



# NEWS

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## Superhero Race Against Cancer 6th Annual (10K, 5K) to support the M Family Foundation Sunday, September 25, 2022

Superhero Race Against Cancer, in support of the M Family Foundation, will be held in downtown Celebration on Sunday, September 25, 2022. The M Family Foundation supports women and children with ovarian and pediatric cancer. These two cancers are amongst the deadliest diseases facing women and children.

On Sunday, September 25, 2022, the M Family Foundation will

host two races: 10K and 5K, both chipped and timed. Strollers and children are welcome to participate in this event. We look forward to seeing you all at the finish line.

Not a runner or walker? There are many other ways to become involved with this fantastic event. You can become a volunteer, become a sponsor, or become a donor. For additional information, head over to [www.mfamilyfoundation.org](http://www.mfamilyfoundation.org).

## Fallen Heroes Tattoo-a-thon 2nd Annual to support the M Family Foundation Saturday, August 13th, 2022

Fallen Heroes Tattoo and Piercing will be hosting their 2nd Annual Tattoo-a-thon in Kissimmee, FL, on Saturday, August 13, 2022, from 10 am to 10 pm. This event supports the M Family Foundation.

Fallen Heroes Tattoo and Piercing will be offering tattoos for \$100. The tattoos are no larger than the bottom of a beer can; these are meant to be no longer than 30-minute tattoos. Watch the Fallen Heroes Tattoo and Piercing website and social media for ways to book your appointment. This year walk-ins will also be welcome.

Not interested in a tattoo? We have other ways for you to be involved in this event. We will have piercings available this year.

Also, come by and see the artists create one-of-a-kind paintings that will be auctioned off with other swag items throughout the day.

We are super excited to introduce the 1st ever Tattoo-a-thon Cornhole Tournament! Watch for how you can sign up to compete and win cornhole boards painted by the Fallen Heroes Tattoo artists.

This is a family-friendly event. We will have a children's cornhole tournament and a children's art class during this event. So, bring your whole family with you.



## Next Month is Ovarian Cancer Awareness Month



### OVARIAN CANCER TESTING & DETECTION

There is no routine, simple screening test to detect ovarian cancer accurately. Contrary to popular belief, cervical screening (i.e., Pap smear) will not detect ovarian cancer. While cervical screening is effective in the early detection of cervical cancer, it is not a test for ovarian cancer.

Because there is no routine ovarian cancer screening test,

it is essential to be aware of the disease and its symptoms.

If you have signs and symptoms of ovarian cancer, speak to your doctor. The pathway to diagnosis includes:

- Pelvic exam
- Transvaginal or pelvic ultrasound
- CA-125 blood test

In some cases, doctors may also use a CT or PET scan as part of the diagnostic process. A biopsy is the only definitive way to determine if a patient has ovarian cancer.