



## Share Your Story:

**Every 23 minutes another woman is diagnosed with ovarian cancer. All of them have a story.**

Your ovarian cancer journey story, or a loved one's experience/journey can make a big difference for a newly diagnosed patient. By sharing your story, you can help others facing ovarian cancer and shine a spotlight on this disease. Newly diagnosed patients have a lot of questions. Your story can help them plan for the impact on their family and future.

Below are some questions that can help you create a story that can impact others. Include the information you and your family are comfortable sharing. Your story may be included on the Hope for Heather website and featured in an email

Use the questions below as a starting point, but write your story from the heart.

1. Age when symptoms were first noticed?
2. Months/Years from first symptoms to cancer diagnosis?
3. Did the patient/family/advocate proactively seek a diagnosis? Or, allow her doctor to guide diagnosis and accept his/her time line. Was there diagnostic delays caused by cancelling or hesitating to schedule diagnostic tests and specialist appointments?
4. Type of OC cancer diagnosed (there are 5 types of ovarian cancer; High Grade Serous cancer is the most common)?
5. Cancer Stage at diagnosis?
6. Number of times misdiagnosed, or tested for the wrong disease or condition?
7. Number of Reoccurrences of OC?
8. Were second opinion(s) used in the treatment journey?
9. Did she/you seek expert advice from Cancer Hospital
10. Did she/you participate in a clinical trial?
11. Was faith or positive attitude a factor in her/your quality of life?
12. Is there a family history of ovarian, breast, colon, pancreatic or other GYN cancers?
13. How many years as a survivor?
14. Was she/you private about her cancer diagnosis, or an advocate for more cancer education?
15. What was the impact on her/your family?

What would you like readers to know about your friend, patient, survivor, or angel?

Hobbies, interests, family, loves, thanks, regrets?

Please supply a representative photo for your story.

Please send your story to [support@hopeforheather.org](mailto:support@hopeforheather.org) or [frieda@hopeforheather.org](mailto:frieda@hopeforheather.org)