



Wham. Pow. Zap.

Retire that cape, Clark Kent! There are some new Super Heroes in town, and they are here to deliver a knock-out punch against our archenemy -- ovarian cancer.

Yes, it's true. With the help of six local super heroes – Susan, Peg, Jasmin, Phyllis, Sherry and Mary – ovarian cancer and its villainous ways are in for a fight. Together, these Super Heroes, each ovarian cancer survivors, will take to the streets in 2017 with a message to all women, “Be Your Own Super Hero: Awareness and Knowledge -- Your Secret Weapon.”

This message is the basis of the Ovarian Cancer Alliance of Oregon and SW Washington's original “Trust Your Gut” ovarian cancer awareness campaign. The intent of the TYG campaign is to beat a blow to ovarian cancer by raising awareness of early warning signs in an engaging and memorable way.

The Trust Your Gut awareness campaign builds on that instinctive “gut feeling” that women have. “No one knows your body as well as you do. Sure, doctors are well trained and know what they're doing. But nothing takes the place of your intuition about your own health,” says Super Hero Jasmin.

Adds Super Hero Susan, “You have to go with that gut feeling and recognize the early warning signs.”

Early warning signs are: bloating; difficulty eating or feeling full quickly; abdominal or pelvic pain; and/or frequent or urgent need to urinate.

In 2015, the Ovarian Cancer Alliance of Oregon and SW Washington received a bequest from the estate of Katherine Z. Luecker (Kathie Luecker, who was just 54 when diagnosed with ovarian cancer, died one year later at 55). The **Trust Your Gut** super hero campaign was created with funds from Kathie's generous and meaningful gift, and in concert with her wishes for increased awareness of the symptoms of ovarian cancer.



AWARENESS & KNOWLEDGE. YOUR SECRET WEAPON.



Jasmin...
*"No one knows your body as well as you do. Sure, doctors are well trained and know what they're doing. But nothing takes the place of your intuition about your health."
 I was very fortunate in that my particular type of ovarian cancer was diagnosed at Stage 1. My symptoms of bloating, abdominal discomfort, back pain and more, were so sudden and so dramatic I simply couldn't ignore them. Ultimately, early detection reduced the intensity of my treatment and improved my prognosis. And for that I am very thankful.
 If you notice any sudden changes or irregularities regardless of your age, don't dismiss them. Take them seriously and encourage your doctor to do the same."*

TRUST YOUR GUT

Know the warning signs for ovarian cancer.

- 1 Bloating
- 2 Difficulty eating, feeling full quickly
- 3 Abdominal or pelvic pain
- 4 Frequent or urgent need to urinate

Talk with your doctor. Be an advocate for your health. Early recognition can save your life. Remember: A Pap smear is not a test for ovarian cancer.



Ovarian Cancer Alliance of Oregon & Southwest Washington

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Knowing that a PAP smear does not test for ovarian cancer, Super Hero Phyllis advises, “There is no definitive test for ovarian cancer. So, you have to be your own test. If something doesn’t feel right, take action about it.”

Trust Your Gut launches formally in early 2017. To contribute to the Trust Your Gut campaign, please send in the enclosed envelope, noting your TYG donation. Of course, your financial support of our other programs (peer mentoring, Survivor’s Teaching Students, By Your Side chemo care kits and financial assistance) is also welcome and appreciated!

“As an ovarian cancer survivor, I can tell you that cancer sucks. And chemo sucks,” says Super Hero Mary. “But life is awesome.”

Be a Super Hero Sidekick



Contact us if you want to hang posters, talk to businesses, promote the campaign on social media, or otherwise help raise awareness of the early warning signs of ovarian cancer: email info@ovariancancerosw.org.

Connect with Us: Peer Support Hotline: 877-682-2679

website: www.ovariancancerosw.org email: info@ovariancancerosw.org

Twitter @OvCa_OR_WA and on Facebook