

Teal Toes Raises Ovarian Cancer Awareness

Raise awareness of Ovarian Cancer and its symptoms by painting your toenails teal during September, Ovarian Cancer Awareness Month.

Bethesda, MD September 1, 2013 – Women - and men! - are painting their toenails teal during September. Why? To raise awareness of Ovarian Cancer in order to save lives. **Teal Toes** encourages people to paint their toenails teal, the color of Ovarian Cancer Awareness, during September, Ovarian Cancer Awareness Month.

"Painting toenails teal, the Ovarian Cancer color, starts the conversation about the signs of this whispering killer," said Carey Fitzmaurice, founder of **Teal Toes** and a seven year survivor of Ovarian Cancer. "The conversation can save lives. Women diagnosed at an early stage have a much higher five-year survival rate than those diagnosed at a later stage. Fewer than 20 percent of Ovarian Cancer patients are diagnosed early."

The **Teal Toes** web site (<http://www.tealtoes.org>) includes valuable information about symptoms of Ovarian Cancer, resources for additional information, ideas for how to spread the word about Ovarian Cancer and even lists of teal nail polish.

Each year in the United States, more than 21,000 women are diagnosed with Ovarian Cancer and about 15,000 women die of the disease (from the Ovarian Cancer National Alliance). Too many women with Ovarian Cancer do not get diagnosed until their cancer has spread. Their survival rate is 45%. The survival rate improves greatly - to 93 percent - if the cancer is diagnosed at an early stage before it has spread. Only 19 percent of Ovarian Cancer cases are diagnosed at this local stage. Approximately 75 percent of Ovarian Cancer cases are diagnosed at an advanced stage after the cancer has spread beyond the ovary.

Historically Ovarian Cancer was called the "silent killer" because symptoms were not thought to develop until the chance of cure was poor. However, recent studies have shown this term is untrue and that symptoms are much more likely to occur in women with Ovarian Cancer than women in the general population. These symptoms include: bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly, and urinary symptoms (urgency or frequency).

Research indicates that 95 percent of women with Ovarian Cancer had symptoms and 90 percent of women experienced symptoms with early-stage Ovarian Cancer. Symptoms vary from woman to woman and many times depend on the location of the tumor and its impact on the surrounding organs. Many of the symptoms mimic other conditions such as irritable bowel syndrome.

Further information can be found at <http://www.tealtoes.org> or by contacting Carey Fitzmaurice.

Contact:

Carey Fitzmaurice, Founder and President

Teal Toes, Inc.

Press@tealtoes.org

<http://www.tealtoes.org>

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