

RAISE

AWARENESS • EDUCATION • FUNDS • SURVIVORS

SPRING • 2018

FROM AN EXPERT

How Do I know if I have HPV?

If you have HPV, you might never know it. It's so common that the CDC estimates that almost 80 million people in the United States have it.

Depending on the type of HPV you get, you may or may not have symptoms. Many people don't.

Some HPV types can cause genital warts. Others are linked to cancer of the cervix and other organs. And some HPV types cause common warts that you can find on other areas of the body like your hands or feet.

If you have genital warts, that's a sign of HPV. These growths don't all look the same. They can be raised, flat, pink, or flesh-colored. They might even be shaped like cauliflower. You could have a single wart or several. They can be small or large. They may grow on the anus, cervix, scrotum, groin, thigh, or penis.

Genital warts can show up weeks, months, or even years after you have sex (vaginal, anal, or oral) with a person who's infected with an HPV virus. He (or she) might not know he's infected. Some types of genital HPV infection are linked to cancer, including cervical cancer and cancer of the vulva, anus, oropharynx (the middle part of the throat, behind the mouth), or penis. If you get infected with one of these virus types, it's possible that you could have precancerous changes in cells in the tissue without any symptoms.

Can I Be Tested?

If you're healthy, doctors don't routinely test for HPV.

For women, the Pap test doesn't check for HPV. It looks for changes in cells in your cervix. If you have certain changes in those cells, your doctor may ask the lab to check for the virus. If you're over age 30 and your pap is normal, your doctor may still test you for HPV. This is called "co-testing."

If you have HPV and abnormal cervical cells, your doctor might order more tests right away. If you have HPV but your Pap results are normal, you may also need to get checked again in a year.

This article was published by Web MD Staff, <https://www.webmd.com/sexual-conditions/hpv-genital-warts/hpv-symptoms-tests>



Notes from TCC Founder and Cancer survivor, Diane Crawford

FOCUSED

We boldly jumped into 2018 and its already been amazing! This is definitely our year for growth. Growth in cervical cancer awareness, growth in participation, and growth in fundraising – these are our areas of focus.

The Crawford Crew has actively been networking with individuals, businesses, and organizations who are intrigued by our mission and dedicated to being part of our growth. In our **TCC Spotlight** and **What's Happening with TCC** you will read about the people and the opportunities we have encountered and embraced.

I continue to be reminded through our outreach and day-to-day conversations how critical our mission is. The Human Papillomavirus (HPV) caused my cancer. That is why I feel obligated to provide people with the tools they need to protect themselves and their loved ones from cancers caused by HPV. Through our newsletters, website and social media, we want to offer valuable information for you to use and share.

If you have not been able to join us at our events, I encourage you to spend time in our **photo gallery** to see all the fun TCC has been having. And as always, be sure to stay connected with us to be a part of our growth!



SUBSCRIBE!

THE CRAWFORD
CREW

Pulling together to prevent cervical cancer



THINGS TO PLAN ON

- **Easter Cookies for our Cause** created by Amanda Maddox of Nanny and Weebs is donating \$5 from each special edition tray to The Crawford Crew. You can order March 5th through March 28th here! All orders will be available for pick up March 30th and 31st.
- **'CROSSE OUT Cervical Cancer** hosted by Westerville Central Girls Lacrosse team on April 23rd from 5:30 pm - 8:30 pm at the WCHS Warhawks Stadium.
- **HPV Summit** offered by TCC, The American Cancer Society, and Mount Carmel Health Systems will be held on August 3rd from 9 AM – 1 PM at Mount Carmel College of Nursing, Main Campus, 127 South Davis Ave., Columbus, 43222.
- Our 2nd Annual **Save our Sisters 5K** benefiting breast cancer and cervical cancer patients will be held on Sunday, August 12th. (#SOS5K)
- Join us as we **Paint the 'Ville Teal** again in January 2019, to learn more visit <http://paintthevilleteal.org>.
- Clear your calendar for the **7th Annual Raise A Racket** on January 19, 2019!

WHAT'S HAPPENING WITH TCC

Growth is a Great Thing

Your support, generous donations and enthusiasm has enabled us to educate thousands, build awareness and impact the lives of numerous cancer patients and their families.

Our 6th Annual Raise A Racket grew to two venues this year and so did our numbers! With your help we raised over \$90,000!

We cannot thank our sponsors, volunteers and participants enough!

If you missed out on this amazing event, or would like to see all the fun, click here! Or watch our Crawford Crew video here.

**RAISE A RACKET '18
RAISED \$90,000!**

In other exciting news our board is growing. We welcomed three new board members this year, Chris Keown, Elisia Dickison, and Meredith Helmer. To learn more about Chris and his new Volunteer Coordinator Chair position please check out our Spotlight column.

KNOW THE FACTS

EVERY HOUR,
there are an estimated
40
NEW CASES of
GENITAL WARTS
in the United States.

4 things a parent needs to know about Human Papillomavirus (HPV)

The more we learn about health risks for our children, the more we can do to help protect them as they grow up. That's why it's so important to get the facts about HPV.

1. HPV can be serious: HPV can cause certain precancers, cancers, and other diseases. These can develop very slowly and may not even occur until later in life.
2. HPV affects both genders: Both males and females are affected by HPV. Exposure to the virus can happen with any kind of adolescent experimentation that involves genital contact with someone who has HPV – intercourse isn't necessary, but it is the most common way to get the virus. It's important to help protect children before they are at risk.
3. You can't tell if someone has HPV: Many people who have HPV don't even know it because HPV often has no signs or symptoms.
4. There is no treatment for HPV infection: However, there are ways to help protect your child from HPV-related cancers and diseases.

Education is the first step in helping to protect your kids from certain HPV-related cancers diseases later in life. Protection starts with knowing the facts. Now that you're armed with more information, talk to your child's doctor to see if vaccination is right for your child.

Reference: <https://www.hpv.com/talk-to-your-childs-doctor-about-hpv/>





TCC SPOTLIGHT CHRIS KEOWN



BOARD MEMBER & VOLUNTEER COORDINATOR CHAIR



How and when did you become involved with The Crawford Crew?

I am new to the area, and this fall my Fiancé, Elisia, and I decided it was important to do more in the community. I was in the Air Force for 20 years and I moved around so much that I never got to really become a part of the local community. Elisia is a Cervical Cancer Survivor and after watching her go through all of her checkups and the ups and downs of her diagnosis, The Crawford Crew's mission seemed like the perfect fit. Little did we know how amazing Diane and the whole team would be. We felt like family from day one. The first event we were a part of with The Crawford Crew was Paint the 'Ville Teal. It was fun putting up ribbons throughout Westerville to bring awareness to Cervical Cancer.

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

I am fortunate enough to be a Crawford Crew Board Member where I currently head up volunteers. What's nice is how Diane allows us all to bring our talents to the group and combine them with the other Board Members' talents to make The Crawford Crew better.

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

Leadership is everything. There is not another Diane out there. Her passion for the cause, warm demeanor, big heart and amazing vision for where The Crawford Crew will go sets this organization apart from others.

How can someone help support TCC and/or RAR?

There are multiple ways to support and help The Crawford Crew. One of the easiest ways to support is donating directly through The Crawford Crew's website. These donations directly impact research and Cervical Cancer awareness. A more fun way to support The Crawford Crew is through sponsorship opportunities at the annual Raise A Racket event. This can come in the form of sponsorships at the tennis tournament or at the dinner after the tournament. If you want to give time, we are always looking for energetic, good hearted and dedicated volunteers to help with education, putting on events and raising awareness. Becoming a volunteer is easy to do, go to our website and under the 'About Us' tab is a Join Us option. Choose the become a volunteer option and you are on your way! It will be a decision you won't regret, and you will leave with memories that last a lifetime knowing you have given or volunteered to a very special cause and a team who is driven to beat Cervical Cancer!



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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