Our New Website

Have You Visited Our Marketplace?

Shop for the cause at our online marketplace--an e-store stocked with a variety of goodies from wine to bathing suits and more! All sales benefit the Foundation. Here's a sampling of what you'll find in store:

- **Pariaso Vineyards** - A crisp, fruit-forward Pinot Noir from California
- **It Figures** - Flattering bathing suits made by women, for women
- **Knockout Panties** - Beautiful, lacy “Smart Panties”
- **Life Ties** - Handsome purple ties for the men in your life
- **Neckkisses** - Beautiful beaded necklaces in a variety of colors

Browse the marketplace now.

Gynecologic Cancer Awareness Month (GCAM) Toolkit

Bleeding After Menopause Could be a Sign of Uterine Cancer

Since the Foundation first declared September as Gynecologic Cancer Awareness Month (GCAM) in 1999, there have been thousands of events at both the national and local levels to support women diagnosed with a gynecologic cancer, and to honor the memory of those who have passed away. Each year, the Foundation produces a GCAM Toolkit to help women understand one key message about gynecologic cancer. This year, the Foundation is shining the light on uterine cancer with the message that **bleeding after menopause could be a sign of uterine cancer**. [Download](#) a free copy of this year's GCAM Toolkit.

Upcoming Survivors Courses

Coming to a City Near You!

Each year hundreds of women from almost every state in the country attend one of the Foundation's free courses. These courses provide the most current information about treatment options, research and quality of life strategies taught by leading experts, mostly gynecologic oncologists. There is also time for women to network and share their experience with other women. Family members, friends and other caregivers are welcome. We hope you can join us for one of our upcoming courses:

**Ovarian Cancer Survivors Course**
Saturday, July 27, 2013 in Boston, MA

**Gynecologic Cancer Survivors Course**
Saturday, August 24, 2013 in Winston-Salem, NC

**Ovarian Cancer Survivors Course**
Saturday, September 7, 2013 in Charlottesville, VA
Ovarian Cancer Survivors Course
Saturday, September 21, 2013 in Morristown, NJ

Upcoming Foundation Events
Something for Everyone...

11th Annual Golf Tournament to benefit the Foundation for Women's Cancer
August 19, 2013 - Bristow Manor Golf Club, Bristow, VA

Celebrity Chef Dinner
August 24, 2013 - Harrisburg, PA

WeRoc's 6th Annual Race for Awareness
Benefiting the Foundation for Women's Cancer's ovarian cancer research efforts
September 22, 2013 - Arlington Park Racetrack, Arlington Heights, IL

N.E.D. at The North Carolina Museum of Art
September 21, 2013 - Raleigh, NC

Globe-a-thon
September 29, 2013 - Washington, DC

A 24 hour relay around the White House and awareness event.

For more information about any of the above events, contact Sharon Krinsky at 312.580.1165 or skrinsky@foundationforwomenscancer.org.

Stories That Inspire

My Mission is to Give Hope

My mission is to give hope. I was diagnosed Stage IIIc epithelial serous ovarian cancer in May 1987 when I was 41 years old. Our boys were 9 and 14. They are now 35 and 41. I was 68 on July 4th. I had two big surgeries and 2 1/2 years of chemotherapy, including a year of treatment for a recurrence in 1993. Everything I went through was worth it because I am well.

Read more.

Paraiso Vineyards Partners with the Foundation
Sales of Pinot to Benefit National Race to End Women's Cancer

Paraiso Vineyards in Monterey, California has taken on the fight to end "below-the-belt" women's cancers! As the official Vintner Sponsor for the 2013 National Race to End Women's Cancer, Paraiso is offering their award winning 2010 Pinot Noir at a 26% discount -- it's delicious, fruit forward, light and refreshing -- perfect for summer.

With discount code RACE, you will pay only $19.98 and the Foundation will get $4.00 per bottle for our race budget. If you buy a full case, $48 will go directly to the National Race! Visit our website Marketplace to learn more and place your order today!

Survivors' Corner

Say What?

Brachytherapy. Cisplatin. Neoplasm. If you have been diagnosed with cancer, chances are you've encountered medical jargon like this. Unless you're an MD, these new terms are probably confusing. Luckily, the National Cancer Institute (a long-time member of the Foundation's Allied Support Group) has created a Dictionary of Cancer Terms. Users can search for terms in English or Spanish and get definitions that are simple and easy-to-understand. Try it out!

Cancer in the News

Only Half of Physicians Follow Cervical Cancer Prevention Guidelines

Less than one-third of obstetrician-gynecologists vaccinate eligible patients against HPV and only half follow the cervical cancer prevention guidelines that were published in 2009, according to recent survey findings published in the American Journal of Preventive Medicine. Read the full article.

Foundation's Dr. Robert Coleman Presents Award

Award Celebrates Ovarian Cancer National Alliance (OCNA)

Dr. Robert Coleman, on behalf of the Foundation for Women's Cancer and the Society of Gynecologic Oncology, presented an award celebrating the Ovarian Cancer National Alliance's partnership and advocacy efforts to CEO Calaneet Balas (pictured on left) and Board President Terri McKnight (pictured on right) at OCNA's annual conference in DC earlier this month.
At the OCNA award presentation, Dr. Rob Coleman wore a tie made for him by Mrs. Louetta Johnson, an active 91 year old patient.

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**Remembering Lynda Smith**

The Foundation for Women’s Cancer extends its sincere sympathies to the family of Lynda Smith. Her commitment to helping other women through awareness and fundraising events with Baker’s Square led to the funding of the WeRoc/OChO Ovarian Cancer Research Grant, being offered for the first time this year. She will be truly missed.

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**June 2013**

**Our New Website**

**Cancer and Stress**

To deal with cancer, you also need to deal with stress. And the way you handle stress can have a huge impact on the way you and your healthcare team manage cancer. Check out this new section of our website for information on topics such as: How Does Stress Affect the Way Cancer Progresses? How Can I Protect Myself Against the Effects of Stress? Learn about cancer and stress now.
Why Purple?

Purple Represents ALL Gynecologic Cancers

Ever wonder why we love the color purple so much? The purple ribbon is the color that represents ALL gynecologic cancers. Whether women have cervical (magenta ribbon), ovarian (teal ribbon), uterine/endometrial (peach ribbon), vaginal (turquoise ribbon), vulvar (lavender ribbon) or any other type of gyn cancer, purple is the color that unites us all.

You Can Prevent Cervical Cancer

Video Answers FAQ's About HPV/Cervical Cancer

Federal health officials have announced that the prevalence of dangerous strains of HPV - the most common sexually transmitted infection in the US and a principal cause of cervical cancer - has dropped by half among teenage girls in recent years, a striking measure of success for the vaccine that was introduced only in 2006. Learn more about the cervical cancer vaccine from Foundation Board of Directors member Dr. Fidel Valea and others.

Stories That Inspire

"Pay it Forward - A Survivor's Story"

"I made a pact with God (and I'm not even religious). If I were to somehow survive this cancer, I would pay it forward. I would take time to help others, mentor, speak, fundraise and do whatever I could to give other women with cancer hope. The same hope that I so desperately wanted, but didn't seem to have. So here I am, sharing my story with you." Read Paige's full story.

Survivors' Corner

Parenting/Grandparenting Through Cancer

Do you feel prepared to talk to your children or grandchildren about your cancer? Chances are that even the littlest ones are going to have questions. The Cancer Support Community, a member of the Foundation's Allied Support Group, has put together some pointers on How to Parent Through Cancer.

Tips include:

- Use simple language that your child can understand
- Let them know about expected changes in their routines
- Give them small age appropriate jobs so that they feel involved

Get more tips

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**Cancer in the News**

**A.M.A. Recognizes Obesity as a Disease**

The American Medical Association has officially recognized obesity as a disease, a move that could induce physicians to pay more attention to the condition and spur more insurers to pay for treatments. Read the full NYT article.

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**Globe-athon**

**One Step Can Make a World of Difference**

It began in 2009 with a 72-hour run around Washington DC's National Mall in support of the Foundation for Women's Cancer's National Race to End Women's Cancer. It continued in 2011 with a 72-hour relay around the White House, and now it is a global 24-hour walk. Learn more.

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**IRB Approved Surveys**

**Let Us Help You Recruit Participants**

In accordance with our mission to increase knowledge about gynecologic cancers, the Foundation will participate in the distribution of IRB approved surveys in one of two ways: (1) through a link on the Foundation's website and/or (2) direct distribution to participants in Foundation survivors courses. All surveys must have IRB approval. Read more.

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**Breaking Waves - It Figures!**
Bathing Beauties Help Fight GYN Cancer

Breaking Waves - It Figures!, makers of contemporary swimsuits "for the modern woman with a real figure," recently made a generous donation to the Foundation. A huge thank you to the team at Breaking Waves - It Figures! and all the women who have bought their swimwear. Your contribution goes a long way in helping us in our fight against gynecologic cancers! Learn more/buy It Figures! swimwear.

Amy Pribila Sparano (Breaking Waves - It Figures!) and Sharon Krinsky (FWC) in New York, NY.

May 2013

Angelina Shines Light on Ovarian Cancer Risk

Learn Your Ovarian Cancer Risk

The recent news of the death of Angelina Jolie’s aunt has turned attention to the genetic link between breast cancer and ovarian cancer. The Foundation for Women’s Cancer offers a resource that allows women to assess their personal risk of developing ovarian cancer with action steps for each of the four risk categories. Learn your risk.

Our New Website

Spotlight: Jenny Allen
Did you know that the Foundation's new website features a SPOTLIGHT section on the homepage? This week's SPOTLIGHT features a video from the Center for Disease Control's Inside Knowledge campaign which raises awareness about GYN cancer. The video features the Foundation's National Race Co-Chair Jenny Allen. Watch the video.

Race Video

Check out our new 30 second National Race video! Many thanks to Rocket Media Group for their generous support on both new promotional videos this year. Watch the video. Register for the race today!

Pippa Dinner

Most recent Pippa Dinner a Sweet Success!

On May 4, Dr. Linda Duska and her husband Chris held the inaugural Chef Pippa dinner at their home in Charlottesville, VA. The gracious hosts welcomed over 40 guests who raised an impressive $12,000! The guests raved about the delicious food and loved interacting with an award-winning chef. All-in-all, the night was a huge success! Learn more about hosting a Pippa Dinner!

Stories That Inspire

A Survivor's Story: How I Got My Nickname, Lucky

My name is Andrea Annese Como and this is my experience as an ovarian cancer survivor. Here's a little background: I spent a long time taking infertility drugs and was never able to conceive a child. I would soon learn that this increases the risks of Ovarian Cancer. In July of 2006, I was turning 40 and decided to challenge myself. Exercise and healthy eating had always been an important part of my life and so I decided to begin sprint training. Soon after, I started to notice a few symptoms that were unusual for me. This is when the first whispers began. Frequent urination when exercising...fatigue...spotting between periods... mild pain on my left side... Read Andrea's full story.
Cancer in the News

Strides Made in Preventing Cancer, But Challenges Remain

Led by the Foundation's own Dr. Douglas Levine, scientists have discovered that the uterine cancer closely resembles the worst ovarian and breast cancers, "providing the most telling evidence yet that cancer will increasingly be seen as a disease defined primarily by its genetic fingerprint rather than just by the organ where it originated". Read full article.

Survivors' Corner

Taking Charge

Standing up for yourself and taking charge isn't always easy--especially when dealing with cancer. Luckily, The National Coalition for Cancer Survivorship, a member of the Foundation's Allied Support Group, developed the Cancer Survival Toolbox -- a wealth of information on how you can become your own best advocate.

Listen to survivors talk about setting goals and communicating their wants effectively.

FREE Ovarian Cancer Survivors Course

June 8, 2013 in NYC

The Foundation is pleased to announce our upcoming Ovarian Cancer Survivors Course! The course will be held Saturday, June 8, 2013, 9am-4pm in New York, NY.

Learn more/register.

World Ovarian Cancer Day

May 8, 2013
May 8th, 2013 was the first World Ovarian Cancer Day. On that date, the Foundation for Women's Cancer joined with ovarian cancer organizations from around the world to educate their communities about ovarian cancer and its symptoms. Learn more.

Our New Website
Check out our new website! Visitors will find updated content about each gynecologic cancer; new information about cancer and stress; the importance of nutrition; information for caregivers; and Gynecologic Oncology Group clinical trials currently open for enrollment by cancer type. Visit the site now.

Join the Jennies!
Registration is officially open for the Foundation's 2013 National Race to End Women's Cancer on Sunday, November 3 in Washington, DC!
Meet the two Jennies -- National Race Co-Chairs Jennie McGihon and Jenny Allen: Watch our new Race Video HERE!

A Heart-to-Heart with Three Gyn Oncology Nurses
Earlier this month, FWC attended the annual meeting of the Society of Gynecologic Nurse Oncologists (SGNO). While there, we spoke with three nurses about why they love their patients and the Foundation for Women's Cancer. Visit our You Tube channel to see the interviews!

Traci Braxton Wants YOU to Join the Movement!
Our warmest thanks to WEtv and Traci Braxton for filming this PSA to raise awareness about gynecologic cancers -- and sharing it with their 1,000,000 viewers nationally beginning this month. Click on the image here to watch the PSA.

Check it out!

Kudos to Drs. Coleman and Von Gruenigen
Survivors Course Road Warriors
Our utmost gratitude to Society of Gynecologic Oncology (SGO) members Dr. Robert Coleman and Dr. Vivian Von Gruenigen who have spoken at a combined 44 of the Foundation's 61 survivors courses!

A huge, heartfelt thank you to Dr. Coleman (who has spoken at 17 courses) and Dr. Von Gruenigen (who has spoken at 25 courses) for so selflessly giving of yourselves to help the many women and their loved ones who have been affected by gynecologic cancer.

Cancer in the News
Strides Made in Preventing Cancer, But Challenges Remain

The American Cancer Society has just released their annual report. The report focused on tobacco use, obesity, nutrition and physical inactivity, ultraviolet radiation and skin cancer, the cervical cancer vaccine and screening tests. Read more here.

Survivors' Corner
Adolescent Cancer Awareness Week: April 1-7

About 70,000 adolescents and young adults (ages 15-39) are diagnosed with cancer each year in the United States. If you are a young adult with cancer (or know someone who is) we encourage you to check out these great resources from the National Cancer Institute.

Spring Appeal
For the Love of Rachel

The Foundation's Spring Appeal is under way. If you missed our recent email, please click here to read about the Banov family's efforts to honor their beloved daughter Rachel, who succumbed to an aggressive form of cervical cancer last year. Read more here.

Click on the image at left for our 2013 Survivors Course schedule, and consider making a donation to support our efforts. Thank you!
Research Award Winners
2012-13 Awardees Announced

Earlier this month, the Foundation for Women's Cancer (FWC) and the Claudia Cohen Research Foundation announced that Dr. Robert C. Bast, Jr. has been selected as the 2013 recipient of the Foundation for Women's Cancer/Claudia Cohen Research Foundation Prize for Outstanding Gynecologic Researcher. Read more about Dr. Bast and the Claudia Cohen Foundation. Congratulations to the 2012-13 awardees, listed here.

Our New Website

The Foundation for Women's Cancer (FWC) has a new website! Visitors will enjoy updated content about each gynecologic cancer; new information about cancer and stress; the importance of nutrition; information for caregivers; and Gynecologic Oncology Group clinical trials currently open for enrollment by cancer type. Visit the site now.

Key Research Findings

Annual Meeting on Women's Cancer

See the latest news from the 44th Annual Meeting on Women's Cancer™ presented by the Foundation for Women's Cancer in this webcast.

Cancer in the News

Inadequate Treatment of Ovarian Cancer
A 3/13 article from The New York Times on research presented at Society of Gynecologic Oncology annual meeting shows crucial importance of seeking care from a GYN oncologist first for women with ovarian cancer. Read full article.

A Push for HPV Vaccinations
Earlier today, The New York Times published an article on the "stubbornly low rates" of young women getting vaccinated against HPV. What factors contribute to such low vaccination numbers? Keep reading to find out.

FWC Visits Alaska
Free GYN Cancer Survivors Course...and More!

Let Every Woman Know, an Alaska-based organization dedicated to supporting women with gynecologic cancers, recently partnered with the Foundation to host a three-day event dedicated to gynecologic cancer education and awareness.

On February 1st, 2nd and 3rd, participants had the chance to experience: an Art Walk and Art Showcase, a free gynecologic cancer survivors course, Rhythm Heals Concert featuring N.E.D., N.E.D. film premier and a musical tribute. Learn more!

See FWC's current course offerings.

NEW Endometrial Cancer Research Grant
In honor of Roberta Detz

The Family of Roberta Detz is partnering with FWC to establish an endometrial cancer research grant in honor of their wife, mother and grandmother. Roberta passed away on October 7, 2012.

The family is offering a $25,000 challenge to achieve their goal of raising $50,000 to support the grant. To support this endometrial research grant, please contact the Foundation at 312-580-1165 or you can simply make a donation by clicking here. (Please select Roberta's Fund in the drop-down menu.)

Survivors' Corner
Cooking for Someone with Cancer

If your loved one with cancer has decreased appetite, changes in taste preferences or is battling nausea, you might feel at a loss for what to do. The American Cancer Society, a member of the Foundation's Allied Support Group, put together an online guide called The Caregiver’s Kitchen: Cooking for a Person with Cancer. This free, online guide addresses ways to prepare food that is easy to eat, maximizes protein and calories, and considers food safety. Check it out!

Maximize Your Giving Power

Take advantage of this great opportunity! With the stock market at an all-time high, you can maximize your giving power by donating long-term appreciated stock to the Foundation for Women's Cancer.

Some benefits:
* Receive an income tax deduction for the full market value of the stock (up to 30% of your adjusted gross income)
* Avoid paying capital gains taxes
* Generously support the Foundation for Women's Cancer
Stock is the gift of choice for many donors who want to make a greater impact with their charitable giving. It is simple, convenient and the tax benefits of giving appreciated stock outweigh the benefits of selling the stock and then donating the cash proceeds.

For more information, please contact Sharon Krinsky, Director of Philanthropy at 312-580-1165.

Twitter Chat

On January 15, FWC partnered with Montefiore Medical Center and the American Cancer Society of NY and NJ to co-host a Twitter chat about cervical cancer screening and HPV. Gynecologic oncology expert and former FWC board member Mark Einstein, MD, MS, addressed many aspects of cervical cancer including prevention, diagnosis and treatment, and its connection to HPV. Thank you to everyone who joined the conversation!

Connect with the Foundation on Twitter at @GYNCancer

Braxton Family Values to Feature National Race

Episode to Air on 4/11/13

Don't miss WE tv's Braxton Family Values Thursdays at 9/8 CT with Traci Braxton our 2012 National Race celebrity spokesperson! And don't miss the special National Race episode on April 11th! Sneak peak here.

February 2013

No e-newsletter this month!

January 2013

No e-newsletter this month!