



HANA'S BULLETIN

OVARIAN & UTERINE CANCER AWARENESS

MONTHLY FORUM

Ovarian cancer is the second most gynecologic management in developing countries with the most common type being cervical cancer. Cancer starts when cells in the body grow out of control. It can occur in any part of the body and spread.

The average age of diagnosis is currently 63 years old with the risk of getting ovarian cancer during a lifetime being about 1 in 78 and the lifetime chance of dying from ovarian cancer about 1 in 108 (American Cancer Society, 2020). United States statistics for 2020 shows about 21,750 women will receive a new diagnosis of ovarian cancer and about 13,940 women will die from ovarian cancer (American Cancer Society, 2020). As with all cancers, genes mutations are known to cause the normal cells to become cancerous. It can either be inherited genes such as the BRCA 1 and BRCA 2 genes which are known to be present in about 10 percent of patients with ovarian cancer or acquired genetic changes developing from exposure to radiation or cancer-causing chemicals (Lee-May & Berek, 2020).

Risk factors: Includes older age, obesity, birthing children at a late time, hormone therapy after menopause, smoking, having a family history of ovarian cancer, breast cancer, or colorectal cancer. There is also a link to a family cancer syndrome from inherited changes (mutations) in certain genes.

Signs & Symptoms: Bloating, pelvic or abdominal, trouble eating or feeling full quickly, urinary urgency or frequency. Other symptoms can include: Fatigue, upset stomach, back pain, pain during sex, constipation, changes in a woman's period, such as heavier bleeding than normal or irregular bleeding, and weight loss.

Prevention revolves avoiding certain risk factors such as oral contraceptives and gynecologic surgery may help. For those with family history of ovarian cancer or BRCA mutation, genetic counseling and testing is available (American Cancer Society, 2020).

Screening: Having your regular women exam and being aware of symptoms are a major factor for early detection. Screening used are the TVUS (transvaginal ultrasound) and the CA-125 blood test. Keep in mind that the CA-125 is used to see how well treatment is working, not as a useful screening tool. Other test that may be carried out are ultrasounds and imaging to detect any other involving organs.

Treatment: Locally-surgery, radiation therapy, chemotherapy
Systemic-chemotherapy, hormone therapy, and targeted therapy

Prognosis: The five-year survival rate is less than 45%. With distant metastases is 25%, regional disease 75-80%, and stage I disease, over 90% (Lee-May & Berek, 2020).

For more information, visit the American Cancer Society



References

American Cancer Society. (2020). *About Ovarian Cancer*. Retrieved from <https://www.cancer.org/cancer/ovarian-cancer/about.html>

Lee-May, C., & Berek, J. S. (2020). *Overview of epithelial carcinoma of the ovary, fallopian tube, and peritoneum*. Retrieved from <https://www.uptodate.com/contents/overview-of-epithelial-carcinoma-of-the-ovary-fallopian-tube-and-peritoneum>

A SURVIVOR'S STORY



My name is CJ Colas and I am a 39 years old uterine cancer survivor, a wife, and a mother. Most recently I was diagnosed with stage 3 uterine cancer and by the time physician gave me the news it had spread to my lungs. I had to undergo an emergency surgery (hysterectomy) to prevent the cancer from spreading further. I did chemotherapy and radiation treatments and I'm glad to announce that I've been cancer free for 1 year.

Cancer changed my life and I started the TeamCJColas Uterine Cancer foundation to bring awareness and help other cancer patients with their fight physically, emotionally, financially and more. My motto is "If you're diagnosed with cancer, find something worth fighting for and keep pushing."

October 2020

- Koze Sante, 10/3/20 Facebook Live
- General Membership Meeting, 10/17/20 via Zoom

UPCOMING EVENTS

TRELEGY Ellipta (fluticasone fuoroate 100 mcg,umeclidinium 62.5 mcg, and vilanterol 25 mcg inhalation powder)
A once-daily maintenance treatment with all 3 types of long-acting inhaled COPD medicines in 1 inhaler for long term treatment of COPD, including chronic bronchitis, emphysema, or both.



*Disclaimer- HANA is by no way affiliated with the company that distributes the drug mentioned above.

TRELEGY works by opening the airways, keeping them open, and reducing inflammation.

Warning: Not to be used as a rescue inhaler or for asthma. Ask your provider at your next appointment of prescription TRELEGY is for you or go to their website, [www. Trelegy.com](http://www.Trelegy.com) for more information

DRUG SPOTLIGHT

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