



ADULT CRAFT KITS Monthly Take Home Crafts for Teens & Adults November's Craft Kit registration is full. December's Craft Kit is Winter Gnome and Snowman. Make a pair of winter friends to add to your seasonal decor. Kit contains everything you need to assemble these fun, festive winter decorations, with step-by-step instructions. Registration is required and limited to 15 participants. Supplies are limited and registration is required. For more information, contact Betsy at betsy@bakerfreelib.org

HOME FOR THE HOLIDAYS (Virtual Program) Take part in this 6 week series; that will highlight simple crafts, recipes, holiday book reviews and more, all from the comfort of your home. As part of this program, we will hold an Adult Winter Reading Program with reading challenges and raffle prizes. This series runs from November 22 to January 2. Sign up to receive a weekly Home for the Holidays email by contacting Amelia at amelia@bakerfreelib.org.

ADULT BOOK GROUPS At this time, the Adult Book Groups and White Rock Whodunits for the month of November will not be meeting in person, however the 'Classic' Choice for 2020, *Crossing to Safety* by Wallace Stegner is available for pick up at the Library Circulation Desk. The December book, *Eliza Hamilton: The Extraordinary Life and Times of the Wife of Alexander Hamilton* by Tilar J Mazzeo will be available in early December. The 2021 Book Group Calendar will be coming soon. Please contact Amy at amy@bakerfreelib.org with any questions.

VIRTUAL STORYTIMES Thursdays at 10:30am Via Zoom. Our weekly storytimes are back in a virtual format! Join us each week for new stories and songs as we meet via Zoom. Storytimes are designed for children aged 3-5, although all ages are welcome to attend. To access this month's program, email juliana@bakerfreelib.org.

CREATIVE KITS FOR KIDS Monthly Take Home Activity Bundles This month, we're celebrating sound, music and movement with crafts, experiments and activities designed to make some noise. If you were unable to reserve a kit, head to our website for this month's archived art, literary and science projects. Supplies are limited and registration is required. To reserve a kit for your child, please sign-up with the appropriate age group using our online calendar. Registrations do not carry forward; you will need to sign-up for each month you plan to participate. Reserved kits can be picked up anytime during the first week of the month.

2020 GIVING TREE Baker Free Library Annual Fundraising Event Stay tuned in the upcoming weeks for how we will present the 2020 Giving Tree this holiday season. The continued support of our library events, programs, workshops, and services through this fund-raising effort makes the library a better resource for the whole community.

NOVEMBER HOLIDAY CLOSURES

CLOSING EARLY 4pm on Wednesday, November 25th for Thanksgiving
CLOSED November 26 and 27th for Thanksgiving



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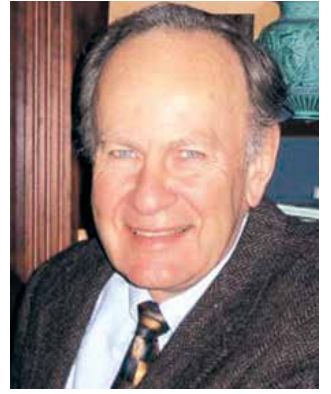
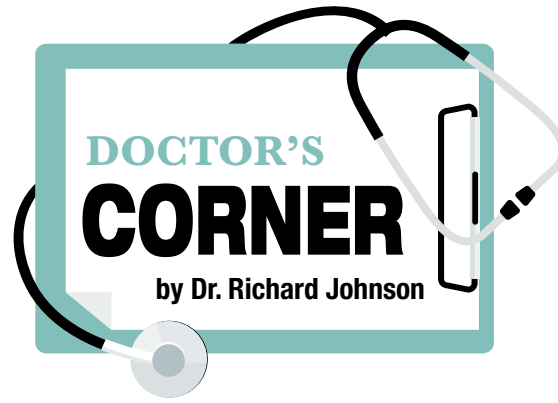
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OVARIAN CANCER

Were you aware that September was National Ovarian Cancer Awareness Month. Probably not, and that is the very problem with ovarian cancer. It shows up with no warning or fanfare, and you wonder: "Where did this come from?" Not only does ovarian cancer slip easily from our consciousness, it also slips past attempts to identify it and cure it. It presents with very few, if any, advanced warning signs, and there is not much one can do to 'prevent' getting ovarian cancer. So let's take a closer look at this significant and difficult cancer.

Ovarian cancer is the 5th leading cause of cancer related deaths in women ages 35-74. The American Cancer Society estimates that during a year there will be over 22,000 new cases of ovarian cancer, and in a given year more than 14,000 will die from ovarian cancer. It is estimated that 1 in 78 women will be diagnosed with ovarian cancer during their lifetime.

The risks for the potential of developing ovarian cancer include the following: Genetic predisposition, Personal or family history of breast, ovarian, or colon cancer, Increasing age, and Infertility. Just because you might have one or more of these 'risk factors' does NOT mean that you will get ovarian cancer. But it does mean that you may want to discuss which (if any) of the screening tests might be indicated for you with your health care professional. Women who are at a high risk might undergo genetic counseling and possibly be offered gene testing for BRAC1 and BRAC2. If these genetic tests are positive, a woman might consider having both ovaries removed prophylactically. These gene mutations also increase the risk of developing breast cancer. Although its efficacy in this high-risk situation has not been established, transvaginal ultrasound to evaluate the ovaries is sometimes offered.

Are there any symptoms that might alert one that ovarian cancer is present? The unfortunate answer is "no." Any symptoms that one might have are vague and could be related to many other medical issues. Bloating, pelvic discomfort, back pain, painful sex, and constipation are just some of the nonspecific symptoms a woman might experience. Obviously any symptoms that persist should be brought to the attention of your health care professional.

Unfortunately ovarian cancer is not usually diagnosed in early Stage I or II. How can this be? Let's look at some screening tests:

An annual pelvic exam: This has been a standard part of an adult woman's annual physical exam. In 2014 The American College of Physicians issued a recommendation against routine pelvic examinations for women who have no unusual risk for or symptoms of pelvic disease. The American College of Obstetricians and Gynecologists has, however, stood firm on its recommendation for annual pelvic exams. In 2017 the U.S. Preventive Services Task Force (a medical guidelines organization) ruled that there is insufficient evidence to recommend either for or against annual screenings.

Cervical cancer screening with a "Pap smear" is recommended every three years, but this test tells you nothing about ovarian pathology.

Transvaginal ultrasound: Although this has proved to be the most promising method for routine screening of ovarian cancer, at present there is still debate as to when and if it should be performed.

CA-125 is a protein produced by advanced epithelial ovarian cancers (a common form of the disease). A study of over 22,000 post-menopausal women at average risk for ovarian cancer randomly placed women to have either an annual CA-125 test or their usual gynecologic care. The result was that there was no difference between the two groups in the number of deaths due to ovarian cancer. According to the American Cancer Society, when this test is used for screening, elevated levels of CA-125 are more often caused by common conditions such as endometriosis and PID, and not everyone who has ovarian cancer has a high CA-125 level. (1) Bottom line: for ovarian cancer to be detected in one additional woman using CA-125 as the primary screening method, another 100 to 150 women would have to receive evaluation and undergo approximately 30 diagnostic operations. (2)

Ovarian cancer is still evading early diagnosis and thereby early treatment. If you have any of the risk factors or any concerns over vague symptoms, discuss them openly with your health care professional.

(1) <https://www.cancer.org/cancer/ovarian-cancer/detection-diagnosis-staging/detection.html>

(2) <https://www.mskcc.org/cancer-care/types/ovarian/screening/screening-guidelines-ovarian>