

# Teal Talk



The coming of August brings a feeling that summer is coming to an end and often times associated sorrow. The “August Blues” is a real thing, and many people begin to experience signs of depression. Don’t let this happen to you. There are ways to combat these blues and there are plenty of sunny days still ahead. We encourage you to get out and enjoy every last one of them. Last month we shared some day trips from Columbus and this month we are sharing some area parks that provide ways to take advantage of the great outdoors and these final days of summer.



*With the new day  
comes new strength  
and new thoughts  
---Eleanore Roosevelt*

August 2020

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# IN THE NEWS

## **OSU's Dr. O'Malley on the Activity of Mirvetuximab Soravtansine in Ovarian Cancer**

---OncLive.com  
July 21, 2020

David O'Malley, MD, a professor in the Department of Obstetrics and Gynecology at the Ohio State University (OSU) College of Medicine; and director of the Division of Gynecologic Oncology; director of Clinical Research in Gynecologic Oncology; and co-director of the Gynecologic Oncology Phase I Program at The OSU Comprehensive Cancer Center–James, discusses the activity of the investigational antibody-drug conjugate mirvetuximab soravtansine (IMGN853) in ovarian cancer.



Mirvetuximab soravtansine as monotherapy and in combination with bevacizumab (Avastin) has demonstrated clear activity in women with ovarian cancer, says O'Malley.

When looking at mirvetuximab soravtansine alone and in combination, there is a clear benefit in almost all patients, says O'Malley. According to data presented at the 2020 ASCO Virtual Scientific Program, the combination of mirvetuximab soravtansine and bevacizumab elicited an overall response rate of 47% among patients with platinum-agnostic ovarian cancer.

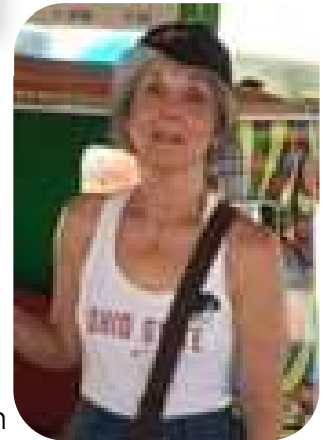
Even patients who do not derive a response from mirvetuximab soravtansine may see a decrease in cancer antigen 125 or tumor burden, which can be sustained over many months, O'Malley concludes.

To view the video of Dr. O'Malley <https://www.youtube.com/watch?v=Kuv3lfJcmqA>

# Survivor Spotlight

*Meet Sandra Brennan – 15- year Survivor*

I was diagnosed with ovarian cancer in September 2004. I had been having occasional severe gas pains that were handled by taking simethicone. I have always had digestive issues so I thought I might have IBS. When I went in to see my gynecologist for my annual check-up, she did a thorough exam. She asked me if she had ever mentioned fibroids to me. She had me come back a week later for an ultrasound and blood work. Both pointed to a likelihood of ovarian cancer.



She contacted a surgeon, and within days, I was in his office. I was scheduled for surgery in a week. The tumor was malignant. My diagnosis was 1-C, which meant that I would need to undergo a course of chemotherapy.

I was involved in a clinical trial, consisting of six treatments with the drugs gemcitabine and carboplatin. Chemotherapy made me nauseated and tired, but it was bearable. And, I didn't lose all my hair! My employer allowed me to work part time, which was very helpful. I needed the distraction, but I also needed the flexibility to leave when I became too tired to be effective at my job. I finished treatment in March 2005.

Nearly sixteen years later, I have had no reoccurrences. I've had a few scares, abdominal pain that seemed to linger, but they were always false alarms. When I recently went for a dental cleaning, I met a new hygienist. After reviewing my medical history, she asked me how was it that I was still alive after having had ovarian cancer so many years ago. She had lost her grandmother to the disease. I explained that I was still alive because my gynecologist was vigilant and well-trained. I credit her with saving my life because so many times, ovarian cancers are not found until they are far advanced. My surgeon/ oncologist is also an expert in the field. I was one of the lucky ones to have been treated by a caring and knowledgeable medical team.

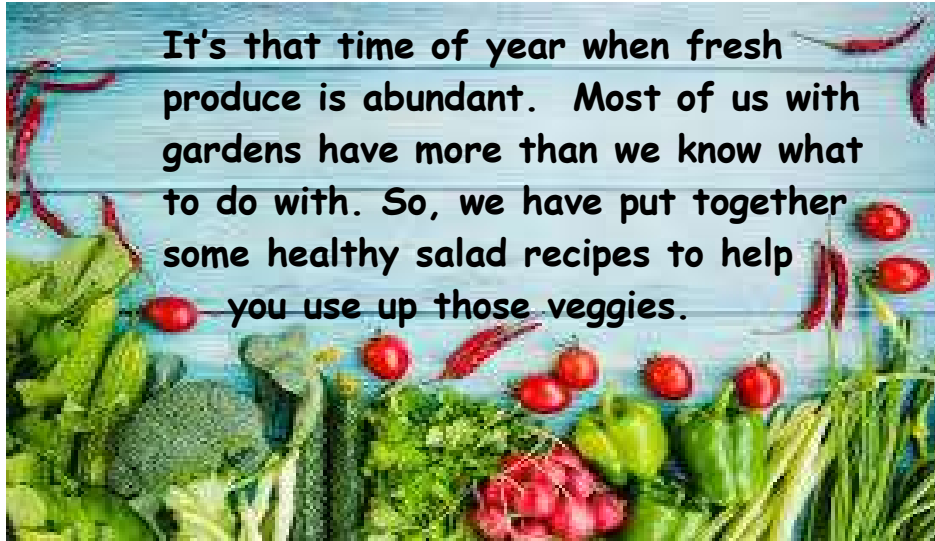
# Parks & Recreation

Summer is beginning to wind down and Fall will be here before we know it. A terrific way to get out and enjoy the warmer months before the snow hits is by visiting the many City of Columbus Parks and Metro Parks in the area. There are countless ways to utilize these parks at little or no cost to you. I have gathered some suggestions based on a variety of activities offered. There is sure to be something for everyone. Remember to take some selfies and send to us at [info@ocao.org](mailto:info@ocao.org). We will post your activities on our website and social media. Another great idea would be to hold your very own Strides for Hope event at one of these parks!



PARK	Athletic Fields	Basketball Court	Biking	Boating	Canoe/Kayak	Disc Golf	Fishing	Gardens	Golf	Greenway Trail	Handball Court	Horseback Riding	Picnicking	Playground	Rock Climbing	Shelterhouse	Swimming	Tennis	Walking Trail	Woods & Wildlife
Antrim	X	X								X			X		X		X	X	X	
Audubon	X	X										X	X		X					
Battelle Darby Creek			X		X	X						X			X				X	X
Berliner Sports	X								X			X	X		X					X
Blacklick Woods			X					X				X								X
Deaf School							X					X							X	
Dexter Falls		X										X	X		X				X	
Elk Run	X	X							X			X	X		X				X	X
Franklin							X					X	X						X	
Franks	X												X						X	
Glacier Ridge			X		X						X	X	X							X
Goodale	X	X					X					X	X		X		X	X		
Griggs				X	X				X			X	X		X				X	X
Hayden Falls												X								X
Highbanks			X		X	X						X							X	X
Hoover Reservoir				X	X	X						X							X	X
Innes Wood			X				X												X	X
Park of Roses	X	X					X		X			X	X		X		X	X	X	X
Portman	X								X			X	X		X				X	X
Prairie Oaks			X	X	X	X					X	X	X						X	X
Quarry Trails			X		X	X								X						
Riverway Kiwanis																				X
Stoneridge	X	X											X						X	X
Tuttle	X	X							X			X	X		X	X	X	X	X	X
Westgate	X	X								X		X	X		X		X	X	X	X
Woodward	X	X										X	X		X		X	X	X	X

It's that time of year when fresh produce is abundant. Most of us with gardens have more than we know what to do with. So, we have put together some healthy salad recipes to help you use up those veggies.



### Tomato Cucumber Salad

- 1 lb Cucumbers, chopped
- 1 lb Grape tomatoes, halved
- ¼ Red onion, finely diced
- ¼ cup dill, finely chopped
- 2 Tbsp Extra virgin olive oil



- 2 Tbsp Toasted sesame oil
- ½ tsp Salt
- Ground black pepper to taste
- Vinegar to taste, optional
- Crumbled feta, optional

In a large bowl, add all ingredients and mix well. Best served immediately. Can be stored in refrigerator for up to 24 hours.

### Corn Avocado Salad

- 2 cups Corn kernels
- 1 Large cucumber, sliced
- 1 lb Cherry tomatoes, halved
- 3 Medium avocados, cubed
- 3 Green onion sprigs, finely chopped



- 1 Lime, zest & juice
- 2 Tbsp Extra virgin olive oil
- ½ tsp Salt
- Pepper to taste

To grill corn: remove from husk & grill for 20 min—turning every 5 min. Cut corn off cob by slicing with a knife. To use frozen corn: Run under warm water in colander for 1 min. Add all ingredients in a large bowl and combine. Good served with salmon, shrimp or chicken.

## Mexican Street Corn Salad

6 large Ears of corn, shucked  
½ cup Cilantro, chopped  
½ cup Feta, crumbled  
½ large Lemon zest & juice  
¼ cup plain yogurt



3 Tbsp Mayo  
½ tsp Salt  
¼ tsp Cayenne pepper  
Ground black pepper to taste

Cook corn by boiling or grilling (see previous recipe). When cooled, cut from cob with a knife. Add all ingredients to large bowl & combine. Serve warm or cold. Can be used as a side dish or served with tortilla chips as a dip.

\*\*\*Just for fun...some hair mask recipes!\*\*\*

### Repairing - Coconut & Honey

1 Tbsp Coconut Oil  
1 Tbsp Honey

Mix ingredients in a pot. Heat until melted.  
Apply to hair from top to bottom & put on shower cap. Let sit 15-20 min and rinse.



### Growth – Coconut & Cinnamon

1 Tbsp Coconut Oil  
1 tsp Cinnamon

Massage mixture into scalp. Tie hair up & cover with shower cap. Let sit 30-45 min & rinse with shampoo & conditioner.

## Oily Hair – Egg & Lemon

- 1 Egg white
- ½ Lemon

Mix ingredients in bowl until smooth. Apply to damp hair from top to bottom. Tie up hair, cover with shower cap & let sit 30-45 min. Rinse with shampoo & conditioner.



## Frizzy Hair – Banana, Yogurt, Honey

- 1 Sliced banana
- 2 Tbsp Plain yogurt
- 1 Tbsp Honey

Mix ingredients in blender until smooth. Apply to damp hair from top to bottom. Tie up hair, cover with shower cap & let sit 30-45 min. Rinse with shampoo & conditioner.

## Dry Hair – Brown Sugar & Olive Oil

- 2 Tbsp Brown sugar
- 1 Tbsp Olive oil

Mix ingredients in bowl. Apply to hair from top to bottom. Let sit 15-20 min. Rinse.



## Shiny Hair –Coconut, Strawberry, Honey

- 6-8 Fresh Strawberries
- 1 Tbsp each Coconut oil & Honey

Mix ingredients to form puree. Apply evenly to damp hair. Let sit 5-10 min. Rinse with warm water.



# Loose Change Challenge

Supporting  
Ovarian Cancer Alliance of Ohio

*A special Thank You to everyone that so generously donated to our Loose Change Challenge. The funds will help us to continue our mission to educate & spread awareness about ovarian cancer, and to support Survivors and their families.*

*We raised \$300!!!!*



THE OVARIAN CANCER ALLIANCE OF OHIO

INVITES YOU AND ONE GUEST TO THE

# *Survivor Celebration Brunch*

*Via Vecchia Winery*

*2050 South High Street  
Columbus, Ohio 43207*

**SEPTEMBER 19<sup>TH</sup>**

**11:00am to 1:00pm**

*Invites arriving in your mailbox soon \* Held outside, weather permitting  
otherwise inside with social distancing \* Temperature checks upon arrival \*  
Masks required \* Sanitation of all high-touch areas throughout event*

**FOR MORE INFORMATION  
CALL 614.546.9498**

**TO RSVP PLEASE EMAIL  
RSVP@OCAO.ORG**



OVARIAN CANCER  
ALLIANCE OF OHIO

# ESCAPE ROOM

SATURDAY AUGUST 22

WATCH OUR WEBSITE AND FACEBOOK FOR DETAILS

[WWW.OCAO.ORG](http://WWW.OCAO.ORG)

8th ANNUAL

# CAROL GIRARDI

Ovarian Cancer  
Summit



**KAREN MILLS**  
Comedian

**NEW DATE**

**September 30, 2020**

5:30pm Registration  
6:00pm Welcome & Introductions  
6:15pm Opening Remarks  
6:30pm Speaker Karen Mills  
8:00pm Conclude

**MT. CARMEL EAST HOSPITAL  
SIEGEL CENTER AUTOTORIUM**

**5975 EAST BROAD STREET  
COLUMBUS, OHIO**

**SAVE THE DATE**

**THE OVARIAN CANCER ALLIANCE OF OHIO  
INVITES YOU TO**

**The 10<sup>th</sup>  
Anniversary  
Gala**



**APRIL 10, 2021 • 6 o'clock pm  
Makoy Center-Hilliard**

**Invitation to follow  
Attire: Black Tie Optional**

# 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*