

Ovarian Cancer Information

- ♀ Silent, but deadly cancer, few symptoms until in advanced stage in 75% of patients. Tends to occur in the prime of a woman's life from ages 50-65.
- ♀ Due to nonspecific symptoms, only 19% of all cases are found at an early stage. Caught in stage III or higher, survival rate can be as low as 29%.
- ♀ While symptoms of ovarian cancer (particularly in early stages) are often not acute or intense; they are not silent; so listen.
- ♀ All women are at risk
- ♀ Symptoms exist-can be vague, increase over time
- ♀ Early detection increases survival rate
- ♀ A Pap Test DOES NOT detect ovarian cancer

Risk factors include:

- ♀ Genetic predisposition
- ♀ Personal or family history of breast, ovarian or colon cancer
- ♀ Increasing age
- ♀ Undesired infertility and not bearing children
- ♀ Using fertility drugs.
- ♀ Having Endometriosis
- ♀ Taking hormone replacement therapy after menopause.
- ♀ Having increased levels of CA 125.
- ♀ Obesity

Potential Symptoms of Ovarian Cancer:

- ♀ Pelvic or abdominal pain or discomfort
- ♀ Vague but persistent gastrointestinal upsets such as gas, nausea and indigestion
- ♀ Frequency and/or urgency of urination in the absence of an infection
- ♀ Pelvic and/or abdominal swelling, bloating and/or feeling of fullness, difficulty eating

Other symptoms can include:

- ♀ Unexplained weight gain or weight loss
- ♀ Ongoing unusual fatigue
- ♀ Unexplained changes in bowel habits
- ♀ back pain
- ♀ pain during sex
- ♀ Menstrual changes

If symptoms persist for more than 2 weeks, ask your doctor for a combination pelvic/rectal exam, CA-125 blood test, and transvaginal ultrasound. Get a second opinion if needed-you have nothing to lose-and everything to gain. Be your own advocate!!!

Ovarian Cancer...It whispers, so listen

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Chasing the Cure for Ovarian Cancer

5K/1 mile Fun Run/Walk and
5K Pump and Run

September 17, 2016

9:00 a.m.

Doyle Community Center

310 N. Franks Ave.

Sturgis, MI 49091



Taking part in one of the races above for Chasing the Cure is your opportunity to do something very meaningful and have lots of fun. This race is dedicated to my Aunt Joan (Dykstra), retired Sturgis High School employee, who was diagnosed with ovarian cancer in 2008. Help us battle ovarian cancer and capture the spirit of women we know and love who are fighting for their lives. Come jog with Joan and join the fight to cure ovarian cancer...one step at a time! Terra Draper, Race Director



Donations and participation fees paid to Chasing the Cure for Ovarian Cancer events are tax deductible and net proceeds from the events will go directly to MIOCA, Michigan Ovarian Cancer Alliance, where the direct impact of donations stay in Michigan. The support and resources provided by the MIOCA will enhance the Chasing the Cure events and help us be even more effective in raising awareness and fighting ovarian cancer.

ENTRY FORM

Chasing the Cure for Ovarian Cancer
5K, 1 mile Fun Run/Walk, and 5K Pump & Run



Saturday, September 17, 2016 @ 9:00 a.m.
Doyle Community Center
310 N Franks Ave, Sturgis, MI 49091

Race day registration 7:45 a.m. to 8:30 a.m.
5K/5K Pump and Run starts at 9:00 a.m.
Fun Run starts at 9:05 a.m.

(Please Print Clearly)

First Name _____ Last Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ E-mail _____

Sex: F M Age on race day: _____ Ovarian cancer survivor: Y N

Circle event entering: 5K Run/Walk 5K Pump & Run 1 mile Fun Run

If under the age of 18, signature of a parent or guardian is required:

Parent/guardian name: _____

Parent/guardian signature: _____

Circle T-shirt size Youth: S M L Adults: S M L XL XXL

T-shirts will be short sleeve and are **guaranteed** to all **pre-registered** runners and walkers **before 9/4/2016**.

Technical shirts (in place of t-shirt)-add \$10 to registration fee (\$15 for XXL)

Strollers and Wheelchairs are welcome!!

I cannot participate, but would like to support the event in the amount of \$ _____

Registration fees	5K Pump & Run	5K Run/Walk	1 Mile Fun Run
By 8/28/16	\$25	\$20	\$15
After 8/28/16	\$30	\$25	\$20

Registration fees are non-refundable-all proceeds/donations go to Michigan Ovarian Cancer Alliance

Mail Registration and entry fee to:

Chasing the Cure for OC c/o

Terra Draper

63132 West Fish Lake Rd.

Sturgis, MI 49091

Make checks payable to: Terra Draper or MIOCA/Chasing the Cure

Package pick-up, pump facility
and race starting point:

Doyle Community Center
310 N Franks Ave, Sturgis, MI 49091
September 19, 2015

Package Pick-Up

Friday 9/16 6:00 p.m. to 8:00 p.m.
Saturday (race day) 9/17 7:45-8:30 a.m.

Starting Times

5K Run/Walk and the 5K Pump and Run will
start at 9:00 a.m.
The 1 Mile Fun Run/Walk will start at 9:05 a.m.

Strollers and wheelchairs are welcome!
No rollerblades, skate boards,
bikes or dogs.

Awards for 5K

All pre-registered runners and walkers
will get a race t-shirt!

High Heal Pin for the
first over-all male and female.

Medals to the top three in 5-year age groups from ages 9 &
under to 70 & above.

Awards for 5K Pump and Run

For 10 total bench reps,
Pump Club Bronze Medal
For 20 total bench reps,
Pump Club Silver Medal
For 30 total bench reps,
Pump Club Gold Medal

High Heal Pin for the first over-all male and
female (time includes pump handicap).

For More Information Contact:

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Email: chasingthecure@yahoo.com

www.chasingthecure.net

