

Teal Talk



July 2020

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It is hard to believe July is here already. We are half way through 2020 and what a year it has been. One thing that survivorship has taught me is to expect the unexpected and to just keep moving forward, principles that have served me well during this crazy time.

We hope that you have been able to adjust as needed, keep moving forward and keep looking on the bright side. Wishing you a wonderful 4th of July filled with moments of joy, merriment and wonder.



IN THE NEWS

NEW CLASS OF PRECISION MEDICINE STRIPS CANCER OF ITS DNA DEFENSES

---Institute of Cancer Research
June 22, 2020

The new study, designed to test the drug's safety, found that half of patients given the new drug either alone or with platinum chemotherapy saw their cancer stop growing, and two patients saw their tumors shrink or disappear completely.

Damage to the DNA in cells is the root cause of cancer—but it is also a fundamental weakness in tumors, and cancer cells can be killed by further damaging their DNA or attacking their ability to repair it.

The new phase I trial tested the first in a new family of drugs blocking a key DNA repair protein called ATR. Phase I trials are designed to assess the safety of new treatments, and it's unusual to see a clinical response at this stage. A team at The Institute of Cancer Research, London, and The Royal Marsden NHS Foundation Trust, led a trial of the benefit of an ATR inhibitor called berzosertib either on its own or with chemotherapy in 40 patients with very advanced tumors, treated in hospitals around the world.



The researchers established the doses at which the drug was safe for use in further clinical trials, and found berzosertib on its own caused only mild side effects. Surprisingly for a phase I trial, the researchers also found that berzosertib stopped tumors growing in over half of patients given the drug either on its own or with chemotherapy—20 out of 38 patients whose treatment response could be measured.

The drug's benefit in blocking DNA repair was even more marked in patients also given chemotherapy, which works by causing DNA damage. In these patients, 15 of 21, or 71 percent saw their disease stabilize—suggesting that chemotherapy boosted sensitivity to berzosertib. One patient with advanced bowel cancer whose tumor contained faults in key DNA repair genes including CHEK1 and ARID1A responded remarkably well to berzosertib on its own, seeing his tumors disappear and staying cancer free for more than two years.

Another woman with advanced ovarian cancer whose disease had come back after treatment with a drug blocking PARP, another key DNA repair protein, received the combination treatment and saw her tumors shrink.

This patient's response suggests that berzosertib could be explored as a strategy to overcome resistance to the PARP inhibitor family of targeted treatments.

The drug is now moving forward in further trials, and the hope is that it could be developed into a new targeted treatment for patients, and help overcome resistance to other precision medicines such as PARP inhibitors that target DNA repair.

The new results are published in the Journal of Clinical Oncology today, and the trial was funded by Merck KGaA, Darmstadt, Germany, the manufacturer of the drug.

Professor Johann de Bono, Head of Drug Development at The Institute of Cancer Research, London, and The Royal Marsden NHS Foundation Trust, said: "Our new clinical trial is the first to test the safety of a brand-new family of targeted cancer drugs in people, and it's encouraging to see some clinical responses even in at this early stage. Now, we and others are planning further clinical trials of berzosertib and other drugs blocking the ATR protein. In future, this new class of ATR inhibiting drugs could boost the effect of treatments like chemotherapy that target cancer DNA, expand our range of treatment options and overcome resistance to other targeted treatments."

Professor Paul Workman, Chief Executive of The Institute of Cancer Research, London, said: "Targeting a cancer's ability to repair its DNA is a fundamentally important avenue of cancer research which has delivered some of the most important advances against the disease in recent years. It's exciting to see the first clinical trial of a drug targeting a key player in the DNA repair process have such promising results, and I look forward to the results of further studies testing the benefit of this new family of targeted treatments. I'm keen to explore the potential for these ATR inhibitors to overcome resistance to other targeted drugs and to form effective treatment combinations. That's exactly the kind of approach we will be taking in our new Centre for Cancer Drug Discovery as we look to block off cancer's escape routes by creating a new generation of anti-evolution treatments."



Survivor Spotlight

Meet Deborah Rife – 30- year Survivor (seated)

My story is like a lot of other women. We have the symptoms. We just think it's the normal process of aging and dismiss them. I know I did. I was blessed to have my first birth child at the age of 38. In the year that followed her birth, the changes that I experienced, I accepted them as my age and having had a child late in life. I thank God I had a doctor who cared about me and demanded I do what had to be done in a timely manner.



It was January 1991, and time for my first annual exam after the birth of my daughter. During the exam, my doctor looked at me and said “We have a grapefruit where we should have a lemon”. Now, I had struggled with endometriosis in my adult life, so we (the doctor and I) assumed that was the issue. After more testing, I received the call that surgery was being scheduled. I was not ready for that. We had a house fire in November 1990 and were not back in our home yet. I told him that there was no way I could have surgery until after I had my family back in our home. I love my doctor, because on that call he told me, “You have two weeks to get your life in order”, because surgery was being scheduled!

Then came the morning of March 4, 1991

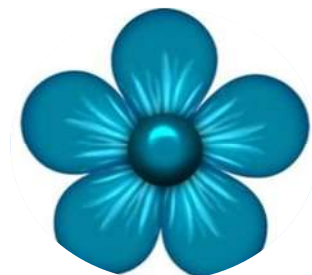
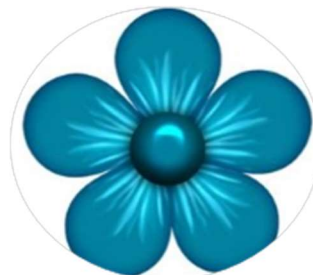
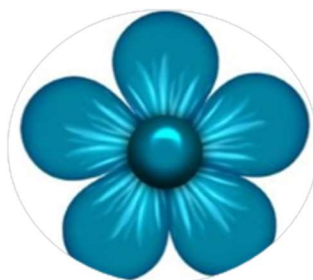
I arrived at St. Vincent’s Hospital in Indianapolis, Indiana, in the pre-dawn hours with the belief it was going to be a simple procedure, just my endometriosis. (Matter of fact, as my boss and co-workers gathered at the end of business the Friday before to pray for my surgery I had told them all that I’d be back in two weeks because this was nothing. WOW, was I so wrong.) I remember it just like it was yesterday. Still groggy, my doctor and a resident, standing at the foot of my bed. My husband and sister at my side (very somber - already knowing what I was about to hear for the first time). He started out apologizing to me, telling me that I had Ovarian Cancer. I tried to comprehend what was being said. What it meant for my future. I needed to know what laid ahead. My thoughts went to my family, our daughters - 12 years old and 17months old, my husband, my parents, my sisters, the rest of my family and all my friends.....what.... how....how long.... WILL I SURVIVE?

The next day I met with my new GYN/Oncologist and Oncology/Hematology doctors to begin the journey of fighting and winning over this beast of Ovarian Cancer and the next phase of what my life would be. I believe my first chemo was on that following Wednesday, March 6th. Things were moving at a very fast pace, and everything melded together. Treatment was six months of intravenous cisplatin chemo, complete with hair loss and lots of fatigue. After a two month break, a second surgery, two more abdomen washes of cisplatin chemo, more hair loss and more fatigue. After my initial leave for my first surgery, I returned to work, working for 3 weeks and taking off 1 week for chemo treatment. Along with working, life did not stop. I had two girls to raise and a husband. Life was busy. In many ways, I am thankful for the busyness, it left me with little time to think about the "what if's".

God blessed me with healing. He allowed me to see my two girls grow up, now with families of their own and the blessing of 3 granddaughters. To have more precious time with my parents, and many countless blessings and adventures. At my 20th year of survival I decided to start doing 5k's in support of Ovarian Cancer, giving myself and my family the opportunity of meeting countless survivors and their families.

As I write this and look over my life these past 30 years, my diagnosis came at a time that would make or break my life. My marriage was only a year old, blending families, and welcoming a new life. I am blessed to say I grew stronger and wiser by all of this. I continue to work full time, sharing the message about Ovarian Cancer to those I meet. I have celebrated each day with my husband over these last 31 years, and am looking forward to see what lies ahead. We made it, telling my, our, story of survival.

God is Good all the time All the time God is Good





Daytrips from Columbus

We are so fortunate to live in central Ohio, where there is always something to do, some place to be and something to see. Summer is a great opportunity to get out and explore Ohio outside of Columbus and there are so many places that are doable as a daytrip. We hope you will take advantage of some of the opportunities that we have compiled. Dial in your GPS or go old school with a map, just get out there.... Happy exploration!

The Wilds: *Board an Open-Air Safari and knowledgeable guides will take you through open-range animal areas, where you'll see rhinos, giraffes and many other rare and endangered animals roaming in large, natural settings. Explore, learn, and relax while you observe the wildlife around you. Discover the Wilds from an open-air vehicle and the amazing animals you'll encounter. This tour includes stops at Lake Trail and the Carnivore Center. Tours are approximately 2+ hours long.*

All Ages: \$30.00 per person; Wilds Members: Free; Member of the Military: Free (must show current ID)
14000 International Road; Cumberland, Ohio 43732 * 740-638-5030 * www.thewilds.columbuszoo.org

Ohio Caverns: *Tours take guests through two different parts of the cavern. The Historic Tour begins at the site of discovery and includes the part that was originally explored from 1897 to 1925. The Natural Wonder Tour takes guests on a 1 mile walk through parts discovered after 1925. It includes the largest stalactite in Ohio, The Crystal King, along with many other marvelous formations and colors.*

Natural Wonder Tour: Adult 19, Child 10; Historic Tour: Adult 19, Child 10; Combo Tour: Adult 29, Child 15
2210 East State Route 245; West Liberty, Ohio 43357 * 937-465-4017 * www.ohiocaverns.com

Loveland Castle: *Château Laroche, also known as the Loveland Castle, is a museum on the banks of the Little Miami River north of Loveland, Ohio. Its name means "Rock Castle" in French. It was built using rocks from the river and when rocks ran out, bricks were constructed from cement poured in milk jugs.*

General Admission \$5.00 per person Child 5 and under Free
12025 Shore Drive; Loveland, Ohio * 513-683-4686 * www.lovelandcastle.com

Ohio Bird Sanctuary: *The Ohio Bird Sanctuary is a haven for native birds, nature preserve, and living museum. The team is dedicated to caring for and rehabilitating Ohio native birds, protecting natural habitat, and creating opportunities for people to engage with nature. Its mission is achieved through educating the public by providing family-friendly programming and school-based programs, managing a 90 acre preserve, and actively aiding sick and injured birds back to health.*

Adult: \$3.00; Child: \$1.00; Under 2 Free

3774 Orweiler Road; Mansfield, Ohio 44903 * 419-884-4295 * www.ohiobirdsanctuary.com

Ohio State Reformatory: *Stroll the halls and visit the cells of some of history's toughest criminals. Tour the intact set of world's favorite movie, *The Shawshank Redemption*. Whether you're reliving scenes from classic films, hunting for the paranormal, or basking in beautiful Romanesque architecture, take a walk through history. Currently offering self-guided tours.*

Adult: \$25.00; Student: \$23.00; Senior: \$23.00; College/Military: \$23.00; 6 and under Free

100 Reformatory Road; Mansfield, Ohio 44905 * 419-522-2644 * www.mrps.org

Pyramid Hill Sculpture Park & Museum: *Pyramid Hill is a 300+ acre sculpture park with 80+ monumental outdoor sculptures displayed in a landscape of rolling hills, meadows, lakes, and hiking trails. The park also features an Ancient Sculpture Museum that displays Greek, Roman, Etruscan, Syrian and Egyptian sculptures dating to 1550 B.C. The Museum Gallery hosts exhibitions by local, regional and national artists. Pyramid Hill is also the only museum you can experience in an Art Cart (golf cart that allows you to drive to the sculptures – available on first come, first serve basis)*

Adult: \$8.00; Child \$3.00; Child 5 and under Free Art Cart: \$20.00 first hour; \$15.00 each additional hour

1763 Hamilton Cleves Road; Hamilton, Ohio 45013 * 513-868-1234 * www.pyramidhill.org

Olentangy Indian Caverns: *One stop shop for family fun. Explore the Caverns through a self-guided tour, enjoy the Petting Zoo, try your hand at some Gem Mining, find hidden treasure in the Treasure Hunt Maze, or test your skill on the Miniature Golf Course.*

Cavern: Adult \$9.95; Child \$6.95 Zoo: \$4.00pp Mining: Bags vary by pound Treasure Hunt: \$5.00 Golf \$3.00

1779 Home Road; Delaware, Ohio 43015 * 740-548-7917 * www.olentangyindiancaverns.com

Stan Hywet Hall & Gardens: *The estate features a historic 65-room Tudor Revival Manor House, Curved Eave Corbin Conservatory, Gate Lodge (birthplace of Alcoholics Anonymous) and approximately 70 acres of artistically landscaped grounds and formal gardens. Self-guided tours only at this time.*

Adult: \$15.00 Child (6-17) \$6.00

714 North Partridge Path; Akron, Ohio 44303 * 888-836-5533 * www.stanhywet.org



It's time for some delicious cheesecake! In honor of National Cheesecake Day on July 30th, we have compiled a few of our favorite recipes for you to enjoy. Don't worry about the calories, we took them out for you.



REECE'S PEANUTBUTTER CHEESECAKE

Crust:

2 cups Oreo crumbs
4 Tbsp Butter, unsalted

Filling:

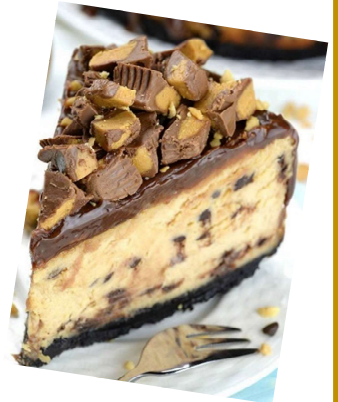
32 oz Cream cheese
1 1/3 cup Sugar
4 Eggs, large
1 cup Peanut butter, smooth
2 tsp Vanilla
1 1/4 cups Chocolate chips, miniature

Ganache:

1/2 cup Heavy cream
1 1/2 cups Milk chocolate chips

Garnish:

Peanuts, roasted
Chopped Reese's cups



Coat 9-inch springform pan with cooking spray & line bottom with parchment paper. Wrap pan with 2 layers of aluminum foil & bring foil up sides of pan & make sure it's tight & secure so no water gets in during baking in water bath. Preheat oven to 350°

CRUST: In a food processor, finely ground whole Oreo cookies with filling to get fine crumbs. Combine crumbs with melted butter and stir until evenly moistened. Press mixture into bottom of springform pan & set in the fridge to firm while making filling.

Filling: Beat softened cream cheese with sugar until smooth. Mix in peanut butter, heavy cream & vanilla. Add eggs one at a time beating after each addition just to combine, do not over mix. Stir in chocolate chips & spread mixture over chilled crust. Smooth top & place springform pan in a roasting pan. Pour hot water in a roasting pan (about a quarter of the way) Bake for 55-70 minutes, until cheesecake is set around edges & slightly loose in center. Tent top of springform pan with aluminum foil if it starts browning too quickly. Remove cheesecake from water bath & set on a cooling rack to cool. Remove aluminum foil & refrigerate (at least 5 hour or overnight).

Ganache: When cake is cooled run a thin knife around edge & release ring of springform pan, then transfer cake on a serving plate. On medium heat bring heavy cream to boil. Place half of milk chocolate chips in a heatproof bowl & pour cream over chocolate, stir until chocolate is melted completely. Add remaining chocolate, stir until melted & smooth. Set aside to cool. Ganache should be pourable but not too thin. Spread ganache on top to the edges & let drip down sides. Let ganache set slightly then sprinkle with chopped peanuts & pile with coarsely chopped Reese's. Set in the fridge until ready to serve.

BANANA PUDDING CHEESECAKE

Crust:

- 1 1/2 cups finely crushed vanilla wafers
- 1/2 cup finely chopped pecans
- 1/4 cup butter, melted
- 17 vanilla wafers

Filling:

- 2 ripe bananas, diced
- 1 ripe banana, mashed
- 1 Tbsp lemon juice
- 2-3 Tbsp light brown sugar
- 3 (8-ounce) packages cream cheese, softened
- 1 cup sugar
- 3 large eggs
- 2 tsp vanilla extract
- whipped cream and vanilla wafers for garnish



Bananas....Healthy, right?!?!?

Preheat oven to 350 degrees.

In a medium bowl, stir together crushed vanilla wafers, chopped pecans, & melted butter. Press into bottom of greased 9-inch springform pan. Stand 17 vanilla wafers around edge of pan with rounded sides facing outward. Press them gently into the crust. In a small saucepan, combine bananas (both diced & mashed) & lemon juice. Stir in brown sugar, using 2 tablespoons if your bananas are super ripe & 3 tablespoons if they are medium ripe. Cook over medium heat until brown sugar dissolves, about 1 minute. Remove from heat. Using electric mixer, beat cream cheese at medium speed until smooth, about 3 minutes. Gradually add granulated sugar. Add eggs, one at a time, stopping to scrape down sides of bowl after each addition. Do not over beat. Only beat until most of yellow disappears before adding next egg. Beat in vanilla extract. Stir banana mixture in until evenly mixed. Pour batter into springform pan on top of crust. Bake for 45 to 55 minutes, until center is almost set. Jiggle the pan to check. Turn oven off, open door about 6 inches & leave cheesecake in oven to cool for about 1 hour. Remove cheesecake to counter to cool for another 30 minutes. Cover with plastic wrap & refrigerate for 8 hours before serving. Garnish with whipped cream and vanilla wafers.



BLUEBERRY CHEESECAKE CRUMB CAKE

Crumb cake:

3 1/3 cups flour
Mascarpone
2 tsp baking powder
1/4 tsp salt
2/3 cup butter-cold and cut in cubes
Grated zest from 1 lemon(optional)
1/3 cup light brown sugar
1/3 cup sugar
2 eggs
1 tsp vanilla

Filling:

8 oz
8 oz Cream cheese, softened
1/2 cup + 2 Tbsp sugar
2 Tbsp corn starch
1 tsp vanilla
1 2/3 cups blueberries

Glaze:

1/2 cup powdered sugar
2-3 tsp milk

Preheat oven to 350°. Line bottom of 9 inch springform pan with parchment paper, spray bottom & sides of pan with nonstick cooking spray & set aside. In a large bowl stir together flour, baking powder, salt, brown sugar, sugar & lemon zest. Add butter in dry ingredients mixture. You can work it with hands, or press with a fork, or you can use mixer. Work until it's grainy. Add eggs & vanilla & mix to combine. Mixture should be crumbly. If it's too sandy squeeze with fingers to make pea size crumbs. Press about 2/3 of mixture in bottom & side (about 1 1/2 inch height) of pan. Place pan & remaining crumbs in fridge. To make filling: mix together cream cheese, mascarpone, vanilla, sugar & corn starch just to combine. Add eggs & mix just to combine, do not overdo it. Pour half of cheesecake mixture in chilled crust, scatter about 2/3 cup of blueberries over filling. Spread remaining cheesecake mixture. Top with blueberries & remaining crumbs. Bake until golden brown & toothpick inserted in center comes out clean, about 65-75 minutes. If it starts browning too much tent top with aluminum foil. To make glaze: stir together powdered sugar & milk or cream. If it's too thin add powdered sugar, if it's too thick add more milk.





A big THANK YOU to all who so generously donated to OCAO during the Columbus Foundation's

Big Give event

We raised over \$500. These funds will help us to continue our mission to spread awareness and support Survivors and their families.

Ovarian Cancer Alliance of Ohio

STRIDES FOR HOPE 5K



It is with heavy hearts and disappointment that OCAO announces the annual Strides for Hope 5K to be held on September 20, 2020 will be a virtual event due to Covid-19. We believe it is the right decision for the health and safety of the participants, especially our Survivors, many of whom are immunocompromised.

This event has always been the biggest day for raising ovarian cancer awareness, a day to celebrate Survivors and to remember those that are no longer with us. It is also our biggest fundraiser that helps us to continue our mission to spread awareness and to support Survivors and their families.

Let's not let Covid-19 ruin the spirit of the event. You can still register and receive a t-shirt, gather your team, and even complete the 5k to raise awareness in your neighborhood or at a park near you.

We would love for you to take pictures during your event and send them to us so that we can post them to social media and keep spreading the word about this hideous disease that sneaks up on so many women.

We have already scheduled Strides for Hope 2021, when hopefully we can be together again. Thank you for your continued support.



Let's Bowl has been rescheduled for August 1st. See flyer, website or Facebook for details. Registration required.

The Carol Girardi Ovarian Cancer Summit has been rescheduled for **September 30**. This year, comedian and ovarian cancer Survivor, Karen Mills will be performing.

Survivor Celebration Brunch has been rescheduled for **September 19**. The venue will be the Via Vecchia Winery. Invitations will be mailing out soon. To RSVP **send an email to rsvp@ocao.org or call 614-546-9498**

The 10th Anniversary Gala has been rescheduled for the **April 10, 2021** at Makoy Center in Hilliard. Save the date!

Let's Bowl



*Join us for
bowling fun,
food and prizes!*

*Saturday August 1st
1pm to 4pm*

Gather your team & come dressed to impress. Or come by yourself and we will find you a team. You could win a prize for the best designed team shirt!

We'll have a friendly competition among the teams for even more chances to win

Heavy appetizers & non-alcoholic drinks will be served. Cash bar available

No charge for Survivors, guests \$10 each

Register at www.ocado.org

Star Lanes Polaris



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 10th
Anniversary
Gala**



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

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

Ways to Give Back



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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.



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Link your card to OCAO

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

*THANK YOU FOR YOUR
CONTINUED SUPPORT*