

News from Target Ovarian Cancer

On Target

Winter 17/18



It's time to

**TAKE
OVAR**

**£1m to
find new
treatments**

**Demanding
earlier
diagnosis**



**TARGET
OVARIAN
CANCER**

Welcome



We all know that there is a chronic lack of awareness and funding for ovarian cancer. It is not acceptable that 11 women die from the disease every day, and yet research funding has dropped by a third in five years. We have seen enormous advances in other cancers, but ovarian cancer is lagging behind.

Enough is enough. It's time to TAKE OVAR. We must act now to transform the lives of women with ovarian cancer, before it's too late.

Read on to find out more about our TAKE OVAR campaign and come together with all those who are affected by ovarian cancer to raise awareness, fund research and save lives. Together we can transform the futures of more than 25,000 women in the UK who are living with ovarian cancer – and thousands more who are yet to be diagnosed. This is mission possible. I hope you'll be with us every step of the way.

With best wishes,

Annwen Jones Chief Executive

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Meet the campaigners

Alison, Helen, Ivana, Lisa, Liz, Seema and Vickie came together to launch the TAKE OVAR campaign.



TAKE OVAR

21 million people heard about TAKE OVAR when we launched the campaign

- Target Ovarian Cancer**
2 Angel Gate, London EC1V 2PT
- 020 7923 5470**
- info@targetovariancancer.org.uk**
- targetovariancancer.org.uk**
- TargetOvarianCancer**
- @TargetOvarian**

Nurse-led Support Line
020 7923 5475
support@targetovariancancer.org.uk

Cover photo: Dr Liz Moore's research is funded by Target Ovarian Cancer, and she is one of the faces of the TAKE OVAR campaign.

It's time to TAKE OVAR

We face significant challenges in ovarian cancer. Public spending on research has dropped, awareness is low, and women with ovarian cancer say they do not get the support they need.

Together we are saying, enough is enough. It's time to TAKE OVAR. Our new campaign is bringing people together to make sure women have the best chances of surviving ovarian cancer. We have taken over On Target to show you how you can be part of it.

Meet Helen and Liz

Helen and Liz are two of the faces of the TAKE OVAR campaign. They are passionate about changing the future for women with ovarian cancer.

Public spend on ovarian cancer research has dropped by **one third** in the last five years

Three quarters of women with ovarian cancer say they do not get the support they need

Two thirds of women are diagnosed once the cancer has already spread

"If diagnosed at the earliest stage, up to 90 per cent of women would survive for five years or more, so my research is looking into a potential new way to detect ovarian cancer earlier. I'm proud to be part of the TAKE OVAR campaign because it will bring forward the day when women will benefit from more research into all aspects of the disease."

Dr Liz Moore,
Target Ovarian
Cancer researcher

"When I was diagnosed with ovarian cancer in 2016, I had no idea where I could get support. My nurse Tina pointed me in the direction of Target Ovarian Cancer, and their advice and information was so helpful. With TAKE OVAR I feel like I'm part of something bigger – and I hope you'll join us so we can help even more women."

Helen,
diagnosed
in 2016



£1 million to find new treatments

Target Ovarian Cancer is proud to have committed over £1m to groundbreaking ovarian cancer research across the UK.



We recently announced our newest research project at the University of Manchester, which will help find new, personalised treatments for women with ovarian cancer. Professor Richard Edmondson and his team will look at DNA damage and repair in ovarian cancer cells.

TAKE OVAR
Target Ovarian Cancer has committed over £1m to ovarian cancer research

Help to find tomorrow's treatments

Please consider leaving a gift in your Will to Target Ovarian Cancer. Leaving a gift will help us to TAKE OVAR and transform the future for women with ovarian cancer. You can help us get more gold-standard research projects off the ground and make sure that more women have access to innovative new treatments in generations to come.

Remember, you'll need our charity numbers: 1125038 (England & Wales) SCo42920 (Scotland).

If you'd like more information or to talk in confidence please call 020 7923 5474 or visit targetovariancancer.org.uk/legacy



Find a clinical trial near you

Clinical trials give women with ovarian cancer access to the best care and potentially to new cancer drugs or surgery, while helping clinicians better understand the disease.

Part of the TAKE OVAR campaign is about helping more women take part in trials so we can double ovarian cancer survival rates, and we have updated our award winning Ovarian Cancer Clinical Trials Information Centre to help more women

have a say in their treatment. Visit the website today to search all open, public access clinical trials by location, trial phase and treatment stage, and print information to share with your clinical team.

To find out more and get support visit targetovariancancer.org.uk/clinicaltrials or speak to a nurse adviser on our Support Line – 020 7923 5475.

Yes Minister

We were quick off the mark after June's snap general election, meeting with Steve Brine MP, Minister for Public Health and Primary Care, to congratulate him on his appointment and to discuss progress against the NHS Cancer Strategy. The new Minister is a former member of the APPG on Ovarian Cancer and also joined us to support our October TAKE OVAR event in Westminster, giving an engaging speech to ovarian cancer campaigners and nearly 30 MPs.



A path to Stormont

We have completed our circuit of the nations, taking Pathfinder Northern Ireland to representatives at the Northern Ireland Assembly at Stormont. This year we have put ovarian cancer in the spotlight in England, Scotland, Wales and Northern Ireland in addition to our Pathfinder UK launch, publishing separate Pathfinder reports for each of the four nations.

TAKE OVAR

According to Pathfinder Northern Ireland, 3/4 of women cannot name bloating as a symptom of ovarian cancer



Three cheers for the BMA

Target Ovarian Cancer was the British Medical Association's Charity of the Year for 2017. A passionate staff team raised a fantastic total of over £12,000 with fundraising challenges throughout the year including bake offs, taking on The Ovarian Cancer Walk and the Royal Parks Half Marathon, concerts, quiz nights, and even a very special Christmas pantomime.

Can you, or someone you know, nominate us for Charity of the Year where you work? TAKE OVAR at work – contact fundraising@targetovariancancer.org.uk or 020 7923 5474.

"Target Ovarian Cancer was nominated by a member of staff as a charity close to their heart, and we voted overwhelmingly to support them. We've had fantastic support from the team, and are proud to have smashed our fundraising target!"

Rob Kidney, British Medical Association

Target on... healthcare professionals

Early diagnosis in practice

Over 40 per cent of all GPs have completed our ovarian cancer education modules, giving them the skills they need to diagnose ovarian cancer earlier. We're now expanding our essential early diagnosis work, building on our existing projects to reach out to general practice nurses...

First port of call

A GP nurse is often the person a woman sees first and most often at their local GP surgery. It is vital that nurses are clued up about ovarian cancer and can refer women for more tests if they suspect possible symptoms of the disease.

TAKE OVAR
There are 15,528 general practice nurses in the UK. We hope to reach them all.

Time to talk

Whether a woman is going in for a routine 'MOT'-type health check, menopause or HRT clinic, cervical smear test or contraception review, GP nurses are perfectly placed to proactively discuss the symptoms of ovarian cancer.

We are also encouraging nurses to think carefully if women have IBS-like symptoms which are new, or a change in urinary habit or bladder problems. Although it is important to be aware that ovarian cancer can occur at any age, we're also encouraging them to be on the lookout for symptoms of ovarian cancer in women who are at higher risk – those aged over 50 or those who have a family history (maternal and paternal) of ovarian and breast cancer.



"Improving early diagnosis of ovarian cancer needs a two-pronged approach. The first is for women to know the symptoms, and the second is making sure GPs have the knowledge and support to refer women promptly. GP nurses can help in both areas – their support is invaluable."

Jenny Aston, QN, Advanced Nurse Practitioner and RCGP Nurse Champion



A personal perspective...

Janet from Preston was diagnosed with ovarian cancer in 2016. A local GP nurse played a big part in her diagnosis...

"I'd been in and out of the surgery with digestive problems, and had been referred both for an ultrasound and a colonoscopy. Before the colonoscopy happened, I had a routine appointment with the GP nurse about my HRT. I mentioned I was worried about bladder problems I'd been having – I thought it was a UTI, and that, along with my persistent tummy pain and bloating, meant that she recommended another appointment with the GP.

"I had some blood tests that afternoon. My CA125 level was raised, and I was referred to the gynae oncology team.

"The care I got from everyone at my GP surgery was stellar – I'm so pleased that my general practice nurse Yvonne was able to discuss her concerns with the GP, who could then refer me for the tests that led to my diagnosis. I want all practice nurses to be able to do this."



Getting more nurses involved

- We've created a new **general practice nurse leaflet**, a quick and easy way for practice nurses to update their knowledge on ovarian cancer symptoms. We've reached over 6,000 healthcare professionals with leaflets already.
- Our **online learning module** for GPs has been accredited by the Royal College of Nursing, adding to existing accreditation from the Royal College of General Practitioners. This lets healthcare professionals know it is a quality education tool that will assist in their professional development.
- We **published an article** in prestigious nursing journal Practice Nursing to reach more nurses directly and help them to talk to women about ovarian cancer symptoms.

Order or download a leaflet on our website at targetovariancancer.org.uk/GPnurses

Why not join the TAKE OVAR and raise awareness in your local GP surgery this Ovarian Cancer Awareness Month? Visit our website for more information.

Target on... symptoms

TAKE OVAR... and spread the word

This year, join us as we TAKE OVAR and together we can make sure women have the best chances of survival. Our new symptoms materials will help us all to tell more women about the symptoms of the disease and give them the confidence to get checked out if they are worried.

Spread the word

Our Pathfinder research revealed that just one in five women can name bloating as one of the symptoms of ovarian cancer. Join us and help to change this – you can raise awareness by handing out leaflets at events, to your family, friends and work colleagues. Together we can TAKE OVAR and spread the word so more women are aware of the symptoms.

Meet Simone

Simone is our friendly symptoms awareness sidekick, helping to spread the word about the symptoms of ovarian cancer.



Crystal clear information

All of our ovarian cancer information, including symptoms information, has received the NHS quality information kitemark. The Information Standard is only awarded to the most reliable information so that people reading it can be sure it's accurate and evidence-based.



Order now for Ovarian Cancer Awareness Month

Why not hold an event to raise awareness and money this March for Ovarian Cancer Awareness Month?

The funds you raise will help us reach even more members of the public and healthcare professionals to tell them more about ovarian cancer, so that more women are diagnosed earlier. We have symptoms leaflets, posters and our symptoms diary – don't forget to order a collection box alongside your awareness materials.

Visit targetovariancancer.org.uk/March to order now.



A personal perspective...

Donna from Doncaster held a ladies' night to raise funds and spread awareness.

“Losing someone you love is devastating and it made me want to do something.

“I've lost a few close friends and family to ovarian cancer, after they were diagnosed late. I decided to do something to raise money and awareness of the symptoms of ovarian cancer - a ladies' night at a local pub. People were so helpful! The landlady let me rent the pub for free and locals donated 40 amazing raffle prizes.



“The atmosphere on the night was ecstatic. We had a drag performer whose sister had had ovarian cancer, and they asked everyone to take a symptoms leaflet home with them and read it – I didn't have any left! In the end we did our bit to raise awareness and raised £1,856. The money will mean that Target Ovarian Cancer can reach 7,400 more people with symptoms information. I am so pleased and proud.”

Get inspired

We're just a phone call away

Ovarian cancer can be isolating, and information patchy. Many women affected find it hard to meet anyone else in the same position as them.

That's where we come in.

We launched our nurse-led Support Line in 2016 to bring you the clearest advice and information about ovarian cancer, in a way that's best for you. Our Nurse Advisers Joan and Val have both worked as specialist nurses for women with ovarian cancer. They are just a phone call or an email away.

Joan says: "Worries about symptoms, coming to terms with a diagnosis of ovarian cancer and making decisions about treatment can be stressful, and having someone like me on the end of the phone gives people the space they need to talk or ask questions. It can be just as important for family and friends to get in touch too – we're here for everyone."

Val says: "Better support for women and their loved ones is at the centre of all we wish to achieve, and we hope you'll get in touch with us for advice, support and information – no question is too small."



Contact our
Support Line

020 7923 5475
support@targetovariancancer.org.uk

We are here for you
9am–5.30pm
Monday–Friday

Donate today and help us to reach out.

Just £15 means our expert Nurse Advisers can give a woman concerned about ovarian cancer the advice, information and support she needs.

Donate today or give monthly
targetovariancancer.org.uk/donate

It's time to
TAKE OVAR

We need your help

We want to transform the futures of more than 25,000 women in the UK who are living with ovarian cancer and thousands more who are yet to be diagnosed. And we can't do it without you.

Together, we've already taken over places like the Olympic Park, the Houses of Parliament, Hull and Brighton. Passionate people like you are getting involved, and with your help we can do even more.

Join the TAKE OVAR

Make sure you're in the know.

Sign up, pledge your support and be the first to find out about upcoming TAKE OVAR activities, join existing events, and be a TAKE OVAR campaign champion in your community.



TAKE OVAR
and save lives
by fundraising
or donating.

Could you TAKE OVAR your office, local community centre or even your home? Hold a fundraising event or take on a special challenge to raise money and awareness. Or TAKE OVAR and make sure women have the best chances of survival from ovarian cancer by donating or giving monthly.

Visit targetovariancancer.org.uk/joinus to find out more and sign up now.

"I'm proud to be one
of the faces of TAKE OVAR.

As an ovarian cancer nurse specialist I meet women who have had a diagnosis every day, and have raised money for Target Ovarian Cancer by doing a sponsored trek. I believe that together we can make a real change for women with ovarian cancer by raising awareness and helping to fund more research and better support for women. I've had great experiences fundraising, and you'll get full support from the team – so please join the TAKE OVAR and find out more."

Vickie Gadd, Clinical Nurse Specialist

Join the TAKE OVAR and ride with hundreds of others in a brand new cycle challenge for cancer charities, Pedal4Cancer.

Pedal4Cancer
16 September
2018

Cycle from London to Cambridge on this 60-mile trip starting at the Olympic velodrome in London. The route will take you through some of the most beautiful rural roads the south of England has to offer.

Both self-funding and charity place options are available – and you'll get full support from the Target Ovarian Cancer team when you sign up.



For more information and to register:
Visit targetovariancancer.org.uk/Pedal4Cancer Call 020 7923 5474
Email fundraising@targetovariancancer.org.uk



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