

RAISE

AWARENESS • EDUCATION • FUNDS • SURVIVORS

SPRING • 2017

FROM OUR EXPERT

A Doctor's Advice on Arming Yourself Against Gynecologic Cancers



Dr. David Cohn

Education is important in the battle against **gynecologic cancers**, and it begins with a thorough knowledge of your body.

“A woman needs to understand her body and the symptoms of gynecologic cancers,” said **David Cohn, MD**, adding they include: Abdominal or pelvic pain, abdominal bloating, problems with urination (either frequency or urgency), or feeling full more quickly after eating.

If you have any of these symptoms, see your OB-GYN or another healthcare provider who can evaluate these symptoms, said Dr. Cohn, who is the Director of the Division of Gynecologic Oncology at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute.

It's also important to know your family history, as there are genetic links that can lead to gynecologic cancers. For example, the BRCA gene mutation leads to an increased risk of **breast cancer** and **ovarian cancer**, and Lynch Syndrome leads to an increased risk of endometrial and ovarian cancer.

Millions of men and women are infected with the sexually transmitted human papillomavirus (HPV), which can lead to a wide range of cancers, including cervical cancer, cancer of the vulva, vagina, penis or anus, as well as head and neck cancers.

The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccination for all boys and girls ages 11 or 12. “Catch-up vaccines are recommended for males through age 21 and for females through age 26, if they did not get vaccinated when they were younger,” the CDC states.

After this age, the vaccinations are much less effective.

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Notes from TCC Founder and Cancer survivor, Diane Crawford

FOCUSED

Hello and Welcome to our Inaugural RAISE newsletter! I'm so excited to share the launch of our first-ever official source of **All Things The Crawford Crew!**

This first message will be the longest and most encompassing one you will see from me as I attempt to share the highlights and bring you up to speed on The Crawford Crew's (TCC) first seven years. As many of you know, and others will catch on quickly, I'm not one for formalities and I do like to go on and on when it comes to **our focus, our mission and the impact we can have** on others in a healthy and positive way. You decide how long to stick with me, I hope you're in for the long-haul, and that you too will be a survivor.

RAISE will keep you connected. It will provide updates on our growth and our community reach. It will teach you and will offer ways to support our mission. RAISE will challenge you to be better and to help us be the best we can be for those we serve. To me, RAISE means:

- R** Reaching Out to those in Need
- A** Assisting Patients and Survivors
- I** Increasing Awareness and Impacting Others Positively
- S** Supporting Research and Education
- E** Eradicating Cervical Cancer

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Other ways to reduce your cancer risk include what Dr. Cohn calls “big-ticket items,” including a well-balanced diet that includes plenty of fruits, vegetables and whole grains; regular exercise; not using tobacco; and maintaining a healthy body weight.

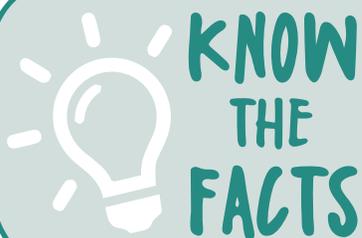
The incidence of **uterine cancer** is on the rise, and Dr. Cohn sees a link between this and the increase in the obesity rate.

“Estrogen is linked to uterine cancer and women who are obese will see changes in their body that increase the level of circulating estrogen,” Dr. Cohn said.

The bottom line, according to Dr. Cohn, is to do the best you can to lead a healthy life.

“There are a lot of things out there, such as talcum powder, that may be a weak link to cancer,” he said. “But we can’t put ourselves in a bubble and avoid everything. But do the things you can do, that you can control. Address the big-ticket items and lead a healthy, active life, and you’ll reduce your risk.”

This article is reprinted with permission from Dr. David Cohn and The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute. For more information on HPV vaccinations, visit <https://goo.gl/vp6ych>.



There are 5 main types of cancer that affect a woman’s reproductive organs, these include: cervical, ovarian, uterine, vaginal and vulvar.

- As a group, these are referred to as gynecologic cancers.
- Each gynecologic cancer is unique, with different signs, symptoms, and risk factors.

- All women are at risk for gynecologic cancers, and risk increases with age.
- You can lower your risk for some of these cancers.
- When gynecologic cancers are found early, treatment works best!

Learn more at www.cdc.gov/cancer/gynecologic.



TCC SPOTLIGHT MARY HATCH

TCC VOLUNTEER SINCE 2014



How did you become involved with The Crawford Crew?

I attended the first Raise A Racket event at Wickertree as an enthusiastic tennis player. I was very moved by the doctors’ presentations and Diane’s mission so I approached Diane later and asked how I could help.

Tell us about what you specifically do to support TCC efforts?

I have been the Silent Auction Chair (or Co-Chair) for the annual Raise A Racket event for three years. From solicitation to final presentation of over 100 donations, this role involves a tremendous amount of time, coordination, creativity and follow-up with donors.

How is TCC and RAR different than other volunteer or charitable organizations?

The Crawford Crew is a grassroots organization. As a volunteer, it’s all hands on deck and one person may fulfill needs in a variety of areas. I also serve on the Women’s Board at the Columbus Museum of Art; a well-established charitable organization. Roles and rules are clearly delineated. While it is fulfilling to raise funds for CMA, I certainly feel I have far more impact in my work with The Crawford Crew.

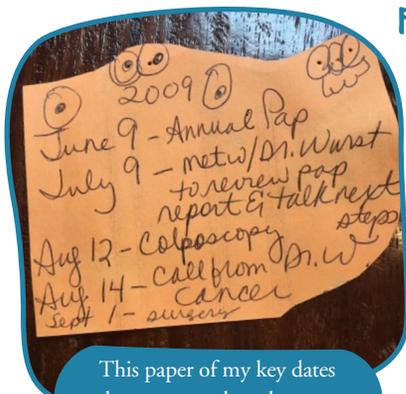
How can someone help support TCC?

Be a sponsor, donate to our auction, volunteer to help with RAR or just attend the event and have fun raising funds for a great cause. Just contact Di Crawford and she will find a way for you to help!

Mary Hatch, Volunteer



FOCUSED continued from page 1



This paper of my key dates hangs on my board at my desk as a reminder every day.

Everyone has a story to tell and here's a quick recap of mine... In the summer of 2009, after my routine, annual exam with my gynecologist, I was diagnosed with Cervical Cancer - Stage 1b. In the 20+ years I had been seeing my gynecologist annually, I never had an abnormal pap, nor did I ever test positive for HPV. This particular

year I had forgotten to schedule my annual and something triggered me, reminding me to call. I believe I was given a sign to make that appointment on June 9th because something was wrong. Thankfully, my cancer was caught early and it did not spread outside of my cervix.

On September 1st, Dr. David Cohn, gynecological oncologist with The James Cancer Hospital, performed a radical hysterectomy using the DaVinci Robot. The following two weeks were spent healing and surrounded by family and friends. During that time I began thinking of ways to use my experience to help and prevent others from hearing the words "you have cancer". This is when the concept

of raising awareness and creating a foundation was born. Check out our timeline to see how TCC got where we are today.

One of TCC's goals in to increase awareness and education. It is because of this that we have created RAISE, a resource that we will publish three times per year. In each issue you will find:

- A message from me
- Information from our of our Experts in the health and wellness fields
- A Spotlight on one of our many volunteers, board members, donors, and others without whom we cannot do what we do
- An update on how your donations are helping us achieve our mission
- Our Event Calendar

Well, that's it for now. Please enjoy RAISE, and never hesitate to reach out to me with any questions. I can be reached at di@thecrawfordcrew.org and you can always check out our website at www.thecrawfordcrew.org. Don't forget to look through photos from our 5th Annual RAR [here!](#)

Be sure to connect with us in one way or another so you don't miss out on the fun!



THE CRAWFORD CREW FOUNDATION TIMELINE

NOVEMBER 2009

I took \$100.00 to OSUCCC – James and opened a new fund titled The Diane Crawford Cervical Cancer Research, Education, and Outreach Fund #313230 with the development office.

OCTOBER 2010

TCC held the first Raise A Racket (RAR) fundraiser and hosted 103 guests, raising \$9,000.

SEPTEMBER 2011

TCC held the Drive Against Cancer golf outing.

JANUARY 2013 and 2014

TCC hosted the 2nd and 3rd Annual RAR.

SEPTEMBER 2015

RAR experienced significant growth in our 3rd year, raising \$34,000 and hosting 220 guests.

JANUARY 2016

The 4th Annual RAR raised \$42,000 and hosted 310 guests. This year we began our partnership with The Appalachia Community Cancer Network and Hope Hollow. (You can learn more about these organizations in What's Happening.) Also in 2016, TCC got its first intern through a program created in conjunction with Otterbein University's Department Public Health & Allied Services.

JANUARY 2017

TCC hosted the 5th Annual RAR and raised \$52,000 and hosted 304 guests.

APRIL 2017

TCC funded critical missions at The James and donated \$100,000. Please see specifics on our support under Your Donations at Work.

SPRING 2017

TCC launched our Junior Board with 18 middle school through college aged members. This amazing and energetic group of young adults is currently planning their first fundraiser, a 5k Walk/Run, for this summer.

JANUARY 2018

TCC will host the 6th Annual RAR on January 20, 2018.



WHAT'S HAPPENING WITH TCC

Your Donations at Work

The overwhelming support of our donors over the past 12 months has enabled The Crawford Crew to make a difference in numerous ways.

- In the fall of 2016 The Crawford Crew donated **\$5,000** to the Columbus-based **Hope Hollow** and **\$6,000** for an HPV educational and awareness program to be facilitated in Ohio and to support **The Appalachia Community Cancer Network** (ACCN).

Hope Hollow is a place of welcome, hospitality and hope that provides lodging for cancer patients and their loved ones, who are in Columbus, OH for treatment. ACCN, headquartered at the University of Kentucky Prevention Research Center, is a team of community partners and academic collaborators from Kentucky, Ohio, Pennsylvania, Virginia, and West Virginia working together to reduce cancer health disparities in the Appalachian region.

- As a result of the success of **Raise A Racket 2017** we have been able to increase our level of support of The Ohio State University – Wexner Medical Center. We have directed **\$100,000** to **The James Division of Gynecologic Oncology** for two of their critical initiatives:

1. **The Patient Navigator** will help patients who are enrolled in very complex clinical trials for their cervical cancer get to their appointments and coordinate all aspects of their care. The Navigator will help patients through and around barriers in a complex cancer care system to help ensure timely treatment without delays or preventable side effects. There are now 4 immuno-oncology trials for patients with cervical cancer, and their complexity begs for navigation. As you can imagine this is a challenging process for anybody to navigate.
2. **The Specimen Collection Research Analyst** will look at specimens that have been collected from patients undergoing a clinical trial for their cervical cancer. Dr. Salani and Dr. Cohn at The James are co-investigators on this national study that will be published this summer. Our support will help fund additional translational science work on the specimens collected for research in these patients. The goal is to try to predict if a tumor will response to the drug studied in this trial (ABT-888, a PARP inhibitor) Our funding will also support testing for “homologous recombination deficiency”, which has shown to predict response to treatment in ovarian cancer.



THINGS TO PLAN ON

- **SAVE THE DATE:** The **6th Annual Raise A Racket** will be held on January 20, 2018. We can't wait to see you there!
- **Torture Your Trainer:** This new one day/evening event is sponsored by Infinity Fitness. To be held the last week of June, the trainers will do their exercises and hold a health fair “party”. Donations will be taken online and at the gym for two weeks prior. Look for further details from TCC soon.
- TCC is in the planning stages for an inaugural **5K Walk/Run** put on by our Jr. Board. In the coming months we will be naming the event and releasing date, location and other details. Want to help or sponsor the event? Contact us!



RAISE YOUR VOICE

Donate and make a difference where you feel most passionate!

OUTREACH/EDUCATION

RESEARCH



SUBSCRIBE!

OUR GOAL IS TO RAISE MONEY AND POUR IT INTO, EDUCATION, RESEARCH AND COMMUNITY OUTREACH PROGRAMS FOR CERVICAL CANCER, AND OTHER GYNECOLOGICAL CANCERS.

The Crawford Crew Foundation Board of Directors

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