We’re award winning!

Raising GP awareness

Family history
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**News**

**We’re award winning!**
Our Clinical Trials Information Centre won ‘Best entry from a small charity (for charities with a research spend under £1m)’ and was runner up in the ‘Online and social media’ category at the prestigious Association of Medical Research Charities Science Communication Awards. To find out more, or find a trial near you, go to [clinicaltrials.targetovariancancer.org.uk](http://clinicaltrials.targetovariancancer.org.uk)

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**Research at the University of Nottingham**

We’re funding research into new drugs to target drug-resistant and BRCA 1 and 2 gene mutation ovarian cancers. Research advocate, Margaret John, says: “As well as worrying about the illness itself, resistance to chemotherapy is another concern women with ovarian cancer have to face. That’s why this research application struck a particular chord with me.”

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**Great fundraising successes**

Since our last issue, we’ve seen some incredible fundraising achievements. You helped raised over £50,000 during Ovarian Cancer Awareness Month in March by taking on the 50s Challenge. Our 13 London Marathon runners raised over £25,000. Our BBC Radio 4 appeal, voiced by Andy Hamilton, raised over £15,000. The sixth Loving Linda comedy gala hosted by Susan Calman raised over £14,000. Finally, Playing our Part saw stars of musical theatre come together to raise over £62,000 in one night. Thank you!

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**Save the date**

Want to meet other women living with or beyond ovarian cancer? Then join us at our Being Together day in Glasgow on 4 September. To find out more, contact Mike on mfeakes@targetovariancancer.org.uk or 020 7923 5475.

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**Front cover:** ovarian cancer campaigner Eilish Hoole with Annwen Jones at Loving Linda

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**Welcome**

You’ll find some very positive news in this issue of On Target, with the appointment of our GP Advisory Board on ovarian cancer. With expertise and leadership in symptoms research, health economics, access to diagnostics and GP education, the Advisory Board will shape our future work in increasing early diagnosis, reducing risk and saving lives. Find out more about our work with GPs on page 6.

Read also about our exciting new project with other ovarian cancer charities to develop vital support for younger women with ovarian cancer (page 5).

Finally, this October marks our third Walk for One Million fundraising event. We’re back at the wonderful Hatfield House with fantastic new partners, Best and Prima magazines, plus a new walk in Falkirk, Scotland! Find out more on page 8.

Thanks, and I hope you enjoy this issue.

Annwen Jones
Chief Executive

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“I was 40 when I was diagnosed. My world turned upside down and I felt isolated. However, I was lucky enough to attend a residential event put on by Target Ovarian Cancer and Penny Brohn Cancer Centre, and this was hugely significant in my recovery. I learned to ‘live well’ with the diagnosis but also met, listened and shared with wonderful women who really understood.”

Sarah Unwin, campaigner (above)
Our work with GPs to increase their knowledge of the symptoms of ovarian cancer is going from strength to strength. Over the last three years we’ve:

- developed two online continuing professional development modules for GPs with BMJ Learning, and one with RCGP eLearning – more than 25% of GPs have completed one of these free tools over the last three years.
- met more than 3,000 GPs at educational events across the UK, supporting them to diagnose ovarian cancer as quickly as possible.

We are delighted to announce two exciting new developments:

- We’ve created a GP Advisory Board on Ovarian Cancer to advise and shape our future work, bringing together leading GPs from around the UK, with expertise in symptoms research, health economics, access to diagnostics and GP education.
- We’ve launched a new learning tool for GPs, with Pulse Learning, that focuses on family history (see pages 10 and 11 for more information).

We’re confident that our work will help speed up diagnosis and reduce risk but we must not be complacent. With your support, we can do even more.

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**Raising GP awareness of ovarian cancer**

**Fact finder**

Our most recent Pathfinder Study showed that a third of women wait six months or more from having first visited their GP before getting a correct diagnosis.

**GP awareness: a personal perspective**

Dr Hilary Morrison is a patient representative on our new GP Advisory Board. She has ovarian cancer.

“Like many of us, my symptoms were vague and non-specific and I was able to work through them, being ‘too busy’ to make time to see my GP. I was fortunate that my GP arranged an urgent scan and was then seen very quickly at the gynaecology clinic.

“I know how difficult it can be as a GP to diagnose ovarian cancer, but this is no excuse. In a surgery session a GP may see many people who have abdominal pain, feel bloated or need to wee a lot. What is important is that any of these symptoms raise alarm bells, and the GP considers ovarian cancer as a possible diagnosis to be excluded in female patients.

“This has become clearer since the NICE guidelines were published for diagnosing ovarian cancer in 2011. Target Ovarian Cancer’s excellent e-learning modules have helped too, but there’s still work to do.”

**“I’m a GP and had excellent health and loads of energy all my life. But nothing prepared me for a personal diagnosis of advanced ovarian cancer.”**

Dr Hilary Morrison, patient representative on the GP Advisory Board (above)
In association with Best and Prima, we’re holding not one but two Walk for One Million events this year. Hundreds of women and men will come together to walk 10km and raise money to support our vital work.

Get involved: Walk for One Million is back!

On 4 October we’ll hold our first event in Scotland in the beautiful surroundings of Callendar House in Falkirk. We’ll also return to Hatfield House in Hertfordshire for a second year on 11 October.

The fundraising target is just £150 and the registration fee is £25. You’ll get your own t-shirt and medal, plus a delicious afternoon tea after the walk.

Lizzy Doe took part last year. “It’s an absolutely wonderful day! Beautiful setting, lovely people, very inspiring” she says.

To find out more, go to targetovariancancer.org.uk/wfom or call 0845 609 9330.

With every step taken and every pound raised, we will get closer to beating ovarian cancer.

Raising £150 could allow 600 people to receive a leaflet about the symptoms of ovarian cancer. £300 could pay for a day and a half of medical research into new treatments.

Get inspired: One Woman Walks Wales

In 2011, Ursula Martin was diagnosed with ovarian cancer stage 1A, aged 31. She’s currently undertaking an epic eight-month, 3,300 mile walk around Wales to raise money for Target Ovarian Cancer.

“For the next three years I’ll be attending regular hospital appointments. I started ’One Woman Walks Wales’ to make my life a little wilder again, raise money for charity and let more people know about the symptoms of ovarian cancer. One-year survival in Wales (a sign of late diagnosis) is significantly lower than the UK average. We can change this by talking about it.

“Starting in March of this year, I walked from my home in Machynlleth to a hospital appointment in Bristol, then embarked on a journey through, in, under and over Wales which will finish in October! Along the way I’ll be contacting MPs, meeting lots of brilliant local people and enjoying the beautiful Welsh countryside.”

So far, Ursula has raised more than £2,000. You can read more from Ursula and follow her progress at onewomanwalkswales.com

Inspired by Ursula’s epic walk? Plan your own adventure or join us on a trek. Go to targetovariancancer.org.uk/walk or call 020 7923 5474 or email fundraising@targetovariancancer.org.uk

Sign up online using the code ONTARGET to get £5 off your registration fee!
Target on...
family history and ovarian cancer

We know lives are being lost because many women, health professionals, policy makers and journalists do not know about the links between hereditary breast and ovarian cancer. Our Pathfinder Study 2012 shows that 90% of GPs don’t know that the father’s side of the family is as important as the mother’s in terms of familial risk. That’s why we’ve:

- organised the first joint meeting of the All Party Parliamentary Groups on Breast and Ovarian Cancer, alongside Breakthrough Breast Cancer.
- issued a position statement with detailed information on this issue.
- developed a new GP learning tool called The Family History of Ovarian Cancer, with Pulse Learning.

We want the risks associated with family history to be better known and understood by women and health professionals – this will mean women will seek advice and be appropriately referred and managed.

If you’re concerned about your family history, or want more information, go to targetovariancancer.org.uk or call 020 7923 5470.

More than 1,000 women develop ovarian cancer every year because they’ve inherited ‘faulty’ genes.

Family history... a personal perspective

Sarah Thornber spoke at the first joint meeting of the All Party Parliamentary Groups on Breast and Ovarian Cancer. Her mother’s cousin died of breast cancer at 22. Her mum died of breast cancer at 52 and had carried the BRCA gene mutation. Cancer was in her family.

Doctors told Sarah her risk of breast cancer was high so she had a mastectomy. “But the risk of ovarian cancer had not really been explained to me, so I put it to the back of my mind,” she says.

During a clinical trial into whether screening women at high risk of ovarian cancer can prompt earlier diagnosis, Sarah discovered that levels of the CA125 protein in her blood had increased. Greater CA125 can be an early warning sign for ovarian cancer. “But because I was so young doctors ruled out ovarian cancer, even though I was BRCA positive,” says Sarah.

Later investigations found cysts on her ovaries, and 18 months later, keyhole surgery revealed ovarian cancer, which had by then spread to her bowel.

“I’m doing as much as I can to make people aware of the risks of having a family history of breast and/or ovarian cancer,” says Sarah. “When you know the risk, you’re empowered to take the choices available to reduce that risk.”

Inside information:
We are currently developing a new publication about genetic testing and risk reducing options for women with ovarian cancer or a strong family history of ovarian and breast cancer. To find out more, email info@targetovariancancer.org.uk
Taking steps to beat ovarian cancer

Saturday 4 October
Callendar House, Falkirk

Saturday 11 October
Hatfield House, Hertfordshire

Register for a 10km walk today at:
targetovariancancer.org.uk/wfom
or call 0845 609 9330

Target Ovarian Cancer: registered charity numbers 1125038 (England and Wales), SC042930 (Scotland). Registered office: 30 Angel Gate, City Road, London, EC1V 2PT