

DATES TO REMEMBER



September 5th

TEAL DAY - wear teal
Ovarian cancer awareness

September 13th

Walk/Run Set up-CBS Studio

September 14th

10th Annual Walk/Run
CBS Studios

October 17th

Women of Pasadena
(Breast & Women's Health
Pasadena Hilton 7 AM-3PM

October 22

Governors Conference for
Women
Long Beach

CELEBRATE LA

On Sunday, April 27th, OCC hosted a booth for Celebrate LA a volunteer recognition event hosted by the Volunteer Center of Los Angeles. The event was to bring non-profit organizations and volunteers together. OCC networked with other volunteers and organizations to build a stronger volunteer base. Gayle McKenna, Lori Lieberman, and Henry Acost greeted these fellow volunteers and shared educational materials at OCC's booth.

HADASSAH HEALTH FAIR

OCC attended the Hadassah Health Fair held at the Skirball Center on February 22nd which focused on new research for various women's cancers. There were over 500 people in attendance and we were able to distribute our literature to this audience.

WeSpark - Cancer Support Services (818) 906-3022



PAMPERED CHEF

On Saturday, February 9th, Paulinda Babbini hosted a Pampered Chef party to raise funds for OCC. Pampered Chef is a company that sells cookingware and demonstrations on how to use their products. It was a great time tasting the delicious food and a great way to raise funds for ovarian cancer research.

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Beller Nutritional Institute



P.O. Box 40035
Studio City, CA 91614





Gayle McKenna - President OCC, Paula Willson -CEO & President of VCC-Lorie Lieberman-OCC and George Crosby VCC Board Chair

VALLEY COMMUNITY WOMEN'S CENTER

The Ovarian Cancer Coalition of Greater California presented the Valley Community Clinic, a Non-Profit Organization, a \$5,000 grant for women to receive gynecological care. For over 35 years Valley Community Clinic has provided a full range of free and low-cost medical care and health services to the hard-working, low-income women of the San Fernando Valley. By supporting the Clinic, OCC hopes to inform women of services available to them and to promote health awareness and stress the importance of regular doctor visits. The contribution from OCC will help educate the women of our community regarding the signs and symptoms of Ovarian Cancer.



Join the hosts of the new daytime syndicated talk show "The Doctors" at the 10th Annual Ovarian Cancer Walk/Run for Awareness and Hope on Sunday, September 14th! The first medical talk show on television will be hosted by emergency room physician Dr. Travis Stork (you might recognize him from The Bachelor) and also includes Dr. Tara Fields-PhD, Dr. Lisa Masterson-OB/GYN, Dr. Andrew Ordon - Plastic Surgeon, and Dr. Jim Sears- Pediatrician. "The Doctors" premieres September 8th and will air weekdays at 11:00AM on KCAL 9.

After the race, come meet these doctors at the Health Fair. Go to www.active.com to sign up with the Doctors Dream Team and receive your own "Doctors" T-Shirt.

REMEMBERING ROBIN BABBINI



This is a story about a young, dynamic woman named Robin Babbini who was a student at the University of California - Santa Barbara and a devoted, dedicated, and passionate sister of Kappa Kappa Gamma, Epsilon Psi. Robin's very short and amazing life forever changed the lives of many young people and inspired

the creation of the annual Robin Babbini Community Achievement Award.

In 2004 Robin was already battling ovarian cancer, which had been diagnosed in her senior year of high school at the age of 17. She was determined to actively continue her life as a full time student, Kappa officer, and co-captain of the American Cancer Society's Relay For Life. Her enthusiasm, positive attitude, and encouragement helped Kappa raise the money needed to become the number one winning team for the second year in a row. Sadly, though, the horrific disease took her dynamic life at the age of 20 in 2006.

The Ovarian Cancer Coalition of Greater California is presenting the Robin Babbini Community Achievement Award to honor a deserving and devoted Kappa woman who has given back to the community. This will be a \$1,000.00 annual motivational award in conjunction with educating and bringing awareness to young women on the early symptoms and signs of ovarian cancer.

This year we are pleased to present the award to three outstanding Kappa seniors. The first is Melissa Mayers, who was 2007's Epsilon Psi president and facilitator of the fundraiser Kappa Dash, which raised \$17,000 in 2007, donating the proceeds to breast and ovarian cancer. Melissa is currently interning with Direct Relief International, a non-profit organization that delivers humanitarian aid and disaster relief to people worldwide.

Our second deserving honoree is Melissa Hyman, recruitment chair for the Relay For Life 2008 and captain of Kappa's team, called Relay For Robin. Melissa has also been on the Kappa Standards Committee from 2004-2006. Upon graduation she is headed to New York.

Jenna Maine, our third deserving honoree, also co-captained the Relay For Life 2008 and held the position of Kappa's 2007 Assistant New Chair. She interned with the Santa Barbara Public Defender's Office and UCSB Collegiate Sports Marketing Department. Jenna plans to move to Austin, Texas upon her graduation.

Congratulations to all of you for being the honorees of The Robin Babbini Community Achievement Award and for your tremendous support and involvement to the community and Kappa Kappa Gamma, Epsilon Psi.

UCLA RESEARCH DOCTORS AND OCC CO-HOST *LUNCH AND LEARN*

OCC and Drs. Robin Farias-Eisner and Sarnaz Memarzadeh sponsored a Lunch and Learn Community Outreach Event on April 26th at the Sportsmen's Lodge in Studio City.

Attended by over 150 participants we educated the community about the newest advancements in medical research for ovarian cancer as well as current treatment options. The focus of the lunch was on the genetic testing and bio marker research that is underway at UCLA and which might help in alleviating some of the challenges of chemotherapy.

Rachel Beller, M.S., R.D. a specialist in nutritional counseling also spoke about healthy eating for cancer survivors, current patients and discussed general guidelines for healthy and preventative eating. Both talks were followed by a lengthy Q & A which everyone found quite informative.

Community vendors were also in attendance, helping raise funds for both UCLA and OCC. Funds raised will be donated to UCLA to continue their bio marker research. This event is the first in an annual series of Lunch and Learn programs.

Please email us at www.ovariancancer-california.com if you would like more information or to participate with us in future events.



LOW FAT DIET REDUCES RISK OF OVARIAN CANCER



It's never too late to lower your risk of ovarian cancer, according to a new study published in the Journal of the National Cancer Institute. The results of the Women's Health Initiative Dietary Modification study, which was published in the October 2007 issue of the Journal of the NCI, show convincing evidence that switching to a low-fat diet may lower the risk of developing ovarian cancer by as much as 40 percent. The surprising benefit only appears after eight years on a low-fat diet, so women must stay on the diet for that long. However, the risk of ovarian cancer was significantly reduced, no matter how old the women were when they began the new diet.

The Women's Health Initiative is one of the largest studies to evaluate the effect of dietary patterns and cancer incidence. In this latest randomized trial, more than 48,000 postmenopausal women, ages 50-79, were followed for eight years. The women were divided into two groups: those who followed their usual diet and a group who followed a low-fat diet. The women in the low-fat diet group reduced their total fat intake to 20 percent of their calories compared to an average of 35 percent- and ate more vegetables, fruits, and grains. In the first four years, there was no difference in ovarian cancer incidence between the two groups. But after eight years the difference became apparent. Only those who had adhered to a low-fat diet for eight years cut their risk by 40 percent, according to the researchers.

How does a low-fat diet prevent ovarian cancer? One of the theories of this dietary advantage is that fat intake increases the amount of estrogen in the body. Estrogen stimulates the ovaries, thus leading to ovarian cancer. In fact, blood tests taken on the women in the low-fat diet group during the study confirmed a 15 percent reduction in estrogen, while the non-diet participants experienced no change in their levels of estrogen.

The eight year study is arguably one of the most promising and exciting findings of the Women's Health Initiative. For the first time, there is research-backed data that women who undertake a low-fat diet and stick to it will likely reduce their risk of ovarian cancer. The benefit may extend to preventing other cancers as well. Admittedly, adhering to a low-fat diet is difficult, so perhaps this study will make it easier by motivating people to start and continue on a low-fat diet. Many women feel its too late to start a cancer prevention diet, but the results of the Women's Health Initiative study suggest staying on a low fat diet may make a real difference in preventing ovarian cancer. Thanks to this landmark study, we now have one more very important and encouraging reason to adhere to a healthy diet.

Rachel S. Beller, MS, RD - Beller Nutritional Institute, LLC

NBC HEALTH AND FITNESS EXPO

This year, the NBC/Telemundo Health and Fitness Expo was held on April 17th instead of its previous dates in August. It was held at the LA Convention Center and hosted a wide variety of medical experts, fitness groups, and other similar health organizations. OCC had a booth with educational materials in English and Spanish and was able to reach over 2,000 people. OCC would like to thank volunteers Cindy Deaver, Paulinda Babbini, Sabrina Thibault, Barabara Javitz, and Gayle McKenna who helped hand out over 2,000 awareness symptom bookmarks.

AT&T HEALTH AND SAFETY FAIR

Paulinda Babbini represented OCC at the AT&T Health and Safety Fair in educating women about ovarian cancer on March 13th. The event was put on by AT&T to educate their employees about different health issues, and Paulinda was there to hand out over 200 informational bookmarks on the signs and symptoms of ovarian cancer.

MACY'S COMMUNITY DAY



Cindy Deaver - Volunteer

Macy's Community Shopping Day for non-profits was held on May 17th at the Macy's store in the Sherman Oaks Westfield Shopping Center. On community shopping day OCC had an information table in the lingerie department dispersing education materials, in both English and Spanish, on the signs and symptoms of ovarian cancer.

This event raised over twenty-seven hundred dollars thanks to Macy's Community Shopping Day for non-profits.

REGARDING CANCER RESEARCH AND FUNDING

Indeed members of Congress should look at the mortality rates when considering allocating funds. When using this analysis, ovarian cancer research is drastically underfunded. Last year, the Congressional Directed Medical Research Programs gave \$138 million for breast cancer research, \$80 million for prostate, and only \$10 million for ovarian cancer research. To put it in smaller, more understandable terms, this funding represents about \$3,000 for each breast cancer or prostate cancer death, but only \$650 for each ovarian cancer death.

OVARIAN CANCER BIOMARKER RESEARCH ACT OF 2008

A recently proposed bill, named S.2569, is being considered by the Senate this year. The bill would amend the already existing Public Health Service Act to authorize the Director of the National Cancer Institute to create grants for the discovery & validation of biomarkers for use in risk stratification for, and the early screening and detection of, ovarian cancer. The grants would go towards establishing and operating research centers for creating biomarkers, and each center would be designated as an Ovarian Cancer Biomarker Center of Excellence.

The new bill would also allow federal payments under such a grant to be used for research on the refinement of existing biomarkers, development of new ones, clinical validation of such biomarkers, development and implementation of clinical research on the utilization of such biomarkers, and finally the development and implementation of repositories for new tissue, urine, serum, and other biological specimens.

Another important result of this bill would be the requirement of the Director to establish an Ovarian Cancer Biomarker Clinical Trial Committee, which would assist him or her to design and implement national clinical trials to determine the utility of certain biomarkers. Also, it would establish a national data center to conduct statistical analyses of trial data as well as banked specimens from previous clinical ovarian cancer research.

California Democratic Senator Barbara Boxer is the sponsor of this bill, and senator Hillary Clinton is one of the cosponsors. The latest major action that was taken on this bill was that it was given to the Committee on Health, Education, Labor, and Pensions to be read on January 29, 2008. To read the bill or stay updated with its status, visit www.opencongress.org and search for S.2569.

SURVIVOR INTERVIEW



Eva Simon

An active member and volunteer of the Ovarian Cancer Coalition, Eva Simon has battled ovarian cancer for seven years. In 2001, she requested to have a hysterectomy because of a small cyst that had been found on her ovary. But not until after the surgery did her doctors notice she had ovarian cancer and that she was already in stage 2C. She underwent treatment and chemotherapy for 6 months, after which her CA 125 had gone down and her spirits had gone up tremendously. About 6 long, healthy years went by before she started to notice that her CA 125 had been slowly rising. Her doctors were constantly giving excuses and reasons as to why that may have been so, but she remained suspicious. After six weeks of seeing her numbers go up and feeling slight abdominal discomfort, Eva realized she was having a "d  j  -vu" experience and she knew that something was wrong. Finally she insisted that her doctors investigate her symptoms further, and after a couple CAT and PAT scans, they had found the problem. They told her that

she had a tumor, and that it was inoperable. In realizing that the only way to cope with such a disease is to have high hopes, she continued to be positive and optimistic, which soon led to decreasing CA 125 levels and a vanishing tumor. "Positive attitude I think has so much to do with it," she says, using her own experience as an example for others.

One of the most important lessons that came out of her experience was to find a balance between being consumed by your disease and being vigilant about it. On one hand, it is very important to track your own progress and make sure that your doctors are being very thorough. If you feel that something is not right, make sure that they follow up. After all, it is your body, so you need to be attentive to it! On the other hand, however, you cannot let an unfortunate diagnosis take over your life. You need to keep your head up, be hopeful, and be proactive in your progress!

Another very important lesson to be learned from Eva's experience is that a positive attitude is absolutely necessary. "I believed that I was going to be ok," she said, admitting that without a hopeful attitude she may never have been able to make it as far as she did. The best way to help yourself get well is to have faith in optimism and the power of intent. If you truly believe you will get better, chances are you will! "Don't give up hope," she says. "It's important to know there is something good around the corner."

ONCA TESTIFIES TO CONGRESS REGARDING CANCER RESEARCH AND FUNDING

On June 4th, 2008, Mark Carlebach represented the Ovarian Cancer National Alliance and teamed up with the National Breast Cancer Coalition and the Leukemia and Lymphoma Society to testify to members of Congress regarding cancer research and funding. Although each group advocated separately, together they represented the strong and relentless cancer research activists across the country.

Carlebach also told them that although it is terrible to be diagnosed with cancer, it is much worse to have one with a relatively low incidence rate and lower public profile, which translates into less funding, less research, and less hope for survival. Hopefully, Congress will consider allocations differently this year with these terms in mind.

IN LOVING MEMORY

Robin Babbini, Margaret Connolly, Carole Frederick, Sue Marshall, Stephany Przyborowsky, Jean Sciarabba, Lynn Sloan Stewart, Liz Wohl, Beverly Heller, Charlotte Dani, Roberta Schuken, Jackie Frank & Julie Silvestri, Eileen Finnegan, Liz Condit, Cynthia Ann Ruiz, Elyven Igdloff.

SERENA V.V.I. MCCALLUM

Born and raised in New York, but having lived everywhere from London to Florence and eventually, California, Serena V.V. I. McCallum is truly one of the most loved beings that had ever walked the earth. She was a dedicated and loving mother to her three beautiful daughters, Consuelo, Alexandra and Olivia. Not to mention four incredible dogs, two goldfish and a rather temperamental lovebird! She was also a loyal best friend to all of the men in her life..Breck, Rick and Walter. And was the greatest sister to Peter, Helen, Harriet, Billy and Jackie.



Serena V.V. I. McCallum

Every thing she touched turned to roses and everyone she touched instantly became one of the countless great friends that gave Serena so much joy throughout her years.

As was true her entire life, during her four-year battle with Ovarian Cancer, Serena handled it with grace, humor, wisdom and a devilish dimple on her beautiful smiling face. Serena passed away on April 27th. Her zest for life was undeniable and will be a lasting lesson for us all.



Women's Health - Ovarian Cancer Coalition
presents
10th ANNUAL
Walk/Run for Awareness
& Hope to benefit Ovarian Cancer
3K/5K RUN/WALK/10K RUN & KIDDIE K RUN/WALK



Sunday, September 14, 2008
Registration 7:00 am • Starts 8:00 am
CBS Studio Center • 4024 Radford Ave., Studio City



REGISTRATION FORM

*For a larger team form or to register online,
please visit our website www.ovariancancer-california.com*

Kiddie K sponsored by
LA. Parent™

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____ CITY: _____ STATE _____ ZIP: _____

PHONE: _____ E-MAIL: _____

AGE ON RACE DAY: _____ BIRTHDATE: _____ MALE FEMALE

PLEDGE NOT REQUIRED TO PARTICIPATE

SHIRT SIZE S M L XL

FEES

RACE 3K Run 3K Walk 5K Run 5K Walk
 10K Run KiddieK

Registration Fee \$30.00 (By September 10, 2008)

AGE DIVISIONS: 12-Under 14-19

Day of Event Registration \$35.00 (September 14, 2008)

20-24 25-29 30-34 35-39

Teams 6 or more \$20.00 each

40-44 45-49 50-54 55-59

Kiddie K Fee \$5.00 (No Late Fee) • 65 or older \$20.00

60-64 65-69 70-74 75+

I am unable to attend, but please accept my tax-deductible
donation of \$ _____ to help Ovarian Cancer Coalition!

Total Enclosed: \$ _____

WAIVER

Check enclosed MC/VISA Exp. date _____

"I hereby waive all claims against the Ovarian Cancer Coalition sponsors, or any personnel for any injury that I may suffer while participating at this event. I grant full permission for the organizer to use photographs of me in legitimate accounts of the event."

MC/VISA # _____

Signature _____

Signature: _____

**MAKE CHECKS PAYABLE TO OVARIAN CANCER COALITION
AND MAIL TO: OCC P.O. BOX 40035 • STUDIO CITY, CA 91614**

PLEDGE / TEAM FORM:

"BUILD A TEAM" Teams are made up of 6 or more walkers/runners. There is a minimum of \$20 per person on a team.
Mail checks to: OCC Greater California Chapter, OCC, P.O. Box 40035 • Studio City, CA 91614 • 818.985.0288

SPONSOR /TEAM NAME	AGE	ADDRESS	3K/5K/RUN/WALK	TOTAL