Julie Richardson Procter

February 17, 1960 - April 30, 2011

The *Gift of Life* annual 5K Ribbon Run/Walk is named in loving memory of the late Julie Richardson Procter. With the support of her beloved husband Beau Procter and a trust in her name, the run generously funds an ovarian cancer educational awareness initiative.

A devoted *Gift of Life* board member, volunteer and well-respected Southeast Texas attorney, Julie Richardson Procter passed away in April 2011, after a courageous battle with ovarian cancer. This silent disease with vague symptoms will affect more than 25,000 women this year. More than half of these women will lose their lives. Although Procter's cancer was diagnosed at an advanced stage, she approached each day with optimism and grace, hoping that her illness would serve as a meaningful platform to educate more women about the risks and symptoms of ovarian cancer.

JULIE RICHARDSON PROCTER

OVARIAN CANCER

AWARENESS PROGRAM

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OVARIAN CANCER
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Call the *Gift of Life*
to schedule an educational presentation for your
church, school, business or organization.
Early detection and education are the BEST protection.

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JULIE ROGERS "GIFT OF LIFE" PROGRAM

OVARIAN CANCER

Ovarian cancer forms in tissues of the ovary (one of a pair of female reproductive glands in which the ova, or eggs, are formed). Most ovarian cancers are either epithelial carcinomas (cancer that begins in the cells on the surface of the ovary) or malignant germ cell tumors (cancer that begins in egg cells). Ovarian cancer occurs in one out of 57 women, at any age, according to the National Cancer Institute.

Risk Factors

Certain factors may increase your risk for ovarian cancer. Having one or more of the following does not mean a woman will develop ovarian cancer; however, her risk does increase. Risk factors for ovarian cancer may include:

- Family history of ovarian, breast, or colorectal cancer
- A previous cancer diagnosis of the breast, colon, rectum or uterus
- Age: A woman's highest risk for ovarian cancer begins in her mid-60s and increases through her 70s. Some are diagnosed earlier, but most at age 55 or older.
- Never having been pregnant, infertility, having a first child after age 30, starting menstruation before age 12 or experiencing menopause after age 50
- Hormone replacement therapy for menopause
- Having an Eastern European (Ashkenazi) Jewish background

Symptoms

Early ovarian cancer may not cause any symptoms. When symptoms do appear, ovarian cancer is often advanced. Symptoms of ovarian cancer may include the following:

- Abdominal or pelvic pain
- Frequency and/or urgency of urination
- Abnormal swelling and/or pain
- Bloating and/or feeling of fullness
- Increased abdominal size
- Pain down legs
- Any of the above symptoms for more than 12 days every month.

Be Proactive!

Pay attention to your body, and know what is normal for you. If you notice changes that are not normal and could be a sign of ovarian cancer, see your physician, especially if symptoms last more than two to three weeks. There is no simple and reliable way to test for ovarian cancer in women who do not have any signs or symptoms. The Pap test only detects cervical cancer. Tests that examine the ovaries, pelvic area, blood, and ovarian tissue are used to detect and diagnose ovarian cancer.

"Ovarian Cancer occurs in **ONE OUT OF 57 WOMEN,** at any age"

Treatment

Some women who have an increased risk of ovarian cancer may choose to have a prophylactic oophorectomy (the removal of healthy ovaries so that cancer cannot grow in them). In high-risk women, this procedure has been shown to greatly decrease the risk of developing ovarian cancer The prognosis and treatment options depend on the stage of the cancer, the type and size of the tumor, the patient's age and general health and whether the cancer has just been diagnosed or has recurred.