

2025 Impact Report

In 2025, we strengthened and expanded a community of support for people impacted by ovarian cancer across Oregon and Southwest Washington. Together, we focused on what matters most: access, connection, and practical support—delivered with dignity and care.

Expanded our reach and relationships

- Extended support further into rural communities
- Increased access for people who have historically faced barriers to resources
- Began building trust-based partnerships with community organizations serving BIPOC communities to share resources and deepen collaboration over time

Created consistent survivor connection and care

- Offered monthly support groups where participants could ask questions, share openly, and feel understood by others with lived experience
- Hosted three No-Host Noshes in Salem and Portland, creating space for informal survivor connection
- Brought survivors and volunteers together at our annual Survivor/Volunteer Luncheon for community, conversation, and mental health education
- Distributed 148 By Your Side Chemotherapy Kits—a tangible reminder that no one has to face this disease alone
- Provided more than \$27,000 through our Here4You Financial Assistance Program to help cover urgent, essential needs when finances became a barrier

Advanced education and awareness

- Spoke at Rotary Clubs in Salem and Portland, bringing ovarian cancer education to the broader community
- Led 15 Survivors Teaching Students (STS) sessions, reaching 470 future healthcare professionals
 - Through STS, survivors share their ovarian cancer journeys, offering firsthand insight into symptoms and the physical and emotional toll of the disease
- Reached 300 additional attendees through educational sessions, strengthening practical knowledge and awareness across our region

Mobilized our community in powerful ways

- In June, our 3rd Annual Teal Ribbon Walk brought more than 450 people to the Oregon Zoo to walk in solidarity—survivors, families, friends, and medical professionals side by side
- At the 13th Annual O-Vary Funny FUNdraiser, our community raised more than \$124,000 to sustain direct programs and critical support for families

Whether through a support group conversation, a mentor connection, financial assistance at a breaking point, a chemotherapy kit delivered at the right moment, or education that supports earlier symptom recognition, each effort strengthened something larger: a responsive, community-wide network of hope.

We are proud of what we accomplished together in 2025—and deeply grateful to everyone who made this work possible.

Find support, resources, and programs at ovariancancerosw.org.

We are here for you

\$27,000

Disbursed to ovarian cancer patients for critical needs such as housing, medical, and utility bills

148

By Your Side Chemotherapy Kits distributed to women facing an ovarian cancer diagnosis or recurrence

470

Healthcare students learned about ovarian cancer symptoms and risks through the Survivors Teaching Students Program

300

Attendees gained information and knowledge in educational sessions

22

Community events delivered—creating connection, education, and support

Behind the Impact

This work was led by one full-time staff member in partnership with a deeply engaged Board of Directors, with targeted grant-funded contract support to advance key organizational priorities.

Voices From Our Community

As a gynecologic oncologist, I witness daily how ovarian cancer affects not only the physical health of my patients but also their emotional well-being, financial stability, and sense of connection. The Ovarian Cancer Alliance of Oregon & SW Washington provides an essential layer of support that meaningfully improves my patients' lived experience during and after treatment. Through peer mentoring, support groups, educational programs, and direct financial assistance, the Alliance meets patients where they are—offering reassurance, practical help, and a powerful reminder that they are not facing this diagnosis alone. This comprehensive support reduces isolation, alleviates stressors that can interfere with care, and empowers patients and families to navigate the ovarian cancer journey.

— Andrea L. Buras, MD

I cannot begin to thank OCAOSW's support group enough! As a newly diagnosed cancer patient, it was scary beyond words. I was trying to balance all of my feelings—fear, anxiety, anger, sadness, and loss—along with all the medical issues: the unknown, what's next, the costs, and "are these feelings normal?" So much. This group brought me together with women who had been there—whether recently, years ago, or somewhere in between—and with women also facing a new diagnosis. They listened in a way that made me feel understood. I felt compassion and support. I feel truly blessed and grateful that this special, small group—survivors of this rare, scary cancer—was there for me, and is still there for me today.

— LW, Support Group Participant

When I started chemotherapy, everything felt overwhelming and isolating. Receiving a By Your Side Chemotherapy Kit reminded me I wasn't facing this alone—someone had thought about what I might need on my hardest days. The teal blanket, water bottle, and notebook were genuinely comforting, and the OCAOSW resources helped me feel more informed and supported. Even the reusable bag—with ovarian cancer symptoms printed on it—felt powerful, like a quiet way to advocate and start conversations when I didn't have the energy to explain everything.

— HW, By Your Side Chemotherapy Kit Recipient

As a survivor and a mother of two children, the financial stress of cancer was almost as overwhelming as the diagnosis itself. The Here4You Financial Assistance Program helped cover essential expenses, so I could focus on treatment and being present for my kids, instead of constantly worrying about bills. That support gave my family stability during an incredibly uncertain time. I will always be grateful for the relief and dignity this program provided when we needed it most.

— WC, Here4You Financial Assistance Program Recipient



No-Host Nosh in Portland



Teal Ribbon Family Fun Walk



O-Vary Funny!



Survivors Teaching Students Program



KOIN News AM Extra!



Standard TV & Appliance Golf Tournament Benefiting OCAOSW – on-air with Steve Dunn



Ovarian Cancer Alliance
of Oregon & Southwest Washington

• We are here for you •



Know the Warning Signs

1. Bloating
2. Difficulty eating, feeling full quickly
3. Abdominal or pelvic pain
4. Frequent or urgent need to urinate

What you need to know about ovarian cancer...

The Pap test does not detect ovarian cancer.

There is no early detection test for ovarian cancer, so most cases are diagnosed when the disease has advanced. Learn the early warning signs; it could save your life or the life of someone you love.