

## Template Constituent Newsletter

The Ovarian Cancer National Alliance (OCNA) just kicked off the second year of its **United States of Teal** campaign with the mission of turning every state in America teal by driving action around ovarian cancer awareness. Currently, no ovarian cancer screening test exists, so OCNA stresses that “until there’s a test, awareness is best.”

In 2010, it was estimated that more than 21,000 women were diagnosed with ovarian cancer and 15,000 died of the disease. Experts recommend that women see a gynecologist if they experience any of the often subtle symptoms of ovarian cancer daily for more than a few weeks. Four major symptoms of ovarian cancer include

- bloating
- pelvic or abdominal pain
- difficulty eating or feeling full quickly, and
- frequent or urgent need to urinate.

If ovarian cancer is treated before it has spread outside the ovary, the five-year survival rate is 93 percent. However, tragically, only 19 percent of ovarian cancers are found at such an early stage, which is why I am working to help make women aware of the potential warning signs. Experts acknowledge that the identified symptoms are vague and can be associated with many other medical conditions, however, it is better to be safe than sorry.

To “pledge our alliance” to the United States of Teal my staff and I will be wearing teal or teal ribbons on September 2, Teal Day, to indicate our support of the ovarian cancer community and their efforts, including increasing awareness of the symptoms and expanding federal research to improve treatments and support the development of a desperately needed screening test.

I urge my supporters to join me in recognizing Teal Day by wearing teal to increase public knowledge about this deadly disease.

To learn more about the campaign, visit [www.UnitedStatesofTeal.com](http://www.UnitedStatesofTeal.com). For more information about ovarian cancer or the Ovarian Cancer National Alliance, visit [www.OvarianCancer.org](http://www.OvarianCancer.org).

*\*We encourage you to edit this text and make it your own.*