 A Day

Research has shown that eating 5 A Day reduces the risk of cancer, heart disease, stroke, diabetes, and other diseases. Cancer, heart disease, and stroke are the three leading causes of death in this country. People who eat 5 A Day have a third of the risk of developing cancer as those who eat only 1-2 servings a day. In fact, eating a diet rich in fruits and vegetables could prevent more than 20 percent of cancer deaths each year. (Source: *Food, Nutrition & the Prevention of Cancer: a Global Perspective*, World Cancer Research Fund/American Institute for Cancer Research, 1997.)



Five servings is actually the minimum number of fruits and vegetables to be eaten each day as recommended by the Food Guide Pyramid. Children ages 2-6, women, and some older adults consuming about 1,600 calories a day should eat the minimum 5 servings of fruits and vegetables each day. The group consuming about 2,220 calories a day includes older children, teen girls, active women and most men. These individuals need 7 servings of fruits and vegetables a day to achieve maximum disease prevention benefits. Finally, teen boys and active men need about 2,800 calories a day and 9 servings of fruits and vegetables.

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For More information on our programs please call: The Breast and Cervical Cancer Early Detection Program at 918-453-5755, Cancer Registry at 918-453-5443, or Comprehensive Cancer Control Program at 918-453-5453., or log on to our website at <http://cancer.cherokee.org> and/or e-mail us at cancer@cherokee.org

Cherokee Nation Wings Program Gives Back to the Community

The Cherokee Nation Healthy Nations Program sponsored a WINGS Survivor Run on June 21, 2008. WINGS members and other runners from all around the Cherokee Nation came to the event. Volunteers from Healthy Nations staff and Cherokee Nation Cancer Programs staff worked to register walkers and runners of all ages, prepared nutritional fruit before and after the race and gave out water during the event. Proceeds raised from the event were donated to the Native American Cancer Survivor Group located in Cherokee Nation.



Angela Leach, Joe Leach, and Youlanda Cain pass out water as runners pass by.

Native American Cancer Support Group



The Native American Circle of Hope will be hosting their monthly meeting on August 21 at 7:00 in the Hastings Indian Hospital cafeteria. Debra Johnson will be teaching bead work. All cancer survivors, family members, advocates, and caregivers are invited. For more information on this group please contact Lura Whiteshirt at 918-458-3170, extension 5129.

The Cherokee Nation Cancer Programs Comprehensive Cancer Control Project is supported by cooperative agreement #U55/CCU621919-04 from the Centers for Disease Control and Prevention (CDC). The contents of this publication are solely the responsibility of the authors and do not necessarily represent the official view of the Centers for Disease Control and Prevention.