



**Francis Marion vs
USC Aiken Pacers
Ovarian Cancer
Awareness Day** 

**USCA Convocation Center
Aiken, South Carolina**

Wednesday, January 13th

Game Time: 5:30 p.m.

*Support the 2009-2010 Pacer
Basketball Teams*

Door Prizes given to the first 100 spectators!

GAIL'S ANATOMY

Ovarian Cancer...it whispers, so listen.

www.OvarianCancerAwareness4Life.org

University of South Carolina Aiken 2009-10 Women's Basketball Roster



No.	Name	Pos.	Cl.	Ht.	Hometown/Previous School
3	Nakia Pinkney	G	Jr.	5-5	Orangeburg, S.C./Orangeburg-Wilkinson
4	Triahna Harris	G	Jr.	5-6	Springfield, Va./West Springfield High School
5	Marissa Norman	G	Sr.	5-5	Skokie, Ill./Niles North High School
11	Mia Antoine	G	Fr.	5-8	Stone Mountain, Ga./Dominion Christian High School
12	Brittany Bowen	G	Fr.	5-7	Ellicott City, Md./Mt. Hebron High School
15	Kendra Chandler	G	Sr.	5-8	Aiken, S.C./Aiken High School
21	Cameron Crapps	G	Sr.	5-6	Elizabethton, Tenn./Elizabethton Hi School/Lees-McRae College
22	Daniela Tarailo	G	Fr.	5-10	Crown Point, Ind./Crown Point High School
23	Lindsay Sundberg	F	So.	5-11	Mansfield, Conn./E.O. Smith High School
24	Erika Sjoberg	F	So.	5-10	Stockholm, Sweden/Hersby Gymnasium
30	Hannah DeGraffinreed	F	So.	5-10	Raleigh, N.C./ Merrimack College
31	Deandra Schirmer	F	Jr.	5-8	Holton, Kan./ Cloud County CC
33	Tina Friedrich	F	So.	6-2	Douglasville, Ga./Hiram High School
44	Catherine Cain	F	Sr.	5-11	Dayton, Ohio/ Ohio University

Head Coach: Mike Brandt (Eighth Season)

Assistant Coaches: Cindy Hilbrich (Third Season)

University of South Carolina Aiken 2009-10 Men's Basketball Roster



No.	Name	Pos.	Cl.	Ht.	Wt.	Hometown/Previous School
1	Byron Faison	G	Jr.	6-1	200	Sumter, S.C./Crestwood High School Winthrop
2	Seth Leonard	G/F	Sr.	6-4	209	York, Pa./William Penn High School York, Pa.
3	Re'mon Nelson	G	Fr.	5-9	175	Canal Winchester, Ohio/Canal Winchester High School
4	Jakub Gadomski	F	Sr.	6-8	220	Wroclaw, Poland/Christian Community High School
5	Mark Brown	G	Sr.	6-2	183	Charlotte, N.C./Hickory Grove Christian School
11	Brandon Shephard	G	Jr.	5-10	170	Indian Trail, N.C./Sun Valley High School High Point University
12	Matthew Simmons	G	Jr.	6-0	170	Summerville, S.C./Pinewood Prep
13	Ronald Zimmerman	G	Fr.	6-1	175	Columbia, S.C./Spring Valley High School
15	Jores Dongo	F/C	Sr.	6-9	250	Gabon, Africa/ Mercer County CC
20	Jesse Seilern Und Aspang	G	Fr.	6-3	185	Kapfenberg, Austria/Kapfenberg High School
21	Casey McMasters	G/F	Sr.	6-7	195	Harrisburg, Pa./Central Dauphin
23	Sterling Council	G	So.	6-0	165	Camden, S.C./Camden High School
31	Rashad Flowers	G/F	Jr.	6-4	200	Charleston, S.C./Garrett Academy
33	Michael Technow	F/C	So.	6-9	230	Boca Raton, Fla./Boca Raton High School American University

Head Coach: Vince Alexander (Fifth Season)

Assistant Coaches: Nate Davis (Fifth Season), Brett Longpre (Second Season) and Carlos Collazo (Second Season)

ONE VICTIM TOO MANY: THE GAIL MILLS STORY

USC-AIKEN 1999 GRADUATE



Abigail Ruth Mills
2/23/76 - 2/14/07

One victim of ovarian cancer was more than just a statistic to cancer awareness advocate Debbie Reece Mills from Jackson. The victim was Gail Mills, her daughter and only child. "When I lost my daughter, I had a choice," Mills says. "And I decided to make something positive out of this horrible experience. I chose to honor my daughter by making a difference in ovarian cancer awareness."

Gail, a 1999 USCA graduate, was 30-years-old when she went to the doctor for her annual routine physical. There was no known family history of cancer. She had annual physicals and went to the same doctor every year since she was 18 years old. Gail enjoyed a rewarding professional career. She was eating healthy and working out on a regular basis to stay fit.

However, at that routine appointment in October 2006, a "mass" was identified. The mass was soon diagnosed as small cell ovarian cancer, stage IIIc. Surgery quickly followed, then rounds of chemo. On February 14, 2007 --less than four months later -- Gail became one of the 15,250 women who lost their battle with ovarian cancer in 2007.

Mills points out that ovarian cancer is a challenging and complex disease to detect. Unfortunately, many women think that a Pap Test screens for ovarian cancer, however, it does not Mills relates. Even though symptoms exist – they can be vague. While the symptoms of ovarian cancer (particularly in the early stages) are often not acute or intense, they are not silent. Ovarian cancer can be recognized by connecting multiple symptoms. Some symptoms of ovarian cancer include:

- Pelvic or abdominal pain or discomfort
- Vague but persistent gastrointestinal upsets such as gas, nausea and indigestion
- Frequency and/or urgency of urination in the absence of an infection
- Unexplained weight gain or weight loss
- Pelvic and/or abdominal swelling, bloating and/or feeling of fullness

- Ongoing unusual fatigue
- Unexplained changes in bowel habits

If symptoms persist for more than two weeks, women are urged to consult their physician, according to the National Ovarian Cancer Coalition.

Ovarian Cancer Facts to Know

Ovarian Cancer Fact 1. Ovarian cancer is the leading cause of gynecologic cancer deaths among American women.

Ovarian Cancer Fact 2. Only 24 percent of ovarian cancers are diagnosed at an early stage, when the cancer is confined to the ovary. Most cases are diagnosed after the cancer has spread to other parts of the body, making it difficult to treat successfully.

Ovarian Cancer Fact 3. One woman out of every 55 (approximately 1.8 percent) will develop ovarian cancer at some point in her lifetime.

Ovarian Cancer Fact 4. Ovarian cancer is most common in women who have already gone through menopause. The average age for developing ovarian cancer is 61 years old.

Ovarian Cancer Fact 5. For the small number of women who are fortunate enough to have their cancer diagnosed before it has spread beyond the ovary, the chance for recovery is 85 to 90 percent.

Ovarian Cancer Fact 6. For the majority of women in whom the disease has spread beyond the ovary, the chance of living for five years after the diagnosis is 20 to 25 percent.

Ovarian Cancer Fact 7. A major risk factor for getting ovarian cancer is a personal history of breast, endometrial or colon cancer.

The American Cancer Society's Relay For Life team Gail's Anatomy has teamed with USC Aiken Pacer basketball teams to promote ovarian cancer awareness. Gail's Anatomy would like to thank the women's and men's basketball teams for warming up in teal at tonight's game in support of ovarian cancer awareness. We would also like to thank Rae Leigh Warner and her staff at Innovative Solutions in Aiken for their continued support of our year round awareness campaign, Ashley Dyches from Jim Hanna Screenprinted and Embroidered Apparel for her creativity and assistance in the design of tonight's shirts, and the National Ovarian Cancer Coalition for providing brochures and bookmarks for tonight's event.