Sarah Greene – a gift in your Will is the greatest gift

Science and progress
Welcome

We live in an era of unprecedented progress in science, where every day new discoveries are made.

Target Ovarian Cancer funds the very best ideas in ovarian cancer research, wherever they are in the UK. Right now our researchers are working hard to translate these discoveries into reality for women diagnosed with ovarian cancer.

Research however is painstaking, and expensive, and we receive far more high-quality applications than we can fund. We need a bedrock of financial support so that we can fund more of the UK’s best scientists to make advances that will directly help women with ovarian cancer to live well and survive for longer. Find out more about our research on p6.

Medical research relies heavily on the charitable gifts people make in their Wills. We are so proud of our amazing ambassador Sarah Greene, who tells us on p10 how the greatest gift can make the biggest difference.

Annwen Jones
Chief Executive

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Cover photo: Target Ovarian Cancer Ambassador Sarah Greene chats with supporter Paul Shagouri. Both are helping us to raise awareness of the importance of leaving a gift in your Will.
Shout out success!

This year’s Ovarian Cancer Awareness Month was the loudest yet – thanks to you, our messages about the symptoms of ovarian cancer were seen over 20 million times by people across the UK during March.

Whether you wore your wackiest outfit to work, kicked back with coffee and cake or displayed a box of pin badges, your hard work and generosity means we can continue working to improve early diagnosis, fund life-saving research and provide much-needed support to anyone affected by ovarian cancer.

Thank you.

See highlights from the month at targetovariancancer.org.uk/March

New focus, new treatments

Scientific advances in ovarian cancer lag behind those in other cancers. Tackling this problem is vital for Target Ovarian Cancer and earlier this year we took an important step forward and developed a new research strategy. Our research advocates, scientists and clinical experts all agreed that finding new ways to treat ovarian cancer should be top priority and we are focusing our efforts here.

It is thanks to your support and fundraising that we are able to fund vital research, and your efforts have helped us open a new round of funding for researchers across the UK, to be announced in autumn.

Find out more about our research and how you can support it by visiting targetovariancancer.org.uk/research

We are here for you

Our trusted information guides give advice and emotional support to women with ovarian cancer, at every stage of diagnosis and treatment. We have updated them with the latest information to help women make informed choices about your treatment and care.

Our guides are free to order and accredited by the NHS as being accurate and evidence-based. They are:

- *What happens next?* – for women with a recent diagnosis.
- *Back here again* – for women if their ovarian cancer has returned.
- *My care, my future* – for women living with incurable ovarian cancer.

Order for free today – visit targetovariancancer.org.uk/guides or call 020 7923 5475

Our guides are free to order and accredited by the NHS
News

Support line receives ringing endorsement

Back in November, Target Ovarian Cancer announced the launch of our new nurse-led support line.

Since then, the number of people contacting us has doubled, compared to before our Nurse Adviser came onboard to strengthen this much-needed service.

Most women who get in touch have questions and concerns about their diagnosis. The support line aims to provide the information and support they need to live well with ovarian cancer.

“It was a lifeline to be able to contact you for help. Up to now I have had no real support with my decisions, and I have found it so confusing and frustrating.”

June

Whether you’re worried about symptoms or treatment, need advice on genetic testing, or want more information on possible treatments – including clinical trial options – we’re here to help.

Get in touch between 9am and 5.30pm Monday to Friday.
Call 020 7923 5475 or email support@targetovariancancer.org.uk

Autumn diary dates

Would you like the opportunity to meet other women living with ovarian cancer, in a relaxed and caring environment? This autumn we’ll be hosting support days in these areas:

- Edinburgh on 19 September
- Hull on 26 October
- Brighton on 16 November

Thanks to supporters and fundraisers, our events are free to attend, and we try to visit as many areas of the UK as we can each year.
To book your place, visit targetovariancancer.org.uk/beingtogether
or call 020 7923 5475

“I found it such a beneficial day and met lots of lovely women. The speakers were wonderful and inspiring. It has given me hope.”

Loretta
Campaigns corner

Getting GPs on target

At Target Ovarian Cancer, we work closely with GPs to increase their knowledge of the symptoms of ovarian cancer. This is really important because it has a direct impact on a woman’s chance of surviving for longer – more than 90 per cent of women diagnosed with early stage ovarian cancer will survive for five years or more.

Over the past three years we have:

- Created the UK’s first GP Advisory Board on ovarian cancer. We’ve brought together leading GPs from across the UK. The board’s first report, published earlier this year, looked at regional differences in early diagnosis in England. It recommended more investment in GP training and called for fewer delays in diagnosing ovarian cancer. The report was picked up in the national media, laying the groundwork for future projects focusing on all four UK nations.
- Worked with BMJ Learning and the Royal College of General Practitioners to develop our existing training modules for GPs to include hereditary ovarian cancer.
- Attended health events across the UK, encouraging more GPs to complete our training modules and update their knowledge of ovarian cancer and the steps needed to refer someone for tests and treatment. Over the past year, we’ve attended events in Birmingham, Edinburgh, London and Manchester.
- Teamed up with the Royal College of Obstetricians and Gynaecologists to launch the first-ever Target Ovarian Cancer essay prize. The prize aims to inspire and inform a new generation of GPs, researchers and clinicians.

MPs sign to show support

To mark the start of Ovarian Cancer Awareness Month back in March, MP Mark Durkan tabled an Early Day Motion (EDM) calling on the government to ensure that all women know the symptoms of ovarian cancer. The motion, similar to a petition, allows MPs to get behind an issue they feel strongly about. More than 150 of you wrote to your MP and encouraged them to back the EDM. Thanks to your amazing efforts, 51 MPs added their names to the petition.

To learn about future campaigns, or to find out how to get involved, visit targetovariancancer.org.uk/campaigner
Pushing for progress

Research is vital to ensuring that women diagnosed with ovarian cancer have access to the very best new treatments and therapies. Because of the generosity of people like you, we’re able to fund life-saving research across the UK. Here are just a few of the projects you’re helping to fund...

**Finding new treatments for clear cell ovarian cancer**

University of Glasgow

Four per cent of ovarian cancers arise from clear cell carcinoma, which can be particularly aggressive. Unfortunately, beyond chemotherapy, no treatments that target this type of ovarian cancer exist. The team in Glasgow hopes to change this.

Recent research shows that a molecule called interleukin-6 (IL-6) may be critical to the development of clear cell carcinoma, and in April 2017, postdoctoral research scientist Dr Aula Ammar joined the team in Glasgow to evaluate the effectiveness of drugs that block IL-6. Our research tells us that three quarters (73 per cent) of women with ovarian cancer said they felt it was important to take part in trials so knowledge and treatment can advance. Our Glasgow project could support the development of a brand new clinical trial for women with recurrent clear cell ovarian cancer.

**Early diagnosis of ovarian cancer using biomarkers**

University of Cambridge

Dr Elizabeth Moore is investigating more precise ways to detect ovarian cancer earlier. Her aim is to develop a rapid and accurate way of diagnosing ovarian cancer by detecting alterations in DNA in routine blood and cervical smear samples.

Over the past six months, Dr Moore has been busy collecting blood and tissue samples from women with a diagnosis of ovarian cancer. She hopes to extract and analyse DNA from these samples to identify any changes that may indicate the presence of ovarian cancer.

Target Ovarian Cancer is supporting this project in partnership with the UK’s Medical Research Council (MRC). Together, we have awarded Dr Moore a prestigious Clinical Research Training Fellowship. This type of fellowship supports medically trained doctors to do research alongside their usual clinical practice.
Alicia was diagnosed with ovarian cancer in 2015. She is one of our research advocates, working to influence and promote ovarian cancer research.

“Being a research advocate gives me a sense of purpose: I can use my experience in a positive way. Reading research applications opens my eyes to the impact of medical research – it benefits not just me, but every woman diagnosed with ovarian cancer.

“Ovarian cancer research is vital not only for finding more cancer drugs, but for making treatment as easy as possible. And donating and fundraising are what make research happen. A small gift can have a huge effect.”

To find out more about funding our UK-wide medical research, visit targetovariancancer.org.uk/FundResearch
Target on... Pathfinder

The power of Pathfinder

In the last On Target we reported on the launch of Pathfinder, our state of the nation ovarian cancer study. It means we can campaign for a better future for everyone diagnosed with ovarian cancer. With your help, we are already seeing incredible changes...

New ‘Be Clear on Cancer’ campaign

Public Health England has made ovarian cancer part of a new Be Clear on Cancer awareness campaign after Pathfinder found that just one in five women were able to name bloating as a symptom of the disease.

The new campaign, launched in the Midlands earlier this year, aimed to raise awareness of cancer symptoms in a specific area of the body – the abdomen. It is hoped the campaign will encourage more people to visit their GP. Target Ovarian Cancer will continue to work alongside Public Health England – keep an eye out for other Be Clear on Cancer updates. We are actively campaigning for awareness initiatives in Northern Ireland, Scotland and Wales.

A roadmap through treatment

Pathfinder revealed that women with recurrent ovarian cancer are not receiving the same level of support as when first diagnosed – 53 per cent of women said no one talked them through the symptoms of recurrent ovarian cancer.

In England, Northern Ireland and Wales, treatment guidelines for doctors only cover the diagnosis and first round of treatment for ovarian cancer, with no guidance on what should happen if the disease recurs (in Scotland, guidelines also cover recurrence). So we met with the Minister for Community Health and Care and secured a commitment to produce a new set of guidelines dealing specifically with recurrent ovarian cancer. This will ensure that all women can access the same standard of treatment and care – wherever they live.

Ovarian cancer was part of a new NHS awareness campaign after Pathfinder found that just one in five UK women were able to name bloating as a symptom of the disease.
In the public eye

We put Pathfinder into action and reached more people than ever before.

Pathfinder was featured on ITV’s Good Morning Britain and Channel Five News, and mentioned in national newspapers the Daily Mail, Sunday Mirror, the Guardian, Daily Telegraph, the Sun and the Times. Our symptoms information was seen by more than half a million people online, through the power of social media, blogs and online news.

Bringing Pathfinder to you

We have been busy this year launching Pathfinder reports in Northern Ireland, Scotland and Wales.

Since healthcare is devolved in the UK, it is crucial that we provide a nation-specific picture of the lives of people living and working with ovarian cancer in each of the home nations.

Here are some of the key issues:

In Northern Ireland, 25 per cent of women can name bloating as a symptom of ovarian cancer.

In Scotland, 85 per cent of women with ovarian cancer experience mental ill health.

In Wales, 36 per cent of women visit their GP three times or more before being referred for diagnostic tests.

Find out more about Pathfinder at targetovariancancer.org.uk/Pathfinder

A personal perspective...

The importance of Pathfinder

After being diagnosed with ovarian cancer in 2012, Alison, from Dundee, decided to get in touch with the media.

“I was at home watching a news item on breast cancer – which is talked about quite a lot – and suddenly I had to do something. I knew ovarian cancer wasn’t being talked about nearly as much.

“I contacted a journalist with The Dundee Courier, my local paper. She was very open and interested, and I appeared in an article in the run up to Pathfinder, which created awareness of ovarian cancer. The Pathfinder launch helped people to come together and helped us to raise even more awareness of the symptoms.

“Now I intend to contact the Scottish Health Minister to ask for an awareness campaign up here – my motto is ‘Onwards, onwards, onwards!’ I think the media is crucial in raising awareness of this relentless disease. Pathfinder helped us to bring it to their attention.”

Tell us your story – visit targetovariancancer.org.uk/yourstory or email press.office@targetovariancancer.org.uk to learn more.
Get inspired

The greatest gift

Let me tell you something about Marjie, my mother. She was diagnosed with ovarian cancer in May 2010. She died three and a half weeks later. The story could have been very different. I’m here to try and change that story and to tell you why giving the greatest gift – a gift in your Will – can make the biggest difference.

Immediately after Marjie’s death I got in touch with Target Ovarian Cancer and asked if I could get involved. It was only later that I realised what marks out Target Ovarian Cancer’s approach: their determination to make a change. I wanted to be a part of that.

I would like to think that Marjie would be very pleased about the way in which generations of women will be treated, because of Target Ovarian Cancer. It is a charity that believes in listening carefully to the people they are working with and getting the job done.

The only way for any charity to survive is with funding and a gift in your Will is one of the greatest ways to help. It’s a bit like planting a tree that you know is going to grow and be there forever. Leaving a gift in your Will has that effect.

It will help us to push for earlier diagnosis and provide ongoing support for women. It will also help to fund research that becomes part of medical practice. This is what will really make the difference. The only way it can happen is if people like you leave a gift in their Will.

If you are thinking of leaving a gift in your Will to Target Ovarian Cancer, thank you. Please get in touch today for more information.

Visit targetovariancancer.org.uk/Will or call 020 7923 5474

“IT’s like planting a tree that you know is going to grow and be there forever.”
Shine bright this summer

Grab the gingham and bust out the BBQ this summer! Raise money so that more women will get the early diagnosis and care they need. Visit targetovariancancer.org.uk/summer or call 020 7923 5474.

A marathon effort

Thank you to our London Marathon runners who together raised over £50,000:

Jeffrey Aston
Francis Brennan
Robert Gray
Georgia James
Louise Newcombe

Hayley Philips
Sianna Rennocks
Melanie Rollason
Darren Williams
Sharon Wright

A huge thank you

Juliet put on her running shoes and took on the London Supernova 5K, raising a fantastic £200.

Alexander James Hair and Beauty Salon in Halesowen held a charity day and raised over £400.

For their 60th birthday party Liz and George asked for donations to be made to Target Ovarian Cancer instead of birthday presents, raising £865.

"I supported Target Ovarian Cancer with a garden party as my sister-in-law has been in treatment for ovarian cancer. We raised more than £300 - enough to fund a day of medical research into new treatments."

Frances
Trek the Grand Canyon and celebrate 10 years of Target Ovarian Cancer

Join us in 2018 as we celebrate 10 years of Target Ovarian Cancer and trek the Grand Canyon. This five day trek descends deep into one of the natural wonders of the world.

22–29 September 2018

Find out more: call 020 7923 5474, email fundraising@targetovariancancer.org.uk or visit targetovariancancer.org.uk/GrandCanyon