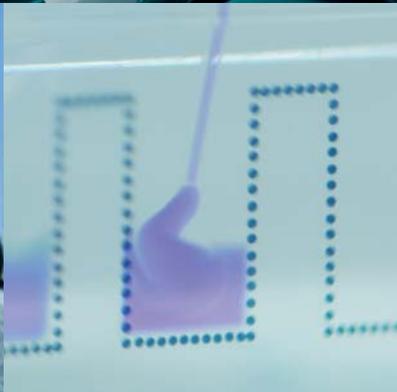


# About us



## About ovarian cancer: Taking action

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Every two hours a woman in the UK dies from ovarian cancer, yet symptoms awareness is poor and diagnosis often too late for treatment to be effective. Ovarian cancer is the UK's most deadly gynaecological disease, taking the lives of 4,300 women each year.



**Ovarian Cancer Action strives to stop women dying from ovarian cancer. We fund world-class scientific research leading to innovative treatments. Ovarian Cancer Action campaigns to ensure women and GPs know the risk factors, symptoms and treatment options to enable informed and rapid action. Fundamentally we demand that every woman should have the best treatment available.**



Ovarian Cancer Action is driven by the fact that we need to do more. We need to change the outlook for women with ovarian cancer and our research focus reflects this. The lives of too many women are taken by this insidious disease and we won't stop until that changes.

**Allyson Kaye MBE,**  
Founder and Chair, Ovarian Cancer Action

## Ovarian Cancer Action: Our research centre

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In 2006 we established the UK's first and only research centre dedicated solely to ovarian cancer research.

We joined forces with Imperial College and The Royal Marsden/ Institute of Cancer Research to create the Ovarian Cancer Action Research Centre, to lead a concentrated and sustained focus on ovarian cancer research. All efforts need to have a direct relevance to helping improve women's chances of surviving ovarian cancer.

Recent years have seen an explosion in our understanding of the complexities of ovarian

cancer. The Research Centre has contributed to this understanding by bringing scientists and clinicians together to share ideas.

The Ovarian Cancer Action Research Centre is a collaborative hub where ideas can converge and projects contribute to tangible benefits for women suffering from ovarian cancer.

**For more information, please visit: [www.ovarian.org.uk/researchcentre](http://www.ovarian.org.uk/researchcentre)**

Our priority and our mission at the Ovarian Cancer Action Research Centre is to turn ovarian cancer into a chronically survivable disease. We are totally focussed on radically improving the prognosis of ovarian cancer by any means necessary.

**Professor Hani Gabra,**  
Director, OCA Research Centre



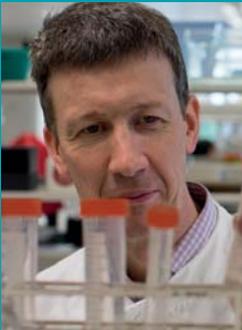
## Ovarian Cancer Action: Other research

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Ovarian cancer is a complicated disease which initially responds well to chemotherapy, but recurs in some 80% of cases. We desperately need to understand why it recurs in so many patients and why the



treatments stop working. BriTROC (the British Translational Research Ovarian Cancer Collaborative) is a pioneering study into why ovarian cancer keeps coming back after treatment and how it builds resistance to chemotherapy. A database of paired samples, taken at first diagnosis and again when the cancer recurs, is available to researchers all over the UK. The project has significant national reach, with fourteen centres currently participating across the UK. Data produced by the UK collaborative will further global understanding of the behaviour of high-grade serous ovarian cancer.



We desperately need to understand why ovarian cancer recurs in so many patients and why the treatments stop working. Without this understanding women will continue to suffer unnecessarily and ovarian cancer will remain the UK's most deadly gynaecological disease.

**Professor Iain McNeish,**

BriTROC Lead and Professor of  
Gynaecological Oncology, University of Glasgow

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Chemotherapy resistance is a serious challenge in treating ovarian cancer. In addition to BriTROC we fund the work of Professor Ahmed Ashour Ahmed in this field. Professor Ahmed's research at Oxford University focuses on investigating the molecular

mechanisms driving ovarian cancer cell growth in order to address the problem of ovarian tumour resistance to chemotherapy. This will drive the development of new targeted drug treatments which are tailored to individual patients.



Ovarian cancer is the most fatal of cancers and, in spite of a lot of progress, there is still lots more that needs to be done. My ultimate goal is to find a way to detect ovarian cancer earlier and make it possible for more women to live with, and not die from, this awful disease.

**Professor Ahmed Ashour Ahmed,**  
Professor of Gynaecological Oncology,  
University of Oxford



## Our international forum: HHMT

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Every third year, Ovarian Cancer Action convenes an international forum, HHMT, which is considered the leader in the field of scientific research into ovarian cancer. The aim of HHMT is to foster collaboration between scientists, worldwide, to accelerate the rate of progression towards major scientific discovery. Over the past three decades, HHMT has brought together leading experts in ovarian cancer to plot the way forward towards eliminating the threat of the disease and, as a result, the past

five years have seen an explosion in ovarian cancer research. The past two HHMT forums have seen collaborative papers published in prestigious journal Nature Reviews Cancer, a monthly scientific review for oncologists. Despite only recently being published, the newest paper, which is a forward looking roadmap for the future of ovarian cancer care and treatment, is already having an impact in the community. The first paper has more than 300 citations from academic sources. These papers, and subsequent



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work in the field, demonstrate the value and importance of bringing world experts in the field of ovarian cancer research together, to make a real impact on the lives of women affected by the disease.

Ovarian cancer is complex so progress can seem slow but, by bringing the world's leaders together we can, and will, achieve more.



By gathering together international experts, working across a wide spectrum of research into the causes and treatment of ovarian cancer, the HHMT forums and resulting Nature Reviews Cancer papers have made a tremendous contribution and stimulated many fruitful and important collaborations in the field of ovarian cancer research.



**Professor Frances Balkwill OBE, FMedSci**

## Ovarian Cancer Action: History and campaigns

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In 2005 Allyson Kaye MBE founded Ovarian Cancer Action in memory of her mother. Initially set up as a campaigning organisation to raise awareness of the disease and to fight for symptoms recognition, Ovarian Cancer Action has grown from strength to strength since its inception. In 2006 the charity spearheaded symptoms awareness with the campaign 'breaking the silence' for the first ever Ovarian Cancer Awareness Month. In 2007 Ovarian Cancer Action went on to orchestrate the first national ovarian cancer awareness campaign in the medical community, distributing leaflets and posters to every GP surgery in the country. Today, we still work tirelessly to raise awareness of the disease and dispel the myth that ovarian cancer is a 'silent killer'.

Ovarian Cancer Action's vision is to stop women dying of ovarian cancer. Leading pioneering, intelligent and creative research is a critical part of this vision but, whilst vital, research alone is not enough. Ovarian cancer is challenging to diagnose, yet early diagnosis can radically improve survival rates. This is why we continue to campaign to increase symptoms awareness among women and healthcare professionals to this day.

We have worked hard to get these symptoms recognised, culminating in formal acknowledgement by the Department of Health in 2008. Help us spread the word and ensure that as many women and healthcare professionals as possible are made aware.



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## The symptoms are:

- Persistent stomach pain
- Persistent bloating or increased stomach size
- Difficulty eating or feeling full more quickly
- Needing to wee more often



If you are experiencing these symptoms, make an appointment with your GP straight away.

For more information, or to order leaflets, posters and booklets to help spread awareness, please email [awareness@ovarian.org.uk](mailto:awareness@ovarian.org.uk)

Through the brilliant work your charity is doing hopefully more women will be aware of symptoms and get treatment before it is too late... I am sure your work will save lives for future generations.

**Sheree Mear,**

Ovarian Cancer Action supporter



## Acting on BRCA

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Almost one in five (17%) women with non-mucinous ovarian cancer carries a BRCA1/2 gene mutation. We all have BRCA1/2 genes but the risk of developing ovarian cancer if you have a mutation in one of these genes increases from one in 52, to one in two.

Since 2013, Ovarian Cancer Action has been campaigning for all women with non-mucinous ovarian cancer to be BRCA1/2 tested at diagnosis. Subsequently, in 2015 NHS England published new commissioning guidelines which state that BRCA1/2 testing should be available to all women with ovarian cancer.

This is the first step towards a cancer prevention strategy, but we won't stop there.

Understanding your BRCA1/2 status is important either if you have ovarian cancer, or if you are at increased risk through your family history or ethnicity. Those who do have cancer can make more informed treatment decisions and have the opportunity to pass information on to at-risk family members. Knowing you're at risk, even if you don't have cancer, gives you the option to consider taking preventative measures.



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That's why we've launched our 'Acting on BRCA' campaign. We believe that 'Acting on BRCA' now will serve as a cancer prevention strategy for future generations.

Ovarian Cancer Action takes an active role in engaging with the government, policy makers and other key influential stakeholders on issues impacting women, and family members, affected by ovarian cancer.

We want the NHS to recognise the opportunity BRCA1/2 gene testing presents to prevent cancer, and we want all patients to be informed about their entitlements.

To explore your family history and assess your BRCA risk visit [www.ovarian.org.uk/brca-risk-tool/](http://www.ovarian.org.uk/brca-risk-tool/)



There are many unanswered questions around provision and support for families impacted by BRCA1/2 gene mutations and a growing need to address these questions. Ovarian Cancer Action will not stop campaigning until this need is met.

**Katherine Taylor,**

Chief Executive, Ovarian Cancer Action



## Ovarian Cancer Action: Our Voices

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We are continually inspired by the positive contribution of those who have been affected by the disease, our Voices, to raise awareness of ovarian cancer. Many give up their time and privacy to campaign so that others do not suffer as they have.



We are keen to further our network of Voices, be they women touched by the disease personally, or family and friends who have also been affected by ovarian cancer. Many women, and men alike, find that becoming a Voice gives them a positive approach to tackling the impact ovarian cancer has had on their lives and helps them to feel more able to take charge of their circumstances.

For more information please contact [voices@ovarian.org.uk](mailto:voices@ovarian.org.uk)



I've raised more than £30,000 for Ovarian Cancer Action but I want to keep going. Not only am I passionate about raising funds for the Research Centre, but I also want to help raise awareness of symptoms to help with early diagnosis, and thus better prognosis. Both of these are crucial if we're to change the outlook for women with ovarian cancer.

**Florence Wilks**, Ovarian Cancer Action Voice

## Ovarian Cancer Action: Support us

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The charity's work is made possible entirely through voluntary donations. We rely on the generosity of our supporters to help us fund world-class scientific research, all of which is rigorously peer reviewed by our Scientific Advisory Board.

Some 68% of our charitable spend contributes to this research; research which can, and will, have a real impact on those whose lives have been touched by ovarian cancer.

Other funds are used for symptoms awareness. We envisage a world where no woman dies of ovarian cancer and the more people we can tell about the signs and symptoms,

the closer to our vision we get. Help us by donating what you can. Even a small contribution will directly impact our work and help further understanding of ovarian cancer.

**To find out more about donating, or to get involved in our fundraising events, visit [www.ovarian.org.uk/fundraising-and-events/](http://www.ovarian.org.uk/fundraising-and-events/) call 020 7380 1730 or email [fundraising@ovarian.org.uk](mailto:fundraising@ovarian.org.uk)**



If it wasn't for people like you raising money for research I wouldn't have the opportunities I have to fight this terrible disease.

**Andrea Waterhouse,**  
Ovarian Cancer Action supporter



# Our publications: Further information and support

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## Symptoms and what to tell your GP

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**Ovarian cancer**  
what you need  
to know



**Symptoms you**  
**shouldn't ignore**



**Symptoms diary**  
**Also available as an app:**  
Search *Ovarian cancer*  
*symptoms diary* in your  
app store.

## Diagnosing and treating ovarian cancer

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**Diagnosing**  
**ovarian cancer**  
what you need  
to know



**Treating**  
**ovarian cancer**  
what you need  
to know



**A younger woman's guide**  
**to ovarian cancer**  
Information on treatment,  
relationships, fertility and  
facing an early menopause

## Family history and ovarian cancer

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**Hereditary  
ovarian cancer**  
what you need  
to know



**BRCA risk tool**  
[www.ovarian.org.uk/brca-risk-tool/](http://www.ovarian.org.uk/brca-risk-tool/)  
Find out if your family history  
puts you at risk of ovarian cancer.

## About the charity

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**Ovarian  
Cancer Action**  
about us



**BriTROC**  
Help us find out why  
ovarian cancer recurs



**The Ovarian Cancer  
Action Research Centre**

## Our publications

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- **Ovarian cancer** – what you need to know
- **Symptoms you shouldn't ignore**
- **Symptoms diary**
- **Diagnosing ovarian cancer** – what you need to know
- **Treating ovarian cancer** – what you need to know
- **Hereditary ovarian cancer** – what you need to know
- **A younger woman's guide to ovarian cancer** – information on treatment, relationships, fertility and facing an early menopause
- **Ovarian Cancer Action** – about us
- **The Ovarian Cancer Action Research Centre**
- **BriTROC** – help us find out why ovarian cancer recurs

## You can contact Ovarian Cancer Action for further information:

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### by phone

020 7380 1730

0300 456 4700

(information helpline)

### email

info@ovarian.org.uk

### or write to

Ovarian Cancer Action,  
8-12 Camden High Street,  
London NW1 0JH

### follow us on Twitter



@OvarianCancerUK

### like us on Facebook:



facebook.com/  
ovariancanceraction

[ovarian.org.uk](http://ovarian.org.uk)