

# Teal Talk



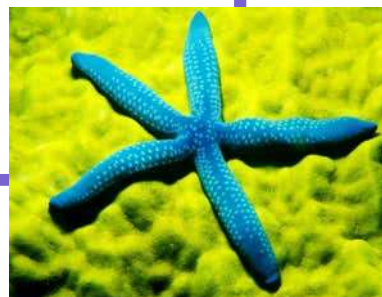
## Welcome to June

Sunshine on your face. Lazy days lounging by the pool.  
Warm breezes. Picnics in the park. Gatherings.

What does summer mean to you?

Hopefully you have all been healthy and safe during quarantine. This summer may call for some creative ways to enjoy all that the warm weather days have to offer while we continue to social distance safely. As venues begin to open up and Ohio settles into a new normal, we will be moving forward with events that have been postponed. We are really looking forward to seeing you in the coming weeks and months. As always let us know if there is anything that we can do for you, we are here to provide support.

The beach is not always a place.  
Sometimes it is a feeling.  
Enjoy your summer.



June 2020

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# IN THE NEWS

## STUDY CONFIRMS IMPORTANT CLUES TO FIGHT OVARIAN CANCER

---Pacific Northwest National Laboratory  
May 26, 2020

The rogue cellular engine that drives a majority of ovarian cancers remains frustratingly difficult to disable. A study comparing cancerous tissue with normal fallopian tube samples advances important insights about this machinery and confirms biological hallmarks of survival.

To better understand the disease and its progression, researchers at the U.S. Department of Energy's Pacific Northwest National Laboratory and their collaborators examined the proteome – thousands of proteins – in tissue samples taken from 83 patients around the world. Their results, published in the journal *Cell Reports Medicine*, could help identify more targeted treatments.

### Hunting for ovarian cancer's 'off' switches

Successful treatment of any cancer involves stopping its abnormal cells from replicating and spreading. In the case of ovarian cancer, scientists are hunting for the right “off” switches to target. “Cells are very complex pieces of machinery. There are many ways you can break the machinery and then end up with cancer,” said Karin Rodland, a PNNL scientist and the study's corresponding author. “If you don't know what's broken, you can't fix it.” A relatively new profiling technique called proteogenomics provides clues.

Developed over the last two decades, proteogenomics looks not only at the genetics of cells but how they communicate and function via thousands of proteins. While earlier research methods focused on how genetic mutations are expressed via ribonucleic acid, or RNA, proteomic analysis reveals even more detail about what happens among cancerous cells. Now, scientists are working understand this universe of proteins as part of the National Cancer Institute's Tumor Analysis Consortium.



As part of that effort, a landmark proteogenomic analysis of archived tumor samples in 2016 pinpointed specific cellular processes associated with ovarian high-grade serous carcinoma. The study confirms those findings and offers an even sharper picture by comparing cancerous tissue to normal fallopian tube samples, supporting the notion that ovarian cancer begins not on the surface of the ovary, as previously thought, but at the end of the fallopian tube. The study also offered more robust data because the tissue samples were collected using strict surgical protocols that eliminated the body's stress response to surgery as a potential complicating factor. “To our knowledge, this is the first really deep protein-level comparison of fallopian tube tissue and ovarian cancer tissue,” Rodland said. “Being able to replicate the 2016 finding in a second cohort of women who were racially and ethnically diverse proves the strength of the initial observation.”

Added Tao Liu, a PNNL scientist and the study's co-corresponding author: "This carefully procured cohort of tissue specimens, and the comprehensive, simultaneous analysis of both proteins and phosphorylated proteins, allows us to accurately recapitulate the cellular activities such as stress response and replication in the cancer and relevant normal tissues."

### **The broken machinery behind ovarian cancer**

The researchers linked two processes specifically to high-grade serous carcinoma, which is sometimes called "the disease of broken chromosomes." The first involves the stress response that results from the runaway production of tumor cells. This effect, known as proliferation-induced replication stress, creates instability in the tumor's genome. The second process is homologous repair deficiency, an inability to repair damaged cells. The two processes combined

are what create ovarian cancer's stubborn, uncontrolled growth patterns. "It's not just that the tumor cells are stuck in the 'on' position for growth," Rodland said. "In ovarian cancer, there is also a background of deficient DNA repair. So, whenever the cell replicates, you introduce mutations and broken chromosomes."

The study, which was supported by CPTAC and the National Institutes of Health, also confirmed previous findings that linked an abundance of certain proteins with higher survival rates. Identifying proteins associated both with the processes that drive ovarian cancer and with increased survival chances opens up possible treatment strategies that target specific proliferation pathways, including the use of medicines currently on the market. "Doctors could use this data to stratify treatment options," Rodland said. "We also can study the women who have shorter survival times and then perhaps come up with an alternative therapy that would work better for these women than the standard therapy."

## Tips for Keeping Your Furry Friends Safe During Summer

Often times people are not aware of the dangers that warm weather brings to their pets, and it is important to keep them safe and cool. Keep in mind that if it is too hot for you, it is too hot for them.



**Always provide water & shade:** You get dehydrated on hot days and so do your pets. Sometimes they are left outside longer than we meant for them to be and having plenty of fresh water and shade could prevent them from having heat stroke.



**Regular exercise during summer can be dangerous:** You may want to adjust physical activity time to take place during the coolest parts of the day, which are early morning or late evening. Animals can't cool themselves as well as we can. Avoid muzzles, as they inhibit panting. Panting is how dogs release the majority of heat for their bodies. Did you know they also sweat through their paws? This fun fact leads to the next tip...

**Protect those paws:** Walking on hot surfaces can be super dangerous. Dogs can develop significant burns on their paws from hot pavement. If it is hot to your touch, it is too hot for your pet.

**Keep them groomed:** A summer cut can help pets to stay cooler. Especially those with longer coats.

**Keep an eye on kitties:** Panting in cats is not normal and could mean serious problems. If you see your cat panting, it's most likely a life-threatening emergency that requires you to take them to the closest emergency veterinary hospital right away.

**Beware of signs of heatstroke:** Signs of heat stroke include excessive panting, dark or bright red tongue and gums, lethargy, stumbling, seizures, bloody diarrhea, and vomiting. If you suspect your pet is suffering from heat stroke, you should seek veterinary treatment as soon as possible. You can provide some immediate treatment using cool (but not icy) water to lower your pet's temperature by submerging them into a tub of water, wetting with a hose or sponging them down. If your pet showed signs of heat stroke but has been cooled and now appears fine, do not assume that all is well. Internal organs, such as the liver, kidneys and the brain, are all affected by extreme body temperature elevation. It is best to have a veterinarian examine your pet to assess potential health complications and ensure that other risks are not overlooked.

**\*\*\*AND FOR THE LOVE OF ALL THINGS FURRY\*\*\***

### **NEVER LEAVE YOUR PET IN A PARKED CAR**



Even when it is 70° outside the temperature inside a parked car can rise to 90° within just 10 minutes and up to 110° in less than an hour. If you see a dog in a parked car on a warm day, contact your local animal control or law enforcement for help.

## OCAO Participates in Sunny 95 Girl Scout Cookie Buyout



OCAO has a whole lot of cookies going on. Every year Sunny 95 supports the Girl Scouts with a cookie buyout. The troops register with the station and every morning during Bobby and Stacy's radio show, they draw the name of a troop and they have ten minutes to respond. If they call in time, the station buys ninety-five boxes of cookies from them. This event goes on for ten days. As a sponsor, OCAO was the recipient of 460 boxes. All of the cookies will be distributed to the cancer treatment centers in the Greater Columbus area. We also raised awareness about ovarian cancer each day because Bobby and Stacy mentioned that we were sponsors and always had something nice to say about our organization and its mission. There were also commercials announcing the cookie buyout that included a spot about OCAO being sponsors and that all of the cookies were being donated to treatment centers.



# Survivor Spotlight

*Meet Deborah Rippey – 11- year Survivor*

Deborah retired as a Financial Advisor from JP Morgan/Chase. She has two adult children, two granddaughters and one furry child. In her spare time, Deborah loves travelling and volunteering in her granddaughter's classroom.

What were your symptoms? I can tell you there are many symptoms that disguise this Silent Killer.

In the fall of 2008, I saw my gynecologist for my regular PAP test. I explained the abnormal pelvic and abdominal pain. He immediately ordered an ultrasound. The ultrasound results came back stating there was nothing visible.

In the New Year January 2009, a winter afternoon, I began to experience unrelenting pain in my upper right abdomen, pelvic and back as well as a ccugh. It would wake me at night. I was on the OSU campus for my daughter's program. I had asked my son to drive me over to the OSU ER. After a few tests and review the conclusion was that I had a UTI and I needed to follow up with my primary physician. At that appointment my doctor made some observations and prescribed medication for pain and cough. The symptoms went away temporarily, but I'm still not sure if the symptoms were related to what came next.

February 4, 2009 my brother's father passed away. I drove the family to North Carolina for the funeral, while still in severe pain. As we returned home to Ohio, my son said "When I come home from school, if you haven't gone to the hospital, I am going to take you myself". I asked my then-husband if he would call his brother to take me to the ER. After pelvic and abdominal scans were done, Dr. Z said I had a mass on my right ovary. The next step was to get a better picture of it with an MRI. Once that was done, we still didn't know if the tumor was cancerous. The tumor was attached to the rear of the abdominal cavity and was going to be difficult to remove. A mass that large pressing against the kidneys and being attached was probably the reason for the pain I had experienced. The surgery was scheduled for February 27, 2009 to remove the ovary and perform a biopsy. I was 32 years old and was blindsided by the diagnosis of ovarian cancer. I had no risk factors or family history of the disease.

My surgical oncologist explained to me and my family that while I was under anesthesia a pathologist would examine the tumor and if it was malignant, he would perform a total hysterectomy. I tried to reassure myself that the tumor was probably benign and everything would be fine. I don't remember the six- hour surgery, but I do remember waking up in the recovery room.



The day after surgery my emotions and body were on a roller coaster. My hospital stay was ten days, the surgery was successful, and when the pathology report came back I was diagnosed with stage 3C ovarian cancer. I remember saying “So I am technically not a cancer patient anymore?” That was not correct. In April 2009 I began nine three-week cycles of chemotherapy consisting of Taxol and Carboplatin. During my first injection of Taxol I had an allergic reaction and stopped breathing, so my doctor switched me to Taxatore at a much slower rate and I was able to tolerate it.

During treatment I experienced such a flood of family and friends supporting me. I needed to see family and friends to feel like a human instead of being immersed with illness. It was a frightening time and I can remember many days and nights confessing that God had not given me the spirit of fear, but of love, power and a sound mind. I am a high-energy person and it was difficult not to have energy to do the things that I was accustomed to doing.

When you hear the word “CANCER” there can be an immediate depression that occurs, which can take us to a place where there is no HOPE. I want people to know that there is HOPE – healing is available – there is life after cancer. As an eleven-year Survivor, I have become involved with OCAO to raise awareness about ovarian cancer and to support women dealing with the disease. I feel ovarian cancer gets the short end of the stick where women’s cancers are concerned. I want to give women hope and give them someplace to turn with they have questions about ovarian cancer. I have been given the opportunity for life. I want to encourage all women to be sensitive to their bodies and sensitive to the voice of God. My life is changed forever. It is fuller and I am even more assured of the healing power and presence of God.

Stay strong. Stay connected to your faith, family, good friends, people who will support you and be there for you. I have found that being around other cancer Survivors and giving back has been the most important part of my survivorship. My message to women of all ages it to listen to your body. If you are experiencing something that is different or just not quite right, don’t dismiss it. Tell your doctor. Every symptom is important and should not be ignored, the most important advice that I would give to women: Tell your gynecologist that you request both trans-abdominal and trans-vaginal ultrasounds to look at the whole pelvic area. These things could save your life.



OCAO is always in need of volunteers and we would love to invite you to join us. There is no experience necessary to join a committee or to help with events. We just ask that you be in support our mission statement to spread awareness and education about ovarian cancer and

support Survivors and their families. Twice a year we hold a volunteer information event for those interested in joining us. It is not required, but it is a good introduction to things committees have planned and examples of how you can help. Watch our website, Facebook and calendar for dates and times. Do you feel that you are too busy to commit to joining a committee and attending meetings, but still want to help? No problem. We would love to have your help in whatever capacity you have to offer. Our Board of Directors is comprised of all volunteers, so we get it. Our lives are busy and we have the greatest of intentions, but can't be bogged down with additional commitments. That is why OCAO is a great way to give back whenever your schedule allows.

### **Education & Awareness – Kelli Merb, Director ([kmerb@ocao.org](mailto:kmerb@ocao.org))**

The Education & Awareness Committee provides information about ovarian cancer. Volunteers act as ambassadors to promote early detection to improve outcomes and save lives. This is done by attending health fairs like OSU Family Wellness Expo, community events such as Sunny 95 block parties, Westerville 4<sup>th</sup> Fridays and women specific events. Last year they attended Boo at the Zoo where over 2000 people were reached during the course of a weekend. It was the first time OCAO attended the event and they were blown away by how many people they met. During these events the volunteers hand out information and symptom cards and give general information about OCAO. For a bit of fun there is also a prize wheel that helps to strike up a conversation. We are always on the lookout for events to attend. One of the ways you can help is to let us know if there are any events you think would be a good fit for OCAO to attend. If you like talking to people and want to let everyone know about ovarian cancer, this could be a good opportunity for you. There is no required time commitment. You can attend events as you are available.

The committee meets the first Wednesday of the month.





### **Survivor Connection – Lisa Mitchell, Director ([lmitchell@ocao.org](mailto:lmitchell@ocao.org))**

The Survivor Connection Committee has several functions, but the most important is supporting Survivors. This is done in a variety of ways such as monthly Survivor events, comfort bags for those in treatment, encouragement and birthday cards, and support during hospice care. There are other programs that OCAO would like to implement such as Survivors Teaching Students, and Peer-to-Peer Support, but without volunteers, these programs are not possible. The committee meets the first Wednesday of the month.

### **Fundraising – Marianne Dean Jackson, Director ([deanma@ocao.org](mailto:deanma@ocao.org))**

This committee is always hard at work keeping ideas fresh and innovative when it comes to raising funds to support the endeavors of the other committees. There are online Trivia Nights, Designer Bag Bingo Events, Zumbathons, collaboration events such as F\* Cancer the Musical at Shadowbox Live, and game nights at Kingmakers Board Game Parlour, to name a few. The latest fundraiser is the Loose Change Challenge. See the flyer for details. Next April the OCAO will be holding its 10<sup>th</sup> Anniversary Gala Celebration. We will need plenty volunteers to make sure the night goes off without a hitch. The committee meets as needed.

### **Strides for Hope 5K Walk/Run – Kim Britt, Director ([kbritt@ocao.org](mailto:kbritt@ocao.org))**

Strides for Hope is our biggest fundraising event of the year. It also has the most planning involved. The day after the event, planning begins for the following year. It is unbelievable how many moving parts there are when planning such a huge event. You have heard the phrase “it takes a village” ... this event takes a village of volunteers and then some. The day starts around 4:30am and there are people needed to set up and tear down tables and chairs, man the OCAO booth, register participants, drive golf carts, set up and maintain drink stations, hand out flowers and medals, and decorate the bridge. This list is only a small portion of all that needs to be done on the day.

This committee starts meeting monthly, about 6 months prior to the event.

If you would like more information about any of these committees or other ways you can help, feel free to reach out to us at [info@ocao.org](mailto:info@ocao.org) or call 614-546-9498. We look forward to hearing from you.





# camp kesem

Kesem is a nationwide community, driven by passionate college student leaders, that supports children through and beyond their parent's cancer. Kesem's flagship program, Camp Kesem, operates **free** summer camps for children who have been impacted by a parent's cancer. It is the vision of Kesem to ensure that every child impacted by a parent's cancer is never alone. Founded at Stanford University in 2000, Camp Kesem has since expanded to 116 chapters in 42 states across the country. The Ohio chapters consist of Ohio State, Denison University, Miami University and University of Cincinnati.

Serving children ages 6 to 18, the campers experience a warm and loving environment with other children who have similar life experiences. This community provides the foundation for confidence building, improved communication skills, enhanced life outlook and attitude.

The camps are staffed by highly trained college student leaders. These young men and women are carefully screened through a competitive interview process, and undergo extensive training prior to camp. The student leaders – many who have experienced a family member with cancer themselves – work year-round to raise funds, conduct outreach in their communities, and plan the incredible camp experience campers will remember for life.

My son (pictured left in red) has attended this camp for the last three years and LOVES it. Not only does he go to camp for a week, but the student leaders reach out to him during the year and send him birthday cards to remind him that he is never alone and they are all “under the same moon and stars”. The friendships that my son has made with other campers have been lasting ones. To nurture these relationships, Camp Kesem hosts Friends and Family Day in the Fall and Spring. These meet up days are usually held at a park or someplace where everyone can interact and have a good time. I cannot say enough about what a positive impact Camp Kesem has had on my son. I would highly recommend it to anyone.

Good News! This year the camps will be taking place virtually, which means there is no limit on the number of registrants. For more information about Camp Kesem and to register go to [www.kampkesem.org](http://www.kampkesem.org)





*During this time of year, it seems as though there is always a gathering of some sort to attend. This summer the gatherings will be smaller of course, but we will still be in search of the perfect dish to bring along. I have put together a few of my faves that are always a big hit. Just be sure to follow proper food safety guidelines.*

## CUCUMBER AVOCADO SALSA

- 1 Large Cucumber - peeled, seeded & finely chopped
- 1 Avocado - finely chopped
- ¼ cup Red Onion - finely chopped
- 1 Medium Tomato - finely chopped & seeded
- 2-3 Tablespoons Fresh Cilantro - finely chopped
- 1 Garlic Clove - finely minced

### SAUCE:

- ¼ cup Reduced Fat Sour Cream
- 1 ½ teaspoons Lemon Juice
- 1 ½ teaspoons Lime Juice
- ¼ teaspoon Cumin
- ¼ teaspoon Salt



Mix together first 6 ingredients in a large bowl. Mix together sauce ingredients and pour over other mixture. Stir until coated with sauce.

Serve cold with tortilla chips or other cut up veggies such as green pepper slices. Also, good served over grilled salmon.

## THREE BEAN BAKED BEANS

*Tip: These can be made ahead of time and frozen*

½ Pound Ground Beef-browned  
6 Strips Bacon – cooked, diced  
½ Cup Chopped Onion  
1/3 Cup Packed Brown Sugar  
¼ Cup Sugar  
¼ Cup Ketchup  
¼ Cup BBQ Sauce  
2 Tablespoons Prepared Mustard  
3 Tablespoons Apple Cider Vinegar  
½ teaspoon Chili Powder  
½ teaspoon Salt  
2-16oz Cans Pork & Beans  
1-16oz Can Butter Beans-drained & rinsed  
1-16oz Can Kidney Beans – drained & rinsed



Preheat oven to 350°. Brown ground beef, drain fat & set aside. Cook bacon until crisp and dice when cooled enough to touch. Mix together all other ingredients in a large bowl. Pour all into a baking dish and bake covered until

## SUGAR COOKIE FRUIT PIZZAS

### **Cookies:**

2 ¾ Cup All Purpose Flour	1 teaspoon Baking Soda
½ teaspoon salt	½ teaspoon Cream of Tartar
1 ½ Cup Sugar	1 Cup Unsalted Butter, softened
1 Large Egg + 1 yolk	2 teaspoons Vanilla Extract
Fresh Fruit of Various Colors	



### **Frosting:**

5 Tablespoons Salted Butter, softened	8oz Cream Cheese, softened
2 Cups Powdered Sugar	½ teaspoon Vanilla Extract

Preheat oven to 350°. In a mixing bowl, whisk together all dry ingredients, set aside. In separate bowl, beat sugar & butter until combined. Mix in egg & extra yolk and vanilla extract. With mixer set on low, slowly add in dry mixture just until combined. Dough will be thick. Scoop out 1 ½ teaspoons at a time & roll into balls. Transfer to baking sheet lined with parchment or silicone lining. Space 2" apart. Bake 10-12 minutes; should appear slightly under-baked. Allow to rest several minutes & transfer to wire rack to cool completely.

For Frosting: Combine butter & cream cheese until smooth. Add in powdered sugar & vanilla extract and mix until light & fluffy.

Once cookies are cool, top with frosting & fresh fruit.

*TIP: You can also use store bought refrigerated sugar cookie dough to save time.*



# Loose Change Challenge

Supporting  
Ovarian Cancer Alliance of Ohio

Commit to saving loose change from  
**now** until end of the June.

Watch for an event for the collection of coins



The Designer Bag Bingo fundraiser has been rescheduled for **June 20th**. The venue has changed to Makoy Center in Hilliard. This event was sold out in March, but there may be a chance to purchase tickets if current ticket holders are unable to attend. Email [info@ocao.org](mailto:info@ocao.org) or call 614-546-9498

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 5**. The venue will be the same as last year-Juniper. To RSVP **send an email to [rsvp@ocao.org](mailto:rsvp@ocao.org) or call 614-546-9498**

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

OVARIAN CANCER ALLIANCE OF OHIO PRESENTS

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# Designer Bag Bingo

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**SATURDAY JUNE 20TH 2020**

**SINGLE TICKETS ARE \$40.00**

**INCLUDES PASTA DINNER AND ALL THE SIDES  
10 ROUNDS OF BINGO  
DOOR PRIZE TICKET**

**DOORS OPEN AT 4:30 FOR DINNER**

**BINGO STARTS AT 6:00PM**

**Makoy Center - Burgundy Room**

**5462 Center St. Hilliard, OH 43026**

**TEL: (614) 546-9498**

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**AWESOME  
PURSES  
KATE SPADE  
MICHAEL KORS  
COACH  
VERA BRADLEY**

**VISIT [www.ocado.org](http://www.ocado.org) FOR TICKETS**

THE OVARIAN CANCER ALLIANCE OF OHIO

INVITES YOU AND ONE GUEST TO THE

# *Survivor Celebration Brunch*

*Juniper/Smith Brothers Building  
580 N. 4th St. Columbus, OH 43215*

**SEPTEMBER 5TH**

**11:00AM-1:00PM**

**OPEN BUFFET • SURPRISE ENTERTAINMENT  
TAKING RESERVATIONS UNTIL AUGUST 21TH**

**FOR MORE INFORMATION  
CALL 614.546.9498**

**TO RSVP PLEASE EMAIL  
RSVP@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



THE COLUMBUS FOUNDATION

**June 10 @10am through  
June 11 @ 11am**

**[www.columbusfoundation.org/givingstore](http://www.columbusfoundation.org/givingstore)**



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!