A Patient Advocate’s Perspective
On The Importance of
Ovarian Cancer Awareness & Related
Online Resources

Presenter: Paul Cacciatore, Founder, Libby’s H*O*P*E*
(*Helping *Ovarian Cancer Survivors *Persevere *Through *Education)™
Discussion Topics

- Genesis of Libby’s H*O*P*E*™
- Ovarian Cancer Overview
- Helpful Online Resources
- Stories of Hope
- Making a Difference
- Q&A
Genesis of Libby’s H*O*P*E*™

Elizabeth Kay Remick
(1982 – 2008)
"Grieve not, nor speak of me with tears, but laugh and talk of me as if I were beside you there"
-- Isla Paschal Richardson
Ovarian Cancer Overview

- Definition
- Statistics
- Symptoms
- Risk Factors & Causes
- Screening & Diagnosis
- Treatment
Ovarian cancer is cancer that forms in tissues of the ovary.

Ovarian Cancer Overview (Definition)
Three primary types:

- Epithelial ovarian tumors -- 80%
- Germ Cell ovarian tumors -- 10% – 15%
- Sex Cord Stromal ovarian tumors – 5% - 10%
- Metastatic cancer from other organs
Ovarian Cancer Overview
(Statistics)

"There are three kinds of lies: lies, damned lies & statistics."

-- Benjamin Disraeli (made popular by Mark Twain)
2009 U.S. Ovarian Cancer Statistics:

- Newly Diagnosed -- 21,550
- Deaths -- 14,600

Ovarian Cancer Overview
(Statistics)

A woman’s lifetime risk of ovarian cancer:
1 in 71

A woman’s lifetime risk of breast cancer:
1 in 8

U.S. women affected by ovarian cancer:
≈ 176,000 (as of 2006)

Ovarian Cancer Overview

SEER Stat Fact Sheet 2000-2006; SEER Cancer Statistics Review 1975-2006*

Age At Diagnosis %*

- Under 20: 1.4%
- 20 - 34: 7.6%
- 35 - 44: 7.4%
- 45 - 54: 18.9%
- 55 - 64: 22.3%
- 65 - 74: 19.9%
- 75 - 84: 19.9%
- 85+: 20%
- 80-84: 20%
- 75-79: 10%
- 70-74: 5%
- 65-69: 3%
- 60-64: 2%
- 55-59: 1%
- 50-54: 1%
- 45-49: 1%
- 40-44: 1%
- 35-39: 1%
- 30-34: 1%
- 25-29: 1%
- 20-24: 1%
- 15-19: 1%
- 9-15: 1%

Incidence: Per 100K Women*

Deaths: Per 100K Women*
Ovarian Cancer Overview (Statistics)

Relative 1-Yr., 5-Yr. & 10-Yr. Survival Rate %
ACS Cancer Facts & Figures 2009

1-Yr: 75%
5-Yr: 46%
10-Yr: 39%
Ovarian Cancer Overview
(Statistics)

Stage At Diagnosis %
SEER Stat Fact Sheet (Ovary), Cancer Statistical Review 1995-2006

- Local: 15%
- Regional: 17%
- Distant: 62%
- Unknown: 7%

Staging At Diagnosis %
Ovarian Cancer Overview (Statistics)

5-Yr. Relative Survival % Based on Stage at Diagnosis

SEER Stat Fact Sheet (Ovary), Cancer Statistical Review 1995-2006

<table>
<thead>
<tr>
<th>Stage</th>
<th>5-Yr. Relative Survival %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage I (local)</td>
<td>93.8</td>
</tr>
<tr>
<td>Stage II-III (regional)</td>
<td>72.8</td>
</tr>
<tr>
<td>Stage III-IV (distant mets)</td>
<td>28.2</td>
</tr>
<tr>
<td>Unknown Stage</td>
<td>27.3</td>
</tr>
</tbody>
</table>
Ovarian Cancer Overview
(Symptoms)

Ovarian Cancer:
Is your body trying to tell you something?
Know the symptoms!

difficulty eating or feeling full quickly
increased stomach size or persistent bloating
persistent pelvic and stomach pain
Ovarian Cancer Overview (Symptoms)

- Historically referred to as the “silent killer”

- Based on recent studies, ovarian cancer symptoms have been identified

- Symptoms are “subtle” not “silent”
Ovarian Cancer Overview (Symptoms)

2007 Ovarian Cancer Symptoms Consensus Statement

- American Cancer Society (ACS)
- Gynecologic Cancer Foundation (GCF)
- Society of Gynecologic Oncologists (SGO)
- 38 Additional Endorsing Organizations
Ovarian Cancer Overview
(Symptoms)

- Bloating/Abdominal Distension
- Pelvic/Abdominal Pain
- Difficulty eating/feeling full quickly
- Urinary Symptoms (urgency or frequency)
Ovarian Cancer Overview
(Symptoms)

Additional
• Fatigue
• Indigestion

Warning
• Back Pain
• Pain with Intercourse

Signs
• Constipation
• Menstrual Irregularities
Ovarian Cancer Overview
(Symptoms)

A Change From Normal

Persistent (few weeks)

See Your Doctor
Ovarian Cancer Overview
(Risk Factors & Causes)

- Family history
- Age
- Reproductive history
- Hormone replacement therapy
- Diet/Obesity
- Infertility or fertility treatment
- Gynecologic surgeries
- Talcum powder
- Endometriosis
- Analgesics
- Smoking or alcohol use
Ovarian Cancer Overview
(Risk Factors & Causes)

Family History:

- 10% to 15% of ovarian cancer is hereditary.
- Major genetic causes --
  - Breast Cancer gene 1 (BRCA1) mutation
  - Breast Cancer gene 2 (BRCA2) mutation
  - Lynch syndrome (HNPCC or Hereditary Nonpolyposis Colorectal Cancer)
  - Genetic variation(s) on chromosome 9 (up to 40% increase in lifetime OvCa risk)
Ovarian Cancer Overview
(Risk Factors & Causes)

Signs of hereditary breast & ovarian cancer (HBOC):

- Personal Characteristics
  - Breast cancer diagnosed at an early age
  - Bilateral breast cancer
  - A history of both breast and ovarian cancer
  - The presence of breast cancer in one or more male family members
Ovarian Cancer Overview
(Risk Factors & Causes)

Signs of hereditary breast & ovarian cancer (HBOC):

- **Family Characteristics**
  - Multiple cases of breast cancer in the family
  - Both breast and ovarian cancer in the family
  - One or more family members with two primary cancers
  - One or more family members with colon cancer (especially before 50), uterine (endometrial) cancer, or prostate cancer
  - Ashkenazi (Eastern European) Jewish ancestry
Ovarian Cancer Overview
(Risk Factors & Causes)

Cumulative Incidence %
Breast Cancer

Cumulative Incidence %
Ovarian Cancer

BRCA 1
BRCA 2

50 Yrs.
70 Yrs.

BRCA 1
BRCA 2
Ovarian Cancer Overview
(Risk Factors & Causes)

2009 MGH/Dana-Farber Genetic Testing Awareness Study
(35,000 women)

- 1% at high risk
- 2% actually tested
- 5% advised to get tested
- 10% discussed testing w/doc.
- 50% were not aware of genetic testing
Ovarian Cancer Overview (Risk Factors & Causes)

- Genetic testing can identify BRCA gene mutation carriers
- Speak with your doctor/certified genetic counselor prior to testing
Ovarian Cancer Overview
(Risk Factors & Causes)

Age

- Median age at diagnosis = 63 yrs.
- Higher % of post-menopausal women develop ovarian cancer compared to pre-menopausal women
Ovarian Cancer Overview
(Risk Factors & Causes)

- Pregnancies (-)
- Contraceptive Pill (-)
- Early Menarche (+)
- Late Menopause (+)

Reprouuctive History
Ovarian Cancer Overview
(Risk Factors & Causes)

Hormone Replacement Therapy

- HRT increases risk
  - 20% to 44% increase in risk
  - Increase in risk based on duration of use, but not significant
  - ERT poses greater risk than EPRT
  - Risk begins to decline after non-use

- U.K. study in The Lancet suggests that an additional 1,000 U.K. women died between 1991-2005 due to HRT
Ovarian Cancer Overview
(Risk Factors & Causes)

Obesity

- 80% increase in risk for post-menopausal women (never treated w/HRT)
- Risk rises as excessive body mass index (BMI) increases
Acrylamide, a carcinogenic compound found in carbohydrate rich food cooked above 250 F. degrees/100 degrees C.

Examples: French fries, potato chips, biscuits & some cookies
Ovarian Cancer Overview
(Risk Factors & Causes)

Fruits & Vegetables
(Yellow & Cruciferous)
(Survival Advantage)

Red & Cured/Processed Meats
Milk
(Survival Disadvantage)
Infertility/Fertility treatment

- 4 classes of fertility drugs do not increase overall risk of ovarian cancer.

- Gonadotrophins
- Clomifenes
- Human chorionic gonadotrophin
- Gonadotrophiin releasing hormone
# Ovarian Cancer Overview (Risk Factors & Causes)

## Other Factors

<table>
<thead>
<tr>
<th>Other Factors</th>
<th>Effect on Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gynecologic Surgery</td>
<td>Tubal ligation / Hysterectomy: 30% - 67% risk reduction</td>
</tr>
<tr>
<td>Talcum Powder</td>
<td>Past &amp; Recent studies conflict; recent studies suggest no causal relationship</td>
</tr>
<tr>
<td>Endometriosis</td>
<td>Association w/clear cell &amp; endometriod subtypes of epithelial ovarian cancer</td>
</tr>
<tr>
<td>Analgesics (aspirin, NSAIDs &amp; acetaminophen)</td>
<td>No clear causal relationship</td>
</tr>
<tr>
<td>Smoking or Alcohol use</td>
<td>No clear causal relationship</td>
</tr>
</tbody>
</table>
Ovarian Cancer Overview (Screening & Diagnosis)

Quest for ovarian cancer’s “Holy Grail”

Reliable Early Detection
Ovarian Cancer Overview (Screening & Diagnosis)

Warning Signs

Family History

Reliable Early Detection?

Blood Tests

Medical Imaging
Ovarian Cancer Overview
(Screening & Diagnosis)
## Ovarian Cancer Overview
**(Screening & Diagnosis)**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>PLCO (U.S.)</th>
<th>UKCTOCS</th>
<th>JAPANESE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total # of Women</td>
<td>155,000</td>
<td>202,638</td>
<td>80,000</td>
</tr>
<tr>
<td># Screened</td>
<td>34,261</td>
<td>98,308</td>
<td>41,688</td>
</tr>
<tr>
<td>Follow-up Period</td>
<td>On-going</td>
<td>On-going</td>
<td>9.2 yrs.</td>
</tr>
<tr>
<td>PPV</td>
<td>1.0% - 1.3%</td>
<td>35.1% - 43.3%</td>
<td>N/A</td>
</tr>
<tr>
<td>OVCA Per Women Screened</td>
<td>4.7 – 6.2 per 10,000</td>
<td>7.7 per 10,000</td>
<td>3.8 – 7.4 per 10,000</td>
</tr>
<tr>
<td>Surgery-to-Detected OVCA Ratio</td>
<td>19.1 to 1 (72% Stage III-IV)</td>
<td>3.2 to 1</td>
<td>33 to 1 (63% Stage I; 67% Stage I-II vs. 38% For Control)</td>
</tr>
<tr>
<td>Effect on Mortality</td>
<td>TBD</td>
<td>TBD</td>
<td>N/A</td>
</tr>
</tbody>
</table>
## Ovarian Cancer Overview

### (Screening & Diagnosis)

<table>
<thead>
<tr>
<th>Early Detection Tests</th>
<th>Early Detection Tests</th>
<th>Tumor Mass Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>OvaCheck™</td>
<td>OvPlex™</td>
<td>ARCHITECT HE4</td>
</tr>
<tr>
<td>OvaSure™</td>
<td>OvaDX™</td>
<td>OVA1™</td>
</tr>
</tbody>
</table>
Ovarian Cancer Overview
(Treatment)

Cytoreductive Surgery (possibly w/Hyperthermic Intraperitoneal Chemo (HIPEC))

Intraperitoneal (IP) Chemo and/or Intravenous (IV) Chemo

First Line Treatment Chemo – Platinum & Taxane Drugs

Second Line Treatment – Based Upon Timing of Recurrence

Platinum Refractory (w/in 6 mos.)/ Resistant (6 – 12 mos.)/Sensitive (> 12 mos.)
Ovarian Cancer Overview (Treatment)

**Novel Therapies/Approaches**
- Dasatinib (Sprycel™)
- PI3K Inhibitors
- EC-145
- “Dose Dense” Paclitaxel
- Avastin™ (Anti-Angiogenetic Therapy)
- Diphtheria Toxin
- EphA2 Targeted Therapy
- CNTO-328
- PARP Inhibitors
Helpful Online Resources

E-patients = Internet users who are equipped, enabled, empowered & engaged in their health & health care decisions.

E-patients envisioned health care as an equal partnership between themselves & health professionals & systems that support them.
## Internet User Population

Percentage of adults within each group who use the internet

<table>
<thead>
<tr>
<th>Category</th>
<th>% of U.S. adults</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All American adults</strong></td>
<td>74%</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>73%</td>
</tr>
<tr>
<td>Women</td>
<td>76%</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
</tr>
<tr>
<td>White (non-Hispanic)</td>
<td>77%</td>
</tr>
<tr>
<td>African American (non-Hispanic)</td>
<td>64%</td>
</tr>
<tr>
<td>Hispanics (n=199)</td>
<td>58%</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
</tr>
<tr>
<td>18-29</td>
<td>87%</td>
</tr>
<tr>
<td>30-49</td>
<td>82%</td>
</tr>
<tr>
<td>50-64</td>
<td>72%</td>
</tr>
<tr>
<td>65+</td>
<td>41%</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
</tr>
<tr>
<td>Less than high school</td>
<td>36%</td>
</tr>
<tr>
<td>High school diploma</td>
<td>67%</td>
</tr>
<tr>
<td>Some college</td>
<td>85%</td>
</tr>
<tr>
<td>College graduate</td>
<td>96%</td>
</tr>
<tr>
<td><strong>Annual Household Income</strong></td>
<td></td>
</tr>
<tr>
<td>Less than $30,000</td>
<td>57%</td>
</tr>
<tr>
<td>$30,000-$49,999</td>
<td>77%</td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>90%</td>
</tr>
<tr>
<td>$75,000 or more</td>
<td>94%</td>
</tr>
</tbody>
</table>

Source: Pew Internet & American Life Project Survey, November-December 2008. N=2253. Interviews conducted in English or Spanish. Margin of error is ±2%.
## Health Topics

<table>
<thead>
<tr>
<th>% of internet users who have looked online for information about...</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>66%</td>
<td>a specific disease or medical problem</td>
</tr>
<tr>
<td>55%</td>
<td>certain medical treatment or procedure</td>
</tr>
<tr>
<td>52%</td>
<td>exercise or fitness</td>
</tr>
<tr>
<td>47%</td>
<td>doctors or other health professionals</td>
</tr>
<tr>
<td>45%</td>
<td>prescription or over-the-counter drugs</td>
</tr>
<tr>
<td>38%</td>
<td>hospitals or other medical facilities</td>
</tr>
<tr>
<td>37%</td>
<td>health insurance, including private insurance, Medicare or Medicaid</td>
</tr>
<tr>
<td>35%</td>
<td>alternative treatments or medicines</td>
</tr>
<tr>
<td>33%</td>
<td>how to lose weight or how to control your weight</td>
</tr>
<tr>
<td>28%</td>
<td>depression, anxiety, stress or mental health issues</td>
</tr>
<tr>
<td>26%</td>
<td>any other health issue</td>
</tr>
<tr>
<td>20%</td>
<td>experimental treatments or medicines</td>
</tr>
<tr>
<td>12%</td>
<td>how to stay healthy on a trip overseas</td>
</tr>
</tbody>
</table>

83% of internet users, or 61% of adults, have looked online for information about at least one of these topics.
Helpful Online Resources

All Together Now:
The Internet Does Not Replace Health Professionals

"On the Internet, nobody knows you’re a dog."
Helpful Online Resources

Helpful Online Resources

Do Doctors Use the Internet? (Nov. 09 Google Survey*)

- 86% use Internet to gather health, medical or prescription information
- 58% search Internet more than once a day
- 1/3 made a change to patient’s meds, or initiated a new treatment as the result of an Internet search

# Helpful Online Resources

## Search Reasons

<table>
<thead>
<tr>
<th>Drug Info</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>General conditions</td>
<td>75%</td>
</tr>
<tr>
<td>Treatment side-effects</td>
<td>68%</td>
</tr>
<tr>
<td>Drug safety</td>
<td>66%</td>
</tr>
<tr>
<td>Info for patients</td>
<td>61%</td>
</tr>
<tr>
<td>New medications</td>
<td>64%</td>
</tr>
<tr>
<td>Contraindications</td>
<td>59%</td>
</tr>
<tr>
<td>Diagnosis</td>
<td>53%</td>
</tr>
<tr>
<td>Developmental drugs</td>
<td>45%</td>
</tr>
<tr>
<td>Clinical trials</td>
<td>45%</td>
</tr>
</tbody>
</table>

## Actions Taken Based On Search

<table>
<thead>
<tr>
<th>Further Research</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Info for patients</td>
<td>45%</td>
</tr>
<tr>
<td>Patient recommendation (habits or behavior)</td>
<td>38%</td>
</tr>
<tr>
<td>Recommend more testing</td>
<td>32%</td>
</tr>
<tr>
<td>Change pt’s meds</td>
<td>31%</td>
</tr>
<tr>
<td>Initiate new treatment</td>
<td>30%</td>
</tr>
<tr>
<td>Consult with colleagues</td>
<td>28%</td>
</tr>
<tr>
<td>Request info re product or meds</td>
<td>25%</td>
</tr>
</tbody>
</table>
Helpful Online Resources

Search Engines (% of Users)

- Google: 72.3%
- Yahoo: 14.8%
- Bing: 8.8%
- Other: 4.1%

Website Domain Suffix

<table>
<thead>
<tr>
<th>Domain Suffix</th>
<th>Commercial</th>
</tr>
</thead>
<tbody>
<tr>
<td>.com</td>
<td>Commercial</td>
</tr>
<tr>
<td>.org</td>
<td>Organization</td>
</tr>
<tr>
<td>.edu</td>
<td>Educational</td>
</tr>
<tr>
<td>.gov</td>
<td>Government</td>
</tr>
<tr>
<td>.mil</td>
<td>Military</td>
</tr>
<tr>
<td>.net</td>
<td>Network</td>
</tr>
</tbody>
</table>
Helpful Online Resources

Internet Tutorials:

- The University at Albany Libraries
  (http://www.internettutorials.net/)

- Internet 101
  (http://www.internet101.org/)
Helpful Online Resources

E-Mail ≈
Helpful Online Resources

- Weblogs ("blogs")
- Podcasts
- YouTube
- Social Networking
- Twitter
Helpful Online Resources

RSS Logo
(“Really Simple Syndication”)

= Newspaper Delivery
Helpful Online Resources
(Is Internet Health Info Good For Me?)

Today's Random Medical News
from the New England Journal of
Panic-Inducing Gobbledygook

Can Cause:
- Hypothermia
- Spontaneous Remission
- Depression
- Migraines
- Twins

According to a report released today...
Guide to Healthy Web Surfing:

- Consider the source—Use recognized authorities
- Focus on quality—All Web sites are not created equal
- Be a cyberskeptic—Quackery abounds on the Web
- Look for the evidence—Rely on medical research, not opinion
- Check for currency—Look for the latest information
- Beware of bias—What is the purpose? Who is providing the funding? Who pays for the site?
- Protect your privacy—Health information should be confidential
- Consult with your health professional—Patient/provider partnerships lead to the best medical decisions
Helpful Online Resources
(Evaluating Internet Health Information)

<table>
<thead>
<tr>
<th>Medline Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>(<a href="http://www.nlm.nih.gov/medlineplus">http://www.nlm.nih.gov/medlineplus</a>)</td>
</tr>
<tr>
<td>American Society of Clinical Oncology (ASCO)</td>
</tr>
<tr>
<td>(<a href="http://www.cancer.net/">http://www.cancer.net/</a>)</td>
</tr>
<tr>
<td>National Cancer Institute (NCI)</td>
</tr>
<tr>
<td><a href="http://www.cancer.gov/">http://www.cancer.gov/</a></td>
</tr>
<tr>
<td>Evaluating Health Information</td>
</tr>
<tr>
<td>Medical News: How to Know If It's Accurate</td>
</tr>
<tr>
<td>How to Read a Medical Abstract in a Research Study</td>
</tr>
<tr>
<td>Evaluating Health Information on the Internet</td>
</tr>
</tbody>
</table>
Helpful Online Resources

Health on the Net Foundation (HON) http://www.hon.ch/

- Authority
- Complementarity
- Confidentiality
- Attribution
- Justifiability
- Transparency of authorship
- Transparency of sponsorship
- Honesty in advertising & editorial policy
Helpful Online Resources
(National Ovarian Cancer Organizations)

- National Ovarian Cancer Coalition (NOCC)
- Ovarian Cancer National Alliance (OCNA)
- Ovarian Cancer Research Fund (OCRF)
Helpful Online Resources

(Gynecologic Cancer Organizations)

GCF was founded by the Society of Gynecologic Oncologists (SGO) in 1991. GCF’s mission is to support research, education & public awareness of gynecologic cancer prevention, early detection & optimal treatment.
Helpful Online Resources
(Cancer Treatment Centers)

NCI-Designated Cancer Centers

National Comprehensive Cancer Network

25 Cancer Centers
40 Comprehensive Centers
65 Total
## Helpful Online Resources (Ovarian Cancer & Cancer Related)

<table>
<thead>
<tr>
<th>Name</th>
<th>Website Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Cancer Institute</td>
<td><a href="http://www.cancer.gov/cancertopics/types/ovarian">http://www.cancer.gov/cancertopics/types/ovarian</a></td>
</tr>
<tr>
<td>American Society of Clinical Oncology (ASCO)</td>
<td><a href="http://www.cancer.net/patient/Cancer+Types/Ovarian+Cancer">http://www.cancer.net/patient/Cancer+Types/Ovarian+Cancer</a></td>
</tr>
<tr>
<td>American Cancer Society</td>
<td><a href="http://www.cancer.org/docroot/CRI/CRI_2x.asp?sitearea=&amp;dt=33">http://www.cancer.org/docroot/CRI/CRI_2x.asp?sitearea=&amp;dt=33</a></td>
</tr>
<tr>
<td>Research-to-Practice®: Ovarian Cancer Update</td>
<td><a href="http://www.researchtopractice.com/browse-tumor-types/ovarian-cancer">http://www.researchtopractice.com/browse-tumor-types/ovarian-cancer</a></td>
</tr>
<tr>
<td>Clinical Care Options® - Oncology</td>
<td><a href="http://www.clinicaloptions.com/Oncology/Topics/Ovarian%20Cancer.aspx">http://www.clinicaloptions.com/Oncology/Topics/Ovarian%20Cancer.aspx</a></td>
</tr>
<tr>
<td>Oncolink: Abramson Cancer Center, Univ. of Pennsylvania</td>
<td><a href="http://www.oncolink.org/types/article.cfm?c=6&amp;s=19&amp;ss=766&amp;id=8589">http://www.oncolink.org/types/article.cfm?c=6&amp;s=19&amp;ss=766&amp;id=8589</a></td>
</tr>
</tbody>
</table>
## Helpful Online Resources (Medical Research)

<table>
<thead>
<tr>
<th>Name</th>
<th>Website Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>PloS One</td>
<td><a href="http://www.plosone.org/">http://www.plosone.org/</a></td>
</tr>
<tr>
<td>MedNar</td>
<td><a href="http://mednar.com/mednar/">http://mednar.com/mednar/</a></td>
</tr>
<tr>
<td>MedWorm</td>
<td><a href="http://www.medworm.com/">http://www.medworm.com/</a></td>
</tr>
<tr>
<td>HighWire (Stanford University)</td>
<td><a href="http://highwire.stanford.edu/">http://highwire.stanford.edu/</a></td>
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<tr>
<td>Name</td>
<td>Website Address</td>
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<tr>
<td>ClinicalTrials.gov (National Institutes of Health)</td>
<td><a href="http://clinicaltrials.gov/">http://clinicaltrials.gov/</a></td>
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<tr>
<td>National Cancer Institute -- Clinical Trials</td>
<td><a href="http://www.cancer.gov/CLINICALTRIALS">http://www.cancer.gov/CLINICALTRIALS</a></td>
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<tr>
<td>EmergingMed</td>
<td><a href="http://www.emergingmed.com/">http://www.emergingmed.com/</a></td>
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<tr>
<td>TrialCheck</td>
<td><a href="http://www.trialcheck.org/Services/">http://www.trialcheck.org/Services/</a></td>
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<tr>
<td>CenterWatch</td>
<td><a href="http://www.centerwatch.com/">http://www.centerwatch.com/</a></td>
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<tr>
<td>researchmatch</td>
<td><a href="https://www.researchmatch.org/">https://www.researchmatch.org/</a></td>
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</tbody>
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### Helpful Online Resources
(Individual & Group Support)

<table>
<thead>
<tr>
<th>Name</th>
<th>Website Address</th>
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<tbody>
<tr>
<td>Association of Cancer Online Resources (ACOR)</td>
<td><a href="http://www.acor.org/">http://www.acor.org/</a></td>
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<tr>
<td>--Ovarian Cancer List</td>
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<tr>
<td>--The 2Young-4Gyn-Cancer</td>
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<tr>
<td>Inspire.com</td>
<td><a href="http://www.inspire.com/groups/ovarian-cancer-national-alliance/">http://www.inspire.com/groups/ovarian-cancer-national-alliance/</a></td>
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<tr>
<td>--Ovarian Cancer National Alliance (OCNA) Community</td>
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<td>--Ovarian Cancer Community</td>
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<tr>
<td>Imerman Angels</td>
<td><a href="http://www.imermanangels.org/">http://www.imermanangels.org/</a></td>
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<tr>
<td>American Cancer Society</td>
<td><a href="https://circleofsharing.cancer.org/?from=fast">https://circleofsharing.cancer.org/?from=fast</a></td>
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<tr>
<td>--Circle of Sharing</td>
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<tr>
<td>Caring Bridge</td>
<td><a href="http://www.caringbridge.org/">http://www.caringbridge.org/</a></td>
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</table>
“Once you choose hope, anything is possible.”
--Christopher Reeve
“If you obey all the rules, you miss all the fun.”
--Katharine Hepburn
“Under certain circumstances profanity provides a relief denied even to prayer.”

– Mark Twain
“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”

--Winston Churchill
“Turn your wounds into wisdom.”
–Oprah Winfrey
“Action cures fear, inaction creates terror.”

--Douglas Horton

Stories of Hope
“Life loves to be taken by the lapel and told, ‘I am with you kid. Let’s go!’”
– Maya Angelou
“Everybody can be great... because anybody can serve.
You don't have to have a college degree to serve.
You don't have to make your subject and verb agree to serve.
You only need a heart full of grace. A soul generated by love.”

--Martin Luther King, Jr.
“I've seen & met angels wearing the disguise of ordinary people living ordinary lives.”

--Tracy Chapman
“Ordinary grace does not only live in great cathedrals and holy ashrams, it lives in ordinary people who have found a place in their lives for love, generosity and simple kindness.”

– Kathleen Brehony
Maddie Kullen is a 6 yr. old. ovarian cancer survivor & spokes person, who helps young children with cancer. She created “Sundaes on Saturday” to give young cancer patients an ice cream break.
Meghan Redenbach, 13 yr. old honor student & athlete, has a rare form of ovarian cancer known as “fibrosarcoma.”

There are only 30 documented cases of this cancer diagnosed in the U.S. It is believed that Meghan is only the second child ever diagnosed with this form of ovarian cancer.
Cancer took her ovaries. It wasn’t going to take her life. After a difficult struggle Sharon Blynn went into remission.

She learned a lot from her experience. “Cancer can be ugly. The people who fight it are anything but.”

Sharon is the proud founder of “Bald is Beautiful,” an organization that helps cancer patients feel beautiful while they fight for their lives.
Krista Stanley was diagnosed with ovarian cancer last year. After beginning treatment, Krista lost her health insurance because her employer had failed to pay her insurance premiums.

Her husband Frank painted & sold artwork displaying the Japanese legend of 1,000 paper cranes to help pay for her treatments.
Laurey Masterton is a 20-year ovarian cancer thriver.

Laurey rode her bicycle 3100 miles across the U.S. in 58 days to raise money for ovarian cancer awareness.

Her motto: “Don’t postpone joy!”
Stories of Hope

Husband’s Love For Wife Inspires a 9,000 Mile Bike Trek To Raise Money For Ovarian Cancer Awareness
When Gloria Johns (61 yrs old) first attempted to form a support group for ovarian cancer patients, she was told “they don't live long enough to join a support group.”

After 9 yrs. & 5 recurrences (in Stage IV) she proved other-wise and has the photos to prove it.
The Rock Band “N.E.D.”: Their Medical Skills Save Many; Their Music May Save Thousands

Stories of Hope
Stories of Hope
“Previvors” Making a Difference

Christina Applegate (BRCA1 +)

Jessica Queller (BRCA1 +)
In September 2008, “Oscar Award Winning Actress” Kathy Bates publicly shared the story of her personal fight with ovarian cancer.

Kathy is featured in an OCNA-sponsored PSA dealing with the warning signs of ovarian cancer.
The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference.

-- Elie Weisel
(Nobel Laureate & Holocaust Survivor)
Making a Difference

"Be the change you want to see in the world."

Mahatma Gandhi
Making a Difference

Time

Money
Making a Difference

- Learn the early warning signs of ovarian cancer.
- The life you save may be your own or that of a loved one.
Making a Difference

- Spread the word about the early warning signs of ovarian cancer.
- Take the pledge as part of Ovarian Cancer Action’s “Remember the symptoms campaign.”

Go to [http://www.everywomanshouldremember.co.uk/](http://www.everywomanshouldremember.co.uk/) and inform other women via Ovarian Cancer Action’s e-mail & Facebook website program.
Support effective gynecologic cancer legislation, regulation & health insurance reimbursement policies.

Lobby your elected officials for increased funding.

Sign up for the Ovarian Cancer National Alliance “Take Action” Program.

http://www.ovariancancer.org/take-action/
Volunteer:

- **Service & Support** (telephone hot-lines, support groups, buddy pairing & social work).
- **Awareness & Education** (teach at your workplace, community center or church; join an educational committee)
- **Fundraising** (walks, runs, sports, luncheons, fashion shows, plays & concerts)
- **Advocacy** (legal, patient care, clinical trials & regulatory)
- **Government Programs** (NIH, NCI, FDA & state/local)
Making a Difference

Together

We Can Do It!
And whoever saves a life, it is considered as if he saved an entire world.

--The Talmud, Sanhedrin 4:8 (37a)
Questions & Answers
Thank You
For Your Time & Attention

Libby's hope
Helping Ovarian Cancer Survivors Persevere Through Education™