



ARM YOURSELF AGAINST OVARIAN CANCER

Fact Sheet

Name: Anne Rita Monahan Foundation

Founder & President: Anne Rita Monahan, ovarian cancer fighter since October 2001

Mission: The Anne Rita Monahan Foundation is a nonprofit, 501(c)3 organization dedicated to the eradication of Ovarian Cancer. Awareness generation, a screening method for early detection and elimination of the disease's frequent misdiagnosis are critical success factors. Through outreach and educational programs to both the public and the medical community, the tragic and often needless mortality from this "silent killer" will be prevented.

Overview: The Anne Rita Monahan Foundation was established by its namesake on Sept. 1, 2007. The Foundation's vision is to raise awareness among women of the signs and symptoms of ovarian cancer so that early detection will increase and cases of misdiagnoses will decrease. The Foundation also aims to fund critical research to find a reliable screening tool that will raise the instances of early detection.

Fast Facts about Ovarian Cancer:

- It is estimated that 22,430 new cases of ovarian cancer will be diagnosed in the U.S. in 2007.
- It is estimated that there will be 15,280 deaths from ovarian cancer in the U.S. during 2007
- Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system.
- About 76 percent of women with ovarian cancer survive 1 year after diagnosis, and 45 percent survive longer than five years after diagnosis.
- Women younger than age 65 have better 5-year survival rates than older women.

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**Fast Facts about
Ovarian Cancer
(Continued):**

- If diagnosed and treated while the cancer has not spread outside the ovary, the 5-year survival rate is 93 percent. However, only 19 percent of all ovarian cancers are found at this early stage.
- The risk of developing and dying from ovarian cancer is higher for white women than black women.
- About one in every 57 women in the United States will develop ovarian cancer. Most cases occur in women over the age of 50, but this disease can also affect younger women (NCI).

Misnomer:

Commonly dubbed **“The Silent Killer,”** ovarian cancer has recently been found to be less quiet than it was once believed to be. Several symptoms associated with ovarian cancer have been identified for women to watch for because they are oftentimes more severe and constant in cases of cancer than with other conditions that can exhibit some of the same symptoms, such as Irritable Bowel Syndrome (IBS).

On June 25, 2007, The Gynecologic Cancer Foundation, the Society of Gynecologic Oncologists and the American Cancer Society made new recommendations aimed to help increase early detection of ovarian cancer. Noted in a June 13, 2007 *New York Times* article by Denise Grady, women who have symptoms such as “bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly and feeling a frequent or urgent need to urinate. A woman who has any of those problems nearly every day for more than two or three weeks is advised to see a gynecologist, especially if the symptoms are new and quite different from her usual state of health.”

According to Carla Ortique, M.D., an obstetrician/gynecologist with the Austin Diagnostic Clinic (ADC), symptoms such as pelvic and abdominal pain, eating difficulties, bloating, increased abdominal size and urinary urgency, “seem to be more persistent in women with ovarian cancer.” Ortique stated that “with common digestive disorders, the symptoms tend to fluctuate depending on activities like eating or exercising. But when the symptoms are associated with ovarian cancer, they remain more constant or may gradually get worse.”

Although it is sometimes thought to be too difficult to detect immediately, the reality is that ovarian cancer has common symptoms that—if caught early—can drastically change the outcome of the disease.

Common Signs of Ovarian Cancer:

- Pressure or pain in the abdomen, pelvis, back or legs
- A swollen or bloated abdomen
- Nausea, indigestion, gas, constipation or diarrhea
- Excessive fatigue continually

Less Common Symptoms:

- Shortness of breath
- Increased urgency to urinate
- Unusual vaginal bleeding (heavy periods, bleeding after menopause)

What to Do: Women who are experiencing the above symptoms should ask their doctor about the CA-125 blood test and ask to explore ultrasound options.

Tax ID: The Anne Rita Monahan Foundation has filed all the proper paperwork and its tax ID number is pending.

To Learn More: For more information about the Anne Rita Monahan Foundation, please visit www.anneritamonahan.org or call 602-264-5539.

Donations: For information about contributing to the Anne Rita Monahan Foundation, please visit: www.anneritamonahan.org or call 602-264-5539.

Media Contact: Ashley Hart
602-615-2949
ashleyhartpr@cox.net

Information and statistics from this Fact Sheet were found at the following locations:

American Cancer Society:

http://www.cancer.org/docroot/CRI/content/CRI_2_4_1X_What_are_the_key_statistics_for_ovarian_cancer_33.asp?sitearea=

National Cancer Institute:

“What You Need To Know About™ Ovarian Cancer,” National Institutes of Health—National Cancer Institute, pg.6.

New York Times:

<http://www.nytimes.com/2007/06/13/health/13cancer.html?ex=1339387200&en=a8d2d9a24d9a5667&ei=5088&partner=rssnyt&>

Austin Diagnostic Clinic:

http://www.adclinic.com/Seminars_Events/PR_Media/ovariancanceraug05.htm