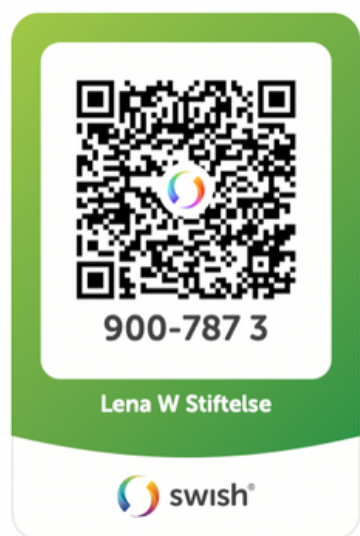


## HOW TO DONATE!

Support us and help make a difference!  
There are many ways to donate. You could:

- Donate with a credit card or PayPal
- Make a bank transfer, donate via Swish 9007873 or Bankgiro 900-7873. Check our website for all details <https://www.lenawfoundation.com>
- We are approved by the Swedish tax authorities and if you are a resident in Sweden you could get a tax refund.
- Donate in memory
- Buy T-shirts, hoodies, mugs and tote bags in our webshop

And please, tell others about us!



Please contact us if you have any questions.

Email: [lenawfoundation@gmail.com](mailto:lenawfoundation@gmail.com)

Learn more about us:

<https://www.lenawfoundation.com>

# LENA WÄPPLING'S FOUNDATION

## WE ARE UNIQUE!

We are the only private foundation in Sweden focusing on ovarian cancer: the deadliest gynecological cancer.

We were founded by an ovarian cancer survivor.

We fund research that ultimately will lead to early diagnosis and better treatments for ovarian cancer. Since our founding in 2019, we have donated SEK 5.8 million to research.

We are a registered charity with a 90-account holder status from the Swedish Fundraising Control. We are 100% volunteer powered: every single cent goes to research!

## HOW YOU COULD SUPPORT:

- Support us with a donation
- Join Lena's Run for Life, our yearly charity run, arranged in September every year. Everyone can participate, young and old. All we ask you to do is dedicate just 1 hour to run, walk or bike and let us know the distance covered. Our goal is to rack up enough kilometers to complete a run around the earth
- Volunteer

Follow us in social media:



@lenawfoundation



Lena Wäpplings Stiftelse

Lena Wäppling's Foundation  
Advancing Research in Ovarian Cancer





**SUPPORT  
RESEARCH,  
SAVE LIVES!**

## MORE RESEARCH: WHY?

Ovarian cancer is the deadliest gynecological cancer and the 8th most common cause of cancer death for women globally (1). In 2020 314.000 new cases and 207.000 deaths were reported worldwide (2). Less than 50% of diagnosed women survive for five years (3).

There is currently no way to diagnose ovarian cancer early and the treatment options are limited. Our only hope to increase survival is through research. However, even though the burden of disease to society for this cancer is high (4), it doesn't receive as much attention and funding as it urgently needs (5).

## OVARIAN CANCER: WHAT EVERYBODY NEEDS TO KNOW

At present, there are no early diagnostic tests available. Many people wrongly believe ovarian cancer can be detected by a PAP test.

Maybe you have heard that ovarian cancer is called "the silent killer"? But actually, that is not true. There are early warning signs that if noticed, can save a woman's life. These include:

- Feeling constantly bloated
- Discomfort/pain in your tummy or pelvic area
- Feeling full quickly when eating
- Needing to pee more often than usual

The problem is that these symptoms are often mistaken for other conditions e.g. gastrointestinal issues. That is why awareness is key!



## WHAT WE DO

Surprisingly before 2019, there was not a single charity in Sweden dedicated to ovarian cancer.

By raising and allocating funds for research in ovarian cancer, we aim to not only support science in this field, but also to put the dire need for it firmly in the public eye and inspire wider advocacy. Because health for all is a fundamental human right.

We invite academic grant applications from anywhere in the world and we distribute our funds with the help of The Scientific Committee of the Swedish Society of Obstetrics and Gynecology, who review all applications for their scientific merit.



Following treatment for ovarian cancer, I started this foundation to try and help others. Because no woman should have to go through what I did.

The fact that this disease remains the deadliest gynecological cancer in the present day indicates that urgent action is needed.

Let's join forces to make this area of women's health a priority. It's the only way to stop ovarian cancer from playing Russian roulette with women's lives worldwide.

**LENA WÄPLING**  
Founder & Chair

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