



The diagnosis of ovarian cancer can be overwhelming.

OAK offers support, networking tools and resources to help you in your healing journey.

## How you can help:

Ovarian Awareness of Kentucky (OAK) wants to make a difference in the lives of those affected by ovarian cancer.

You can help further our mission by making a financial donation to OAK, giving your time as a volunteer, raising funds in your community, or advocating for women across the state to know the signs & symptoms of ovarian cancer. With your help we can expand our outreach and awareness programs and fund further research for better treatment and ultimately a cure for ovarian cancer.

### Donate

There are a variety of ways you can donate to OAK: Go to [www.oakky.org](http://www.oakky.org) and click on donate.

### Volunteer

We have a variety of volunteer opportunities: at our office, health fairs, Community Education meetings, Medical Students Training, and events. Check our website for details.

### Raise Funds

Any person or group that would like to fundraise can contact the office for awareness materials and help with planning.

### Advocate

Get involved as we support ongoing legislation to improve the lives of those affected by ovarian cancer.

### Participate

In a variety of fun events and activities throughout the year.



P: 502-708-1625

F: 502-708-1626

[info@oakky.org](mailto:info@oakky.org)

Follow us on Facebook.



PowerIsTeal

[www.oakky.org](http://www.oakky.org)



OVARIAN AWARENESS OF KENTUCKY



[www.oakky.org](http://www.oakky.org)

## How we make a difference:

### Creating an awareness regarding early warning signs that may be indicative of ovarian cancer

OAK raises awareness by participating in community events across Kentucky, such as health fairs, conferences and fairs. Our awareness materials include wallet-sized symptom cards, informational brochures, and press articles.

Free community Lunch & Learns for women.  
*This includes workplace, civic and social groups or clubs.*

### Creating and promoting resources for support, networking and education of women diagnosed with ovarian cancer and their families

Our resources for survivors and those families affected by ovarian cancer include support groups and community education meetings across Kentucky.

- B** = bloating & gas/indigestion
- E** = eating and feeling full quickly
- A** = abdominal or pelvic pain
- T** = trouble with your bladder  
(urgency &/or frequency of urinating)

**OAK** has been providing ovarian cancer support and education for over **14** years.

### Uniting and educating individuals, the medical community and organizations to achieve earlier diagnosis, better treatment and a cure for ovarian cancer.

#### OAK instituted programs:

Through OAK's "Survivors Teaching Medical Students" Program, ovarian cancer survivors promote early detection by sharing their stories with medical students.

The medical student's presentations provide information about ovarian cancer symptoms, risks, and treatments. As well as genetic and familial links to cancer.

### Advancing ovarian cancer research toward earlier diagnosis, better treatment and a cure

OAK funds ovarian cancer research in the state of Kentucky.

OAK leads advocacy in Kentucky for federal and state legislation to improve the lives of those affected by ovarian cancer.

#### Ovarian Cancer Screening Program

The University of Kentucky 1-800-766-8279

<http://ovarianscreening.info/>

