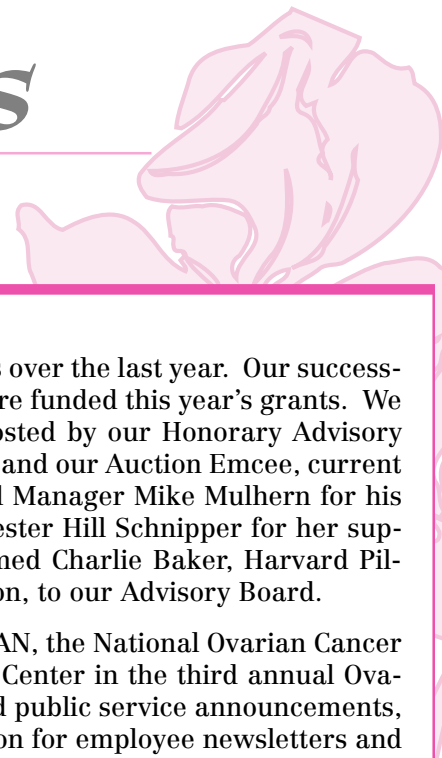




Pat's Friends

The M. Patricia Cronin Foundation
to Fight Ovarian Cancer, Inc.



Message from the Board of Directors

“We are making a difference ... as we work to find better treatments and bring more support to women with ovarian cancer.”



Dear Friends,

I want to thank you for your support of our events over the last year. Our successful spring fundraiser and auction at Scollay Square funded this year's grants. We introduced our grant recipients at the event, hosted by our Honorary Advisory Board Chairman, former Speaker Tom Finneran, and our Auction Emcee, current Speaker Sal DiMasi. We honored MBTA General Manager Mike Mulhern for his leadership on ovarian cancer awareness, and Hester Hill Schnipper for her support of women with ovarian cancer. We welcomed Charlie Baker, Harvard Pilgrim, and Paul Stewart, Boston Bruins Foundation, to our Advisory Board.

In September, the Cronin Foundation joined OCEAN, the National Ovarian Cancer Coalition and the Mass General Hospital Cancer Center in the third annual Ovarian Cancer Awareness Campaign. We sponsored public service announcements, print ads and a web site, and provided information for employee newsletters and mailings. Thanks in particular to Blue Cross Blue Shield for its leadership gift of \$15,000 for the campaign. Watch for our half-hour program on cable television beginning this spring. Sadly, updating the campaign reminded us of the deadliness of this disease: two of the women who participated in our ads, Carolyn Mosteki and Lenore Jackson, died this past year. We send their families our deepest sympathies.

In June I had the honor of being elected the second President of the Cronin Foundation. My first job was to thank Jane Welch for her leadership on our projects and fundraising. My second is to thank you, our donors, and ask you to remain committed to this important work. We are making a difference as we work with our honorees, grant recipients, coalition partners and researchers to find better treatments and bring more support to women with ovarian cancer.

I also want to thank Mintz, Levin for donating legal services and hosting the Foundation's Board meetings on a continuing basis, and The Rendon Group for doing a superb job on our outreach. We have no paid staff, which keeps us lean on overhead, but we depend heavily on these supporters for administrative and outreach help. Members of these firms are both friends and terrific professionals.

I think of the time I spend on the Foundation's work as time I would have spent with Pat, catching up on family, politics and work. The loss of such a good friend reminds me of the pain that ripples out from the deaths of nearly 16,000 other women in the U.S. each year. We have work to do.

Nancy Farrell
President, M. Patricia Cronin Foundation to Fight Ovarian Cancer, Inc.

Foundation Awards Annual Grants

The Cronin Foundation announced the award of three grants totaling \$10,000 at the Spring annual event. The Grants Committee sent a request for proposals to the Boston area teaching hospitals and community hospitals, oncology departments and health centers throughout the state. The committee recommended three organizations for grants, and the Board approved them unanimously:

- Dr. Ursula Matulonis, Director, Medical Gynecologic Oncology at Dana-Farber Cancer Institute, received \$5,000 for a study of how older women make decisions about ovarian cancer treatment. The study is intended to help physicians be more informed

about issues of importance to their patients as they make treatment decisions.

- The Visiting Nurse Association of Southeastern MA Hospice Outreach Program was awarded \$3,000 for a Journaling and Meditation Support program. Two six-week sessions will provide a creative opportunity for hope and healing to women and their families who are fighting ovarian cancer.
- The Ovarian Cancer Network, led by Dr. Gwendolyn Collins, planned to use its \$2,000 grant to support the Third Annual Networking Conference for a diverse community in Boston.

The Foundation is grateful to the donors who made these grants possible.

We Welcome Your Donations

If you would like to make a donation, please make your check payable to The M. Patricia Cronin Foundation to Fight Ovarian Cancer and mail it to:

The M. Patricia Cronin Foundation
P.O. Box 101
Quincy, MA 02170

If you have any questions please contact us at: 1-866-4CRONIN (toll-free) or e-mail us at info@patsfriends.com



Memories of Pat...

“Pat was always gracious and considerate. In good times and in bad times she showed saint-like virtues of patience, humor, and fortitude. Even as she struggled to overcome her illness, there was never a trace of anger or self-pity. For many, many years she showed us how to live; in her final years she showed us how to die.”

– Former Massachusetts Speaker of the House Thomas M. Finneran

Paying Attention Brought Early Detection

A Survivor's Perspective on the Importance of Early Detection

By Chris Farrow

One April morning in 1989, just before getting up to go to the bathroom, I realized my hand was cupped over a rounded shape on my abdomen. What was this? It fit under my palm and moved slightly. I lay there for a few seconds, got up, urinated and came back to bed. I stretched out on my back again and put my hand where the lump had been. It was gone.

I considered calling the nurse practitioner at my HMO about this unusual discovery but remembered my annual physical was later that week. I decided to hold off. I was living alone and didn't discuss it with family or friends.

For some reason, I didn't mention it to my primary physician before he started the examination. Perhaps I wanted him to find it on his own. He palpated my abdomen without any pause or sign of concern. Afterwards, he asked if I had any questions.

“Well, last week when I first woke up, I felt a large lump right here.” I cupped my hand on the spot, showing its approximate size.

“I didn't find anything. But if you want, I can order an ultrasound,” he said matter-of-factly.

“Yes, I want that.”

I scheduled an ultrasound as quickly as possible. The technician moved the cool wand over my abdomen and began to focus on one area. She placed the instrument, clicked in a reading, moved it slightly, clicked in another, and another. It felt unusually thorough.

“What'd you find?” I asked. As expected, she said I'd have to wait for the radiologist to read the films and get the information to my doctor.

“I fervently hoped that some non-surgical treatment existed for me... I was 46 years old and longed to have another child.”

That next Tuesday my internist reported that I had a cyst on my left ovary with weblike and opaque areas. We scheduled an April 18th appointment with the gynecology department where they'd do a pelvic exam, study the ultrasound report and make a recommendation about next steps.

I requested a copy of the ultrasound report to research the terms at the public library. I started with basic questions: “What is a cyst? Is it the same as a tumor?” These words are often used interchangeably. I found several books on breast and uterine cancer but only one mentioned ovarian cysts. My main question was “What are the treatments for ovarian cysts?”

“We were dealing with the possibility of ovarian cancer, an insidious cancer with a low five-year survival rate... This reality finally sunk in.”

What I read stunned me. The decision about treatment involved many criteria, including the age of the woman and what the cyst looked like. For women over 40 with a cyst of questionable structure, treatment was likely to include removal of the affected ovary, and possibly the uterus and other ovary. The topic of ovarian cysts had suddenly spiraled into ovarian cancer, its four stages and symp-

toms that often go unnoticed. I fervently hoped that some non-surgical treatment existed for me. I was 46 years old, had regular periods every 28-30 days, and longed to have another child.

On my first visit to the gynecology department, I spoke with a surgeon who recommended surgical removal of at least the cyst and right ovary. She assumed that I wouldn't care about losing my ovaries, “...since you don't want any more children, do you?”

After that bleak conversation, I decided to get one or two additional opinions. I met with a more experienced surgeon within my HMO, Alice Rothchild, MD, who explained that we couldn't know before surgery whether the cyst was benign, malignant or borderline (having elements of being benign and malignant). We would need a contingency plan and my written authorization for all options. I appreciated her approach and openness to questions.

Still wanting an opinion from outside the HMO, I went to a recommended oncologist in Brookline. He couldn't confirm whether the cyst was benign or malignant but was concerned about the opaque areas. He spoke directly. We were dealing with the possibility of ovarian cancer, an insidious cancer with a low five-year survival rate. Surgery was the only treatment option. This reality finally sunk in.

I decided on Dr. Rothchild because I had such confidence in her.

That five-week wait gave me time to learn and prepare. I had my first will drawn up. In case the surgeon brought news of malignancy or other complications, I invited my brother, sister-in-law and a good friend to be at the hospital with me.

* Continued on page 4

Foundation Celebrates Third Anniversary

The Foundation proudly celebrated its third anniversary on Wednesday, May 12, 2004 at a cocktail reception and auction at Scollay Square restaurant in Boston. More than 100 members of the legislative, lobbying, and healthcare communities joined the Board of Directors and Pat's friends and family at the event. Ticket sales and auction proceeds went toward the Foundation's work to increase awareness of ovarian cancer and support for women who are diagnosed with the disease and their loved ones.

The event was emceed by Foundation Advisory Board Chairman and then Speaker of the Massachusetts House of Representatives Thomas Finneran. The speaking program included award and grant presentations, as well as the official announcement of Charlie Baker, President and CEO of Harvard Pilgrim Health Care, and Paul Stewart, Director of the Boston Bruins Foundation, as additions to the Foundation Advisory Board. The speaking program was followed by a live auction conducted by then Massachusetts State Representative and Foundation friend Sal DiMasi.



The 2003 M. Patricia Cronin Prevention Award was presented to the Massachusetts Bay Transportation Authority (MBTA), by Advisory Board member and Massachusetts State Senator Joan Menard. On hand to accept on the Authority's behalf was General Manager Michael Mulhern. The 2003 Pat's Friend Award was presented to Hester Hill Schnipper, Chief of Oncology Social Work at Beth Israel Deaconess Medical Center by Foundation Advisory Board member and Massachusetts State Senator Therese Murray.

Doctor Ursula Matulonis, Director of Medical Gynecologic Oncology at

Dana Farber Medical Center, was awarded a \$5,000 grant to research older patients' decision-making processes as they relate to treatment options. The Cancer Connection in Western Mass. was awarded \$3,000 to continue its work to help people with cancer and those who care about them, and the Ovarian Cancer Network was awarded \$2,000 for its third annual three-day workshop for women with cancer and their friends and families.

For more information about the Foundation's Anniversary and for photos from the event, please visit our web site at: www.patsfriends.com.



▲ L to R: Thomas Finneran, Nancy Farrell and Paul Stewart.

Event Photos...



▲ MBTA General Manager Mike Mulhern accepts 2004 Pat's Friend Award.



▲ Dick McDonough and Charlie Baker with their live auction prizes.



▲ Members of The Cancer Connection.



▲ Foundation Board member Margaret Oliver with ovarian cancer survivor and grant recipient Rev. Dr. Gwendolyn Collins.



▲ Foundation Advisory Board members and supporters enjoy the patio at Scollay Square.



▲ L to R: Dick McDonough, the Honorable Sal DiMasi, Joe Timilty, and ML Strategics Stephen Tocco.

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- The Honorable Therese Murray
- Ted O'Donnell
- The Honorable Alice Peisch
- Rick Rendon
- Paul Stewart

Please Continue Your Support of the Foundation at 2005 Events!

The Foundation will host two events in Spring 2005. Grants will be awarded at an informational lecture and reception on April 5th at 6pm, and the Foundation will be hosting its annual fundraiser in May. Look for invitations and please visit www.patsfriends.com for information and updates!

Paying Attention Brought Early Detection

Continued from page 2

I felt the telltale bulge once more. I lay there and talked with it — a first for me. Several such suggestions in Bernie Siegel's book, *Faith, Hope and Healing*, taught me how to be an active participant in this unexpected experience. I sketched the cyst and its removal, recorded my dreams, and began writing a column entitled *Hyalcinths for the Soul* on the impact of music in our lives. I'd always wanted to do that.

“The preliminary report during surgery showed the cyst to be borderline... She treated it as if were malignant... It had grown to the size of a grapefruit.”

On May 23rd at 8:00 a.m., Dr. Rothchild performed the surgery (laparotomy), while I was under general anesthesia. The preliminary report during surgery showed the cyst to be borderline. She treated it as if it were

malignant and removed both ovaries and the uterus, as we'd agreed. It had grown to the size of a grapefruit. During the first week of June, the Tumor Board concluded that the tumor was borderline and did not require chemotherapy or radiation. Dr. Rothchild anticipated full recovery. The post-surgery CA-125 was 10, down from 59 before surgery. Any number below 39 was considered normal.

May 23, 2004 was the 15th anniversary of my surgery. Over these years I've regularly requested CA-125 tests under several HMO plans. One doctor acknowledged he wouldn't know what to do with the results, but I insisted on it. That was *his* homework. In January 2004 the reading was 13.

In the process of recording these memories, I learned from Dr. Rothchild that what I had originally felt in my abdomen probably was not the cyst, as I had believed, but rather a bulge in my colon that was palpable because of a full bladder. Whatever the cause, I credit my good fortune in the early detection of that cyst to two key factors:

- 1) **I paid attention to changes in my body.** I knew how my body felt when everything was working normally, so I immediately noticed this unusual bulge.
- 2) **I had a persistent “need to know.”** I had to find out what the unexplained shape was. A friend confided that she would never have requested that initial ultrasound, particularly since the doctor hadn't insisted on it. My drive for definitive information brought early diagnosis and effective treatment.

Now, over 15 years later, I share this profound experience to alert other women to the benefit of early morning awareness. Each woman has to be her body's most attentive advocate and report anything out of the ordinary to her physician as quickly as possible.

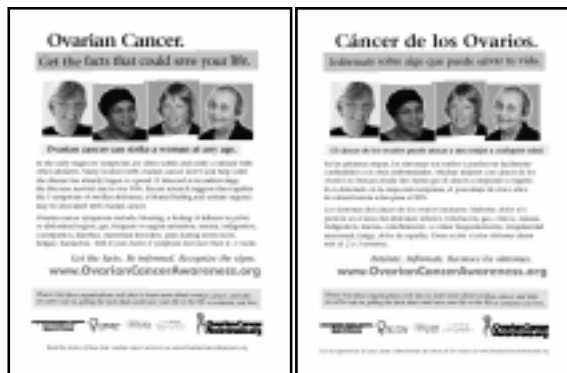
I can only say with deep gratitude, it worked once for me.

Foundation Participates in Third Annual Ovarian Cancer Awareness Month Campaign



For the third consecutive year, The M. Patricia Cronin Foundation to Fight Ovarian Cancer partnered with the Massachusetts Division of the National Ovarian Cancer Coalition, Inc. (NOCC), the Ovarian Cancer Education Awareness Network at Massachusetts General Hospital (OCEAN), and Massachusetts General Hospital Cancer Center to increase awareness of ovarian cancer during the month of September, Ovarian Cancer Awareness Month.

Using a series of television, radio, and transit advertisements, the organizations encouraged people to visit the campaign's web site,



▲ Informational hand cards were printed in English and Spanish. Printing was generously donated by Blue Cross Blue Shield of MA.

www.OvarianCancerAwareness.org. The web site is designed to not only increase awareness of this disease, but also to direct individuals to each organization's individual web sites for more information.

Throughout the final weeks of September, public education campaign advertisements were aired on WBMX-FM, WODS-FM WBZ-AM and New England Cable News. Members of the coalition have begun to plan this year's events. Please contact Ashley Webb at 617-912-3816 if you would like to help.

Pat's Friends

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