

## An Ounce of Prevention

Nancy (Jim) Long recently shared information on symptoms and prevention of ovarian cancer during the weekly Class of 66 wives/widows/partners Zoom meeting. Nancy was diagnosed in the late stage of the disease but beat it. Pam (Rod) Rempt's sister died from it. Statistically, 11 of the wives/significant others of the 868 USNA Class of 1966 graduates will be diagnosed with ovarian cancer in their lifetime (1 in 78 women), a cancer that's death rate far surpasses that of breast cancer.

Nancy is on a mission to help others identify the cancer earlier and suggests visiting [www.ovarian.org](http://www.ovarian.org) to obtain information, a list of symptoms and handy tools. Nancy's Zoom presentation was recorded and a link to the recording can be obtained by contacting Ginny (Charlie) Jones at [usna.66.ladies@gmail.com](mailto:usna.66.ladies@gmail.com).

All wives/widows/partners of the Class of 66 are encouraged to join the weekly Zoom conversations to make connections, support each other, have fun and, on occasion, to learn things that may save lives. If you are interested, please send an email to Ginny at [usna.66.ladies@gmail.com](mailto:usna.66.ladies@gmail.com).