

**San Diego Triathlon or Bust
(Fighting Ovarian Cancer)**

Subaru US Women's Triathlon Series O.C.R.F (Ovarian Cancer Research Fund)



Hello,

I am Sybil Arnett, Registered Nurse, mother of five, Grandmother of three, Aunt to four, and great Aunt to 15.

I am also an **Ovarian Cancer Survivor** for almost two years. I am able to live a normal productive life now because of early detection and excellent prompt medical care.

My **early detection** was caught on a fluke. That is, there were **no symptoms**; I simply wanted my ovaries checked because I felt it was important to have regular checks on them. I asked for a test from my doctor and she was kind enough to oblige.

Early detection is the key. Thousands of women today are not so lucky. Most ovarian cancer is **discovered too late** because it is a silent killer with **no symptoms**.

Many of us will face the loss of our beloved, daughter, sister, niece, aunt, Grandmother, etc. because they're Ovarian Cancer will be **found too late**. They will face many surgeries and expensive treatments to prolong their lives before it is over.

What is needed is early detection to save lives and costly medical care.

Please, if you can, **join with me in this fight** to preserve our loved ones.

I am thankful today that I have the strength and health to do a small triathlon to earn money for research on the **early detection of Ovarian Cancer**.

Donations are needed and appreciated. Please contact me at sybila@walkablock.com, or

Call me at **home** 925-373-4816 or **cell** 209 914 2202.

Leave a message and I will get back with you about the details.

Sincerely yours,
Sybil Arnett

[Ovarian Cancer Research Fund](http://www.ocrf.org/)
14 Pennsylvania Plaza, Suite 400
New York, NY 10122
<http://www.ocrf.org/>