



Teal Talk

November 2020

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Thanksgiving, a time to reflect on the people in our lives who bring us joy and make our hearts smile. A time to count our blessings and look back on all that we have experienced in the last year. In true Survivor fashion, we have grown in ways that we could never have imagined. Gratitude is said to be the memory of the heart. What are you most grateful for right now?

It certainly has been a challenging year for everyone, but we have come through it together and we will continue to be here to support our community of Survivors.

We are grateful to know you and to be able to serve you. We are grateful for your participation and unwavering support. You are the reason that that we continue to move forward and are committed to our mission.

During this time of thanksgiving we raise a glass to you for your beauty, strength, courage, and perseverance. You will always have a place at our table.



IN THE NEWS

Hyperthermic Intraperitoneal Chemotherapy May Improve Outcomes in Epithelial Ovarian Cancer

--oncologynurseadvisor.com

October 1, 2020

The addition of hyperthermic intraperitoneal chemotherapy (HIPEC) to cytoreductive surgery prolonged survival among patients with stage III epithelial ovarian cancer, according to the results of a cohort study published in JAMA Network Open.¹

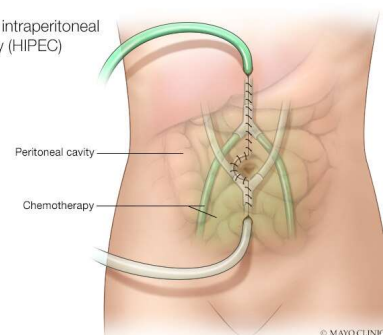
The current standard of care for patients with stage III ovarian cancer is primary cytoreductive surgery (PCS) plus platinum/paclitaxel-based chemotherapy. Intraperitoneal chemotherapy may have advantages over intravenous delivery, because “the cancer cells tend to stay within the peritoneal cavity, attaching to organ surfaces and only invading superficial layers,” Raanan Alter, MD and colleagues wrote in an invited commentary.²

Hyperthermia could increase the accumulation of chemotherapy in cancer cells. Therefore, the purpose of this study was to evaluate the outcomes associated with hyperthermic intraperitoneal chemotherapy (HIPEC) in a larger cohort of patients with epithelial ovarian cancer.¹

The multicenter, retrospective, cohort study evaluated data from 584 patients, including 72.8% who underwent HIPEC plus PCS and 27.2% who underwent PCS alone. The primary endpoint was median survival time and 3-year overall survival (OS).

At baseline, the median patient age was 55 and the majority of patients had tumors with high-grade, serous histology.

Hyperthermic intraperitoneal chemotherapy (HIPEC)



The addition of HIPEC was associated with significantly longer survival time during the median follow-up time of 42.2 months. The median survival was 49.8 months with HIPEC and PCS compared with 34 months with PCS alone (hazard ratio [HR], 0.63; 95% CI, 0.49-0.82; $P < .001$). The OS at 3 years was 60.3% with HIPEC and PCS compared with 49.5% with PCS alone (HR, 0.64; 95% CI, 0.50-0.82; $P < .001$). This benefit was highest among patients who had a complete, rather than incomplete, PCS.

Grade 3 to 4 adverse events (AEs) that occurred more frequently in the HIPEC group included electrolyte disturbances in 28.1% of patients compared with 11.5% of patients who underwent PCS alone ($P < .001$). Time to first flatus and mean hospital stay were longer in the HIPEC group.

The authors wrote that “the PCS with HIPEC treatment approach was associated with better long-term survival and was not associated with postoperative severe morbidity or mortality.” They added that “when complete PCS is possible, this approach can be a valuable therapy among patients with stage III epithelial ovarian cancer.”

In an invited commentary, Dr Alter and colleagues noted that the authors of the study used an “unusual method of multiday HIPEC with lower-dose cisplatin ... and is difficult to generalize to other institutions that use single-time HIPEC during cytoreductive surgery.”²

Nonetheless, the commentary suggests that based on these and other data, “one should discuss the use of HIPEC postoperatively with patients with stage III low-volume disease who are thought to likely experience optimal (RO) cytoreduction.”²

Reference

Lei Z, Wang Y, Wang J, et al. Evaluation of cytoreductive surgery with or without hyperthermic intraperitoneal chemotherapy for stage III epithelial ovarian cancer. JAMA Netw Open. 2020;3(8):e2013940. doi:10.1001/jamanetworkopen.2020.13940

2020;3(8):e2013940. doi:10.1001/jamanetworkopen.2020.13940

Alter R, Turaga K, Lengyel E. Are we ready for hyperthermic intraperitoneal chemotherapy in the upfront treatment of ovarian cancer? JAMA Netw Open. 2020;3(8):e2013940.

doi:10.1001/jamanetworkopen.2020.13940

Survivor Spotlight

(This 10-year Survivor wishes to remain anonymous)

When I was 18, and getting started in college, I found out for the very first time that I had ovarian cancer. It was a scary time for me, as I had just moved in with my boyfriend (who is now my husband) at the time and was a freshman in college. Everything happened so quickly. I went into my OBGYN with a missed period and found out I had multiple large cysts on my ovaries, but that they were not concerned at the time because many women get cysts on their ovaries. They decided to continue to watch them for a few months via ultrasound to make sure they were not growing. This was in July 2010. By September 2010 they knew something was wrong because they were growing rapidly and referred me to an oncologist in Columbus. I lived in Chillicothe at the time. When I saw the Oncologist in Columbus, he immediately decided he wanted to go forward with surgery and scheduled it for the day before Thanksgiving in 2010. At this point they were suspecting cancer but wouldn't know for sure until surgery. With the month and a half wait for surgery the cysts kept growing and started to cause me a lot of pain. I was ready to have them out.



When the day of surgery came I was nervous but knew I was in good hands and proceeded forward with my husband and family at my side. During my surgery my doctor came out and told my husband and my mother that his suspicions about the cysts being cancerous were correct and that he was going to have to remove my left ovary and part of my right ovary. He stated that he did not want to remove everything and take away the ability of having a child from an 18-year-old. Recovery was hard and I spent most of my winter break healing and processing what had happened to me.

After the surgery I went to checkups every 3 months, and then every 6 months, and then yearly. I lived a normal life and got through college and became a nurse. Going through my first experience with cancer is what led me to want to become a nurse. I was treated so kindly by the nurses who took care of me while I was in the hospital after my surgery, and they inspired me to become one and be there for someone else in the same way they were there for me.

In 2017 I had been a nurse for just a little over a year when I noticed that my IUD birth control was falling out of place due to something pushing it. I went to the OBGYN and she ordered a CT scan and then referred me back to my previous oncologist. I had developed a tumor that was the size of a volleyball on what was left of my remaining right ovary. I was completely shocked as to how I did not even notice this tumor growing in my abdomen. I had normal periods; some weight gain - yes, but I chalked it up to being a new nurse on night shift and stress of life, and everything else seemed normal with my health.

I found out that my cancer had returned in June 2017 and by July 2017 I was scheduled for a total hysterectomy and removal of the remaining right ovary. I was 25 and had just finished college. I started my career the year before, so I wasn't even considering having kids with my husband at this point. Now we were faced with this being taken away from us forever. I had his complete support though, and we went forward with the surgery, which put me in surgical menopause and I started wearing hormone patches the week after. Recovery from this surgery was a very emotional experience for me from the abruptness of the news, the new menopausal symptoms I hadn't had before, and the recovery from the incision that ran down the entire length of my abdomen. I was lucky enough to be surrounded and supported by my husband's family and my family as well during this whole process.

After my second surgery I was cleared of cancer and did not have to receive any chemotherapy treatment, and for that I am extremely grateful. I decided the year after my surgery to pursue nursing in gynecological oncology and started taking care of patients that were receiving chemotherapy for gynecological cancers. It's been therapeutic in a way to meet other women who have gone through something similar to me and see their strength as they fight cancer. The last 3 years since my surgery have been filled with a lot of growth, healing, and have definitely humbled me on what is important in life. My primary goal for my life right now is to work towards a cure for cancer in any way that I can so that others don't have to go through what myself and many others have endured. I am happy to say that I am healthy and thriving 3 years after my surgery and have never felt better.

What to do with the Leftovers?



Turkey Spaghetti Casserole

1 medium Onion	¼ tsp Salt
1 medium Carrot	¼ tsp Pepper
1 Celery rib	2 ½ cup
1/3 cup Fresh, Sliced Mushrooms	1 Tbsp Butter
2 ½ cup Reduced sodium Chicken Broth	6 oz. Uncooked spaghetti, broken into 2-inch pieces
1 can Cream of mushroom soup	½ cup Reduced fat Colby Jack cheese

In a small skillet, sauté vegetables in butter until tender. In a large bowl combine broth, soup, salt & pepper.

In a 2 ½ quart baking dish coated with cooking spray, layer turkey, spaghetti & veggie mixture. Pour broth mixture over the top.

Cover & bake at 350° 70-80 minutes or until spaghetti is tender, stirring once. Uncover, sprinkle with cheese & paprika. Bake 5-10 minutes until cheese is melted.



Turkey Calzone

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|---------------------------------------|-----------------------------------|
| 1 Tbsp Cornmeal | 1 loaf (1 lb) Frozen pizza dough |
| $\frac{3}{4}$ lb thinly sliced Turkey | 8 slices Cheddar Cheese |
| 1 small tart apple, sliced thinly | 1 large Egg, beaten |
| $\frac{1}{2}$ tsp Italian seasoning | 5 Bacon strips, cooked & crumbled |

Sprinkle cornmeal over a greased baking sheet. On a lightly floured surface, roll dough into 15-inch circle. Transfer to prepared pan.

Arrange half of turkey over half of dough, top with cheese, bacon, apple & remaining turkey. Fold dough over filling & pinch edges to seal. With sharp knife, cut 3 slits in the top.

Brush with egg & sprinkle with Italian seasoning. Bake 400° until golden brown, about 20-25 minutes. Let stand 5 minutes before cutting into wedges.



Turkey & Wild Rice Soup

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|--------------------------------------|---|
| $\frac{1}{2}$ cup uncooked Wild Rice | 2 Cloves garlic, minced |
| 4 cup Water | $\frac{1}{2}$ cup Flour |
| $\frac{1}{2}$ cup Butter, cubed | 3 cups Chicken broth |
| 2 medium Red potatoes | 2 cups Half & half |
| 1 medium Onion, chopped | 1 tsp Salt |
| 1 Celery rib, chopped | $\frac{1}{2}$ tsp dried Rosemary, crushed |
| 1 medium Carrot, chopped | 2 cups Turkey, cubed |

In a saucepan combine rice & water, bring to boil over high heat. Reduce heat. Simmer uncovered 30 minutes. In a Dutch oven, heat butter over medium heat. Add potatoes, onion, celery & carrot. Cook & stir 6-8 minutes until almost tender. Add garlic, cook 1 minute. Stir in flour until blended. Cook & stir 2 minutes or until slightly thickened. Add cream, salt & rosemary. Return to boil. Simmer, uncovered for 15-20 minutes until rice is tender, Stirring occasionally. Stir in turkey; heat through.





Thank you

National Caregiver Appreciation Month

November is National Caregiver Appreciation Month, a month-long tribute to those providing caregiving support for family members and loved ones. We salute you and recognize all that you do to bring ovarian cancer survivors through treatment and beyond. You are invaluable!



Christmas Tree Farms



I know what you are thinking....we haven't even celebrated Thanksgiving yet, why are you talking about Christmas trees already? A lot of people put up their trees in November and the next edition of Teal Talk won't go out until December so we wanted to give you a head start. Several tree farms are only open for a few weeks this year, due to Covid. We would suggest you get your tree sooner than later if you are plan to have a real one.

Mr. Tree Farm

mrtreefarm.com

1099 Reynoldsburg New Albany Road, N; Blacklick
614.577.0081

Messerall Tree Farm

messeralltreefarm.com

4634 Hardscrabble Road; Alexandria 43001 740.924.8495

Cackler Family Farms

cacklerfarms.com

4971 Cackler Road; Delaware 43015 740.524.5311

Country Cabin Tree Farm

countrycabintreefarm.com

3600 Wilson Road; Sunbury 614.832.9345

Needle Pine Tree Farm

needle-pine-tree-farm.square.site

8312 Denune Road; Johnstown 43013 614.632.5303

Lands Christmas Trees

22796 Ringgold Southern Road; Stoutsville 43154 740.474.5884



ANNUAL MEETING

Please
Join us

We will be holding our Annual Meeting on Saturday November 21st at 6:00pm, and you are cordially invited to attend!

Have you ever thought about joining the Board of Directors or one of our committees? Do you want to help spread awareness about ovarian cancer and offer support to Survivors? This meeting is a great chance for you to learn about what goes on behind the scenes. We would love to have you join us.

During the meeting, each Executive Board Member will speak about the successes within their specific roles. The Committee Directors will be giving a recap of accomplishments for 2020, and all board members will discuss goals for 2021. We will also vote on new members to the Board of Directors. We would welcome your input to our discussions and your thoughts on what you would like to see happen in the coming year.

If you are interested in joining the Board of Directors, please let us know so that we can send you an application and you can be placed on the ballot.

For more information or to register for the online meeting (to be held via Zoom), send an email to info@ocao.org or call us at **614-546-9498**.



Be on the lookout for OCAO's Black Friday Sale!!!

We will have deep discounts on loads of spectacular **TEAL** items. Each purchase will enter your name into a drawing to win a pair of Columbus Zoo tickets, just in time to see the WILDLIGHTS!

There will be **CLOTHING, JEWELRY, ACCESSORIES, BAGS** and **MUCH MORE!!!**

You definitely don't want to miss out on this awesome sale. Watch your email & our Facebook page for some sneak peeks.

*Looking for a few
Survivors to end the
silence & speak up
about ovarian cancer*




OCAO is once again teaming up with Sunny95 radio station to help spread awareness about ovarian cancer. Recordings will take place during the first quarter of 2021. Sessions will last 20 to 30 minutes. You will be given a prompt and your response will be recorded.

To register, or get more information email Kim Britt:
kbritt@ocao.org

2020

NOVEMBER



<u>M</u>	<u>TU</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>Sa</u>	<u>Su</u>
						1  Daylight Savings
2	3	4	5	6	7	8
9	10 6:30pm CSC Ovarian Cancer Networking Group <i>via Zoom</i>	11	12	13	14	15
16	17	18	19	20	21 ANNUAL MEETING 6pm <i>via Zoom</i>	22
23	24	25	26 	27 	28	29
30						

*See website OCAO.org for information and registration

*RED indicates volunteer opportunity

Ways to Give Back



You shop. **Amazon gives.**

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.



Create a Kroger digital account

Link your card to OCAO

OCAO earns a percentage of your spending AT NO COST TO YOU!

*THANK YOU FOR YOUR
CONTINUED SUPPORT*