

# September

## Promoting Ovarian and Prostate Cancer Awareness

### Ovarian Cancer

Ovarian cancer is the seventh most common cancer (other than skin cancer) in women. It ranks fourth as the cause of cancer deaths in women. The American Cancer Society estimates that there will be about 22,220 new cases of ovarian cancer in this country in 2005. About 16,210 women will die of the disease. The good news is that the rate of ovarian cancer has gone down since 1991. A woman's risk of getting ovarian cancer during her lifetime is about 1 in 58. The risk of getting this cancer and dying from it is 1 in 98.

Symptoms of Ovarian Cancer	Risk Factors of Ovarian Cancer
<ul style="list-style-type: none"> <li>• abdominal pain, pressure and bloating</li> <li>• abnormal changes in bowel or bladder patterns</li> <li>• persistent digestive probe</li> <li>• excessive fatigue/backache</li> <li>• abnormal post menopausal bleeding</li> <li>• pain during intercourse</li> <li>• weight gain or loss</li> <li>• change in appetite</li> <li>• increased waist line</li> </ul>	<ul style="list-style-type: none"> <li>• family history of breast, ovarian, endometrial, prostate cancer</li> <li>• hereditary nonpolyposis colorectal cancer</li> <li>• increasing age</li> <li>• unexplained infertility, no pregnancies and no history of birth control usage</li> <li>• use of high dose of estrogen for long periods without progesterone rr factor</li> <li>• North American or North European heritage</li> </ul>

### SEPTEMBER EVENTS

#### *A Teal Soiree*

A Dining by Design event to raise awareness of ovarian cancer benefiting **Rocky Mountain Cancer Centers Foundation** and **Gilda's Club of Denver**

**Saturday,  
September 10, 2005**

For tickets visit  
blacktie-colorado.com  
or call 303-972-8741

#### *Light the Night Walk*

The Leukemia & Lymphoma Society's annual walks raise money for blood cancer research and patient services

**September 16–30, 2005**

Colorado Springs, Boulder, Fort Collins, Denver and Longmont

For more information visit  
lightthenight.org/rm  
or call 303-984-2110

### Prostate Cancer

According to The American Cancer Society, prostate cancer is the most common type of cancer found in American men. This year, an estimated 232,090 new cases of prostate cancer will be diagnosed in the United States, 2,680 in Colorado. One in six men will get prostate cancer during their lifetime, but only one in 34 will die of the disease. Thanks to early detection and state-of-the-art treatment options the death rate is decreasing each year.

Symptoms of Prostate Cancer	Risk Factors of Prostate Cancer
<ul style="list-style-type: none"> <li>• there are often no symptoms of early stage prostate cancer</li> <li>• trouble having or keeping an erection (impotence)</li> <li>• blood in the urine</li> <li>• pain in the pelvis, spine, hips or ribs</li> </ul>	<ul style="list-style-type: none"> <li>• prostate cancer is primarily found in men over the age of 50 and African American men over the age of 45</li> <li>• prostate cancer is more common among African American men – they are twice as likely to die of the disease</li> <li>• family history of prostate cancer</li> <li>• men who eat a lot of red meat or have a lot of high-fat dairy products in their diet</li> </ul>

### MAIN LOCATIONS

Aurora • Boulder • Colorado Springs  
Denver • Lakewood • Littleton  
Lone Tree • Longmont • Parker  
Pueblo • Salida • Thornton

