



Our Story

Let's Talk It Ovar was created in 2000 by Karen Binder and Sharon Goodell, two women who shared a common disease - Ovarian Cancer. Together, it was their mission to establish **Let's Talk It Ovar** as a support group where one could benefit from the experiences of others.

Thanks to the founding women's foresight to foster a deeper understanding about this disease, countless women have found their inner strength by sharing their personal stories, feelings and even their aches and pains!

There is a special bond that forms from the intimacy of sharing. At **Let's Talk It Ovar** meetings we have laughs, sometimes tears, but we always learn something new. We learn a great deal from each other about chemo, treatments, tests, and so much more.

Survivors give the newly-diagnosed hope.

Survival can grow from finding hope where there seems to be little. That is why **Let's Talk It Ovar** is always there for those who need support. *It is our hope that one day no one will need to be educated about Ovarian Cancer, a yearly diagnostic test will be the norm, and an effective cure will be readily available.*

Symptoms

Most women with ovarian cancer have some symptoms. However, these symptoms are often vague and may be attributed to less serious ailments, making it difficult to diagnose.

Contact a Gynecological Oncologist if any of these symptoms occur for more than two weeks:

- Pelvic or abdominal pain or discomfort
- Vague but persistent gastrointestinal upsets such as gas, nausea and indigestion
- Frequency and/or urgency of urination in absence of infection
- Unexplained weight gain or loss
- Pelvic and/or abdominal swelling, bloating or feeling of fullness
- Ongoing unusual fatigue
- Unexplained changes in bowel habits
- Abnormal vaginal bleeding

NOTE: A Pap Test detects cervical cancer NOT ovarian cancer

Ask your GYN about the CA125 test and the trans-vaginal ultrasound test.

501 (c)(3) Public
Ovarian Cancer Organization
Toledo, Ohio

Let's Talk It Ovar

An Ovarian/GYN Cancer Support Group

www.LetsTalkItOvar.org

Our Mission Includes:

- raising awareness
- promoting education
- extending emotional support to improve the quality of life for women with Ovarian Cancer and other GYN Cancers

Pending 501 (c)(3) Public
Ovarian Cancer Organization
Toledo, Ohio

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An Ovarian/GYN Cancer Support Group

www.LetsTalkItOvar.org

Email: info@letstalkitovar.org

Phone: 419.215.1867 / 419.367.2459

Send mail/donations to: P.O. Box 127
Holland, OH 43528



Welcome!

Please join us for lunch and informal discussions about the issues related to being diagnosed with Ovarian and/or a GYN Cancer. **Let's Talk It Ovar** is open to all women either newly diagnosed, currently in treatment, or in remission.

You are welcome to join Let's Talk It Ovar if you need support, encouragement, or if you just need someone to talk to. We care. We are here to support you. Let us help you.

A facilitator/therapist attends our meetings to help with questions and/or concerns you might have. There is no fee to attend these meetings, however lunch is available for purchase.

When: 2nd Tuesday of Every Month

Where: Scrambler Marie's
(Across from Levis Commons)
25690 Dixie Highway
Perrysburg, OH 43551
(419) 872-3599

Time: 12 P.M. - 2 P.M.



LTIO Survivor Bags, which contain vital information regarding ovarian cancer are available to the newly diagnosed at the local Toledo area GYN/Oncologists offices. If you don't receive one, please ask.



Let's Talk It Ovar

An Ovarian/GYN Cancer Support Group

When diagnosed with Ovarian Cancer most are left with little or no information. We have a wonderful, caring group who openly share experiences and feelings, including details you might never learn from an Oncologist or the Internet.

Many survivors have said, "Family and friends are important, but there is nothing like sharing with another survivor and discovering they truly understand what you are going through."

*Please join us! You'll soon feel a part of the **Let's Talk It Ovar** support group.*

Facts to Consider

Each year, about 22,000 women in the USA are diagnosed with ovarian cancer. There are more than 30 different types of ovarian tumors. Some are benign (noncancerous) and do not spread beyond the ovary; while malignant (cancerous) tumors can spread to other parts of the body.

Most women with ovarian cancer have some symptoms; however, most are difficult to diagnose. If diagnosed early, the survival rate is greater than 90%.

Most Importantly, Research Proves That Support Groups Can Aid In Recovery!