

## Where can I get help?

I would like more information about...

- Ovarian Cancer Testing
- Ovarian Cancer Treatment
- Ovarian Cancer Support
- Financial Assistance
- Making a Donation
- Getting Involved

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

I would like to join the fight against ovarian cancer with my donation of \$ \_\_\_\_\_

(Check or cash only via mail. Please visit [cmocf.org](http://cmocf.org) for additional payment options)

## Thank you for your interest and support!

Please remove and mail this portion with your donation and/or your request for more information to **CMOCF, PO Box 48787, St. Petersburg, FL 33743-8787**.

All donations are tax deductible according to the laws of the State of Florida.

Tax I.D. #33-1023477

## Ovarian Cancer

In the United States one in 70 women will develop ovarian cancer in her lifetime. Ovarian cancer is the leading cause of death from gynecologic cancer. More women die from ovarian cancer than cervical cancer and endometrial cancers combined.

In the United States approximately 21,880 women were diagnosed with ovarian cancer and 13,850 died from this malignancy in 2010. Fifty percent of women that are diagnosed are under the age of 65 according to the 2010 American Cancer Society's estimates.

The poor prognosis of ovarian cancer often is attributed to the fact that it is a "silent" cancer, with symptoms appearing only late in the disease process. This is somewhat of a misconception, however, in that studies of women with ovarian cancers are symptomatic often several months before the diagnosis is made, even with early stage disease.

Unfortunately, the unspecific nature of the symptoms and the low level of public awareness of the disease make both women and their clinicians quick to attribute them to other causes such as menopause, stress, and functional bowel problems. As a result, delays of weeks or months often occur before specialist medical advice is sought or diagnostic studies performed. In evaluating these symptoms, a physical exam including a pelvic exam and a transvaginal pelvic ultrasound (with a CA125 tumor marker if an ovarian mass is found in a postmenopausal woman) may be helpful. Unfortunately, no screening test has proven effective in screening low-risk women without symptoms. By identifying early stage disease better survival rates can be achieved.

*Micheal G. Mastry, M. D.*

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CELMA MASTRY  
**OVARIAN CANCER**  
FOUNDATION

# FAMILY, FRIENDS AND COMMUNITY UNITE TO FIGHT OVARIAN CANCER

What is ovarian cancer?

What causes ovarian cancer?

What are the symptoms?

How is it diagnosed?

Where can I get help?

**Answers to your questions from CMOCF**

## How did we get started?

In early 2001, Celma Mastry was diagnosed with advanced ovarian cancer. Good and proper living could not protect her from this terrible disease. She worked hard and dedicated many years to raising money for nonprofit organizations and just causes in her community and beyond. However, not one of those charity events or entities specifically targeted ovarian cancer.

Working with her 8 children, extended family members and dear friends, Celma established the Celma Mastry Ovarian Cancer Foundation before succumbing to this horrible disease. She believed that the quality of medical care a woman receives should not depend on her ability to access the best medical resources available.

## Where does the money come from?

The generosity of individuals and corporations, combined with the production of special events has enabled the nonprofit 501(c)3 Celma Mastry Ovarian Cancer Foundation to raise nearly \$1,200,000 to date! Hard work by our volunteer board and committee members goes into our signature events:

*Turn the Tables on Ovarian Cancer*

*One Step Closer to the Cure*

*Race4HerLife / Fighting Ovarian Cancer*

Support and awareness is broadened through our efforts and partnering with local businesses, foundations and media outlets such as:

*Old Salts Fishing Foundation*

*News Channel 8 Phone Bank & Studio 10*

*Florida Ovarian Cancer Alliance Speaks*

*Ovacome USA, Inc. —Bags of Hope Project*

*Ovarian Cancer National Alliance*

## What is ovarian cancer?

Ovarian cancer appears in almost 40 different types. However, 9 out of 10 ovarian cancer patients have common epithelial tumors, which begin in the surface tissue of the ovary (epithelium).

## What causes ovarian cancer?

The specific cause of ovarian cancer is unknown. What is known, however, is that affluent women in the world's most developed countries have the highest rates—implying that something in these countries is a cause. Probably the only fact known to be associated with a significant increase in ovarian cancer is when women have two or more first, or first and second—degree relatives with ovarian cancer. Their risk of ovarian cancer could be 50% compared with 1.8% for women without a familial link.

## What are the symptoms?

Ovarian cancer is most referred to as the cancer that whispers because by the time a woman has symptoms, the disease has already spread throughout her abdomen and beyond. Symptoms most often associated with ovarian cancer include: a feeling of being bloated; clothes that do not fit quite as easily as they once did; abdominal and pelvic discomfort; gastrointestinal symptoms such as, back pain and fatigue; difficulty eating or feeling full quickly; and urinary symptoms, urgency and frequency. Although many women have these symptoms, if they persist they could be an early warning sign.

## How is it diagnosed?

The only definitive way to diagnose ovarian cancer is surgery to remove the tumor for laboratory evaluation. In addition to a pelvic exam, an ultrasound of the ovaries can often help distinguish between malignant and benign tumors. CA125 levels in the blood are elevated in 8 out of 10 women with advanced stage ovarian cancer. 1 out of 2 women with cancer localized in the ovary (stage I), can be determined by this simple blood test. New tests are needed for accuracy and detection.

## Where does the money go?

As our mission statement reveals, we are 'family, friends and community unite to fight ovarian cancer'; a three pronged approach is taken and thus far we have distributed:

*Financial Aid to Patients—\$409,022*

*Research & Development —\$315,020*

*Awareness & Education — \$120,000*

We will continue to do our best for those in need and work to help find a cure, so that no one loses a mother, grandmother, sister, aunt, niece, or daughter to this cancer that whispers!

## In her words



"It is almost impossible to describe what I see, for mine are the eyes of an ovarian cancer survivor. When I look out into the world, and observe the members of the CMOCF, I see a group of people so diverse, yet so committed to MY fight. A fight to educate and a fight to provide for those who can't provide for themselves, due to this cunning, baffling disease. It is a fight to be seen and heard over all others though we are fewer in number.

I have learned many lessons from this group, and how to give of myself in a selfless way. I go to sleep at night knowing that there are others who truly care about me and my journey. I wake up every morning knowing that I have the tools to fulfill a mission. A mission of bringing the community together to assist those in my shoes and honor those less fortunate than I. CMOCF has given me the strength, courage and structure to be heard so that young girls and older women alike never have to see the world through my eyes, the eyes of an ovarian cancer survivor."

*Melissa Sharpsteen—Attorney at Law—April, 2011*