YOU ROCK

Please join us in helping to fund lifesaving ovarian cancer research and provide support for cancer patients undergoing treatment.

SHE ROCKS

Research Ovarian Cancer Knowledge Support

JOIN THE FIGHT AGAINST OVARIAN CANCER

WILMINGTON

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TRIAD

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To make a donation or to learn more about ovarian cancer, visit **She-ROCKS.org** or contact us through one of our offices.

SHE ROCKS

Research Ovarian Cancer Knowledge Support

@sherocksagainstcancer @sherockstriad

She ROCKS is a licensed 501c3 organization.

FOR EVERY WOMAN YOU KNOW & LOVE

SHE

might be your mother, your sister or your daughter. She could be your aunt, cousin or best friend. She could be you.

No matter her age or risk factors, if she has ovaries, she is at risk for ovarian cancer—a diagnosis that is three times as deadly as breast cancer, yet extremely underfunded in comparison.

Cofounder Beth Quinn

Research

When you give to She ROCKS, you are helping to fund groundbreaking ovarian cancer research at the world-renowned UNC Lineberger Comprehensive Cancer Center in Chapel Hill, NC. There, in the Beth Quinn Laboratory (named for the She ROCKS cofounder), Victoria L. Bae-Jump, MD, PhD, and her team of research oncologists are working on ways to detect ovarian cancer as early as possible, as well as find more effective treatments and ultimately a cure.

In the first eight years after She ROCKS was formed in 2014, the organization gave nearly $1.2 million for ovarian cancer research. Fundraising remains crucial, as there is so much more to be done.

Ovarian Cancer

Overall, one in 78 women will be diagnosed with ovarian cancer in her lifetime, leading to 21,000 cases and 14,000 deaths in the U.S. each year.

While these are risk factors associated with ovarian cancer, keep in mind that many of the women who develop the disease have few or none of them.

- **Being middle-aged or older, although diagnosis can be made any age**
- **Having never given birth or had trouble getting pregnant**
- **Having a BRCA1 or BRCA2 genetic mutation or one associated with Lynch Syndrome**
- **Taking hormone therapy, depending on combination, years of use and whether or not you had a hysterectomy**
- **Having endometriosis, polycystic ovary syndrome or breast, uterine or colon cancer**
- **Having close family members, such as mother, sister, aunt or grandmother who has had ovarian cancer**

Knowledge

Early detection is critical to long-term survival, yet many women are unaware that there is no test for early detection. Pap smears and pelvic exams DO NOT screen for ovarian cancer, so symptom awareness is considered the first line of defense.

Equally troublesome, the symptoms are often vague and can mimic other conditions, so 75% of patients are at an advanced stage of disease when they are diagnosed.

A woman experiencing any of these symptoms for more than a few weeks should see her doctor (ideally a gynecologist) immediately:

- **Pelvic or abdominal pain**
- **Abdominal distention or bloating**
- **Trouble eating or feeling full quickly**
- **Urgent, frequent or painful urination**
- **Pain with intercourse**
- **Upset stomach or heartburn**
- **Constipation or changes in bowel movements**
- **Menstrual changes or post-menopausal bleeding**
- **Sudden or unexplained weight gain or loss**

Support

In Wilmington, She ROCKS gives a portion of the funds raised to support patients who are receiving treatment at Novant Health New Hanover Regional Medical Center. Funds have been used to help ease financial burdens, buy comfort and care items, and to purchase infusion chairs.

In the Triad area, She ROCKS partners with Alight Integrative Care at Cone Health Cancer Center to provide financial, educational and emotional support to patients who are in treatment for breast or gynecological cancers.

In 2021, She ROCKS established endowments to provide ongoing funding for patient support. The She ROCKS Gynecologic Oncology Patient Fund (in Wilmington) and The Marie Burris Wood She ROCKS Patient Endowment Fund (in the Triad) each received an initial gift of $50,000, with the intention of future growth where possible.