

Teal Talk



September 2020

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It is ovarian cancer awareness month - A time to remember those who have gone before us, support those going through it, celebrate the Survivors, and advocate for those who will come behind us. The most impactful event that we hold to spread awareness is the Strides for Hope 5k. This year we are holding the event virtually, and we are counting on you to gather your people, and get outside to hold your very own 5k. Take some pictures to document your event and send them to us. Raise your voice, shout it out that a PAP test does not detect ovarian cancer and knowing the symptoms could save a life.



IN THE NEWS



Ovarian Cancer Research Alliance is holding their Ovarian Cancer National Conference online this year from September 29 – October 2. This conference means so much to so many. It's the place for ovarian cancer Survivors, caregivers, supporters and experts to come together to talk about the latest research updates, gain access to resources and, form lasting friendships.

****OCAO is offering scholarships to this virtual event. Please contact Lisa Mitchell for information & an application: lmitchell@ocao.org 614-546-9498*

Lectures and Breakout Sessions:

8/29: 12pm Opening Ceremony. **2:45pm** Lecture: What's New in Ovarian Cancer Research & Treatment. **6pm** Q&A Managing Recurrence.

9/30: 12pm All About PARPs & Maintenance Therapy. **1:30pm** The Future of OVCA Clinical Trials; Lessons Learned from the Covid-19 Experience. **3:30pm** Live Breakout Session: Woman to Woman Info Session. **4:30pm** Live Q&A: Genetic Testing, Counseling and What the MAGENTA Trial Means for You. **6:30pm** Teal Takeover Party

10/1: 12pm Ask the Experts Part 1. **2:15pm** Ask the Experts Part 2. **4pm** Live Q&A: Integrative Medicine for OVCA.

10/2: 12pm General Session TBD. **2pm** Live Breakout Session: Advocacy at OCRA, Introduction & Office Hours. **3pm** Closing Ceremony

On Demand Breakout Sessions:

8/29

Clinical Trials 101

Impact of Pandemic on Quality of Life for OVCA patients

Managing Recurrence

Navigating the Financial Fallout from Cancer

Newly Diagnosed: Ovarian Cancer 101

8/30

Genetic Testing, Counseling & what the MAGENTA Trial Means for You

How to Talk About Genetic Testing & Precision Oncology (& why it's so confusing)

Living with OVCA: How Palliative Care Can Help

Racial Disparities in OVCA

9/1

Advance Care Planning: Evolving Hope

Integrative Medicine for OVCA

Medical Cannabis: What You Need to Know

OVCA Care During Covid-19; New Standards & Practices

Rare OVCA's; What's New

9/2

Addressing Health Disparities Through Advocacy

Balancing Work & Cancer

Immunotherapy for OVCA

Improving OVCA Risk Prediction; The OVCA Association Consortium

Sexuality and Intimacy After Cancer

On Demand Wellness Sessions

9/29: Conscious Breathing Practice.

Yoga

9/30: Healthy Cooking Demo with Elle Simone from '*America's Test Kitchen*'.

Pilates

10/1: Guided Meditation

Zumba

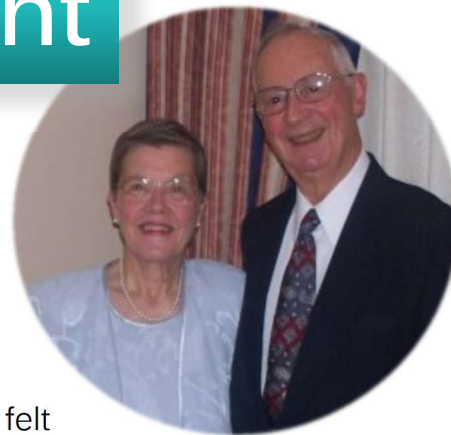
10/2: High-Intensity Interval Training (HIIT)

Yoga



Survivor Spotlight

*Meet Nan Eckfeld– 18-year Survivor,
OCAO Founding Member*



In the winter of 2002, I was a healthy retiree, living in Kenton, OH. My husband and I were vacationing in Florida when my life slowed down enough for me to notice some strange things happening to my body. I felt some mild, menstrual-like pelvic cramps, and thought that was weird at age 67 (and having had a hysterectomy), but they were so mild I thought it was my irritable bowel syndrome. I noticed that my waist-bands were getting tighter, but I wasn't gaining weight and I was still working out at the gym, so I decided it was an aging thing. When I sat down for a meal I felt full after eating only a few bites, then would be hungry again in an hour, but wrote that off to "shrinking my stomach" while watching my diet. I never dreamed that I was experiencing three of the four classic, most common symptoms of early stage ovarian cancer. Like most women, I didn't know that ovarian cancer had symptoms, let alone what they were, so I wasn't worried about these unusual body changes. I blamed everything on age and diet.

A couple of months after our Florida trip, I had a minor surgical procedure for stress incontinence, and during that procedure my doctor did a thorough pelvic exam. She felt a large mass in the area of my left ovary. A CT scan confirmed it and she referred me to a Gynecologic Oncologist for surgery. I still wasn't worried because no one in my family had ever had ovarian cancer. Also, my GynOnc told me that 90% of these masses were benign and nothing he could feel was suspicious. And even better, the radiologist's report from the CT scan suspected a cyst rather than a malignancy.

The frozen section biopsy taken during surgery also indicated it was not malignant, but they were all wrong. The final lab report, shared with me three days later on my way out the door of the hospital, confirmed ovarian cancer. Although my grapefruit sized tumor was at Stage I, it ruptured during surgery, so my doctor recommended the routine six rounds of chemotherapy.

That was a tough choice – 80% chance I was already cured or 95% chance if I did the chemo. I finally decided it was worth the risk of possible long-lasting chemo side-effects for the comfort of knowing I had done everything possible to avoid a cancer recurrence. My 12 grandkids definitely influenced my decision.

In 2002, most people my age weren't in the habit of doing internet research about medical issues, and I was no exception. Because of my doctor's reassurances, I failed to do my homework and therefore I didn't know to ask about my CA125 test number. I later learned that no pre-surgical CA 125 blood test had been done. Had I known to ask for the test results, I'm sure it would not have been overlooked. Because of this omission, I had no way of knowing if it even worked for me - I had to assume that it did and that my periodic CA125 tests checking for recurrence were valid. But, that feeling of uncertainty was always there.

When told of my cancer diagnosis, I pretty much went emotionally numb. I didn't cry, get angry, or feel depressed - I just went numb. I felt very blessed that I had an early stage cancer, which is rare, and everyone was very positive and hopeful, so I was, too. However, a few months after I finished chemo, a mild depression did set in. I had expected to be exultant when chemo was over so I definitely had not expected this. I know now that it's common to be depressed and scared after finishing treatment - you feel that you should be doing more to fight the cancer, but there's nothing else to do, and it's frightening. Finally, my emotional numbness was wearing off and I could start to deal with what I'd been through. A month or two later, I had a scare about a possible lung metastasis. After waiting a couple of tense weeks for the test results, I learned that everything was fine - and that's when I totally lost it. Finally, the numbness and depression were gone and my feelings were back to normal. Since then, I've had a colon scare and a breast scare. I know there will be others, but hopefully I'm now better able to handle them. You learn to deal with these scares and try to keep a positive outlook. That's just a part of life after cancer.

I have three pieces of advice for people undergoing cancer treatment. First: keep moving. All my life I've hated exercise, but I've been going to a gym three times a week since I retired at the end of 1995, and I continued during chemo as well. I'm absolutely convinced that my exercise program is why I recovered from surgery and chemo as quickly as I did, even though I hated every minute of it (and still do!) I know I have to do it. Second: keep busy. To give me incentive to get up, get dressed, get out, and do something useful during chemo, I quick ran to our local hospital and got a volunteer job in a one-person hospital office, away from other people (protecting me from my chemo-caused low immunity) and which permitted me to work when I felt well enough to do so. You can't sit around and think about cancer all day. Third: carefully select your doctor. If you don't have a good relationship with or confidence in your doctor, change doctors.

It's a very difficult decision to make, and I don't suggest this lightly, but occasionally it's your best option. You must have confidence in your doctor and feel s/he is the best person to take you through this challenging journey. Your doctor is your employee and you have the right to fire him or her. I did, and never regretted it.

Shortly after completing my treatments, we moved to Columbus to be nearer our kids and grands. I immediately started looking for local ovarian cancer agencies, but could find none. I learned that Debbie Banchefsky had run the local National Ovarian Cancer Coalition (NOCC) group for several years, but had decided that it was time to move on with her life, and the group had become inactive. When Katie, Jay and Sherri started it up again a couple of years later, Debbie told them to call me, and I joined them immediately. This was what I was looking for, and helping get it started again gave me the opportunity to turn my cancer experience into a positive asset. For the next five years I spent most of my time working with the local NOCC group and doing health fairs and teaching women the symptoms and risks of ovarian cancer.

When NOCC changed its philosophy and its business relationship with its local chapters, we made the difficult decision to break away and form the Ovarian Cancer Alliance of Ohio (OCAO). After a couple of more years with the OCAO, I gave myself a 75th birthday gift of my second retirement. I was a survivor, and it was time to spend more time with my husband of 51 years and my 12 grandchildren. I'm thrilled to see how OCAO has grown and the difference it's making in awareness of ovarian cancer.





OCAO Distributes Girl Scout Cookie Buyout

In the June edition of Teal Talk we reported that OCAO participated in the Sunny 95 Girl Scout Cookie Buyout and received 460 boxes of assorted cookies as sponsors of that program. The intention was to distribute those boxes of cookies to cancer treatment centers in Central Ohio. However, due to the pandemic, the treatment centers were not accepting any donations. We are happy to report that Board Members Amy Flowers (pictured) and Tammy Flowers were finally able to deliver the boxes to the centers for the enjoyment of those in active treatment.



SPREAD AWARENESS IN SEPTEMBER



At a loss for what you can do to spread awareness this month? We have some good suggestions for you. Let us know if there is anything we can do to help you.

1. Write a personal letter to all the women in your life letting them know the symptoms.
2. Request some symptoms cards from OCAO and give them out to everyone you know and people you meet during the month. Don't forget people like your mail carrier, hairdresser, dentist, massage therapist or your food server.
3. Ask some businesses that you frequent to keep some symptom cards at their receptionist desk or cash register. Maybe include a dish of teal candy.
4. Create your own walk through the help of OCAO. Register all of your family, friends and neighbors online to receive your 2020 Strides for Hope t-shirts via mail. Accessorize yourself and everyone else with head-to-toe teal and walk in your neighborhood or at a park. Make signs to carry. Have a cookout afterwards to celebrate your Survivorship. This could be the start of an annual event! <https://runsignup.com/Race/OH/Columbus/StridesforHope5kWalkRun?remMeAttempt=>
5. Put together some goodie bags with candy and other treats. Also, include a list of symptoms. Distribute them to all of your neighbors, or your colleagues at work, introducing yourself as an ovarian cancer Survivor. Explain that it is ovarian cancer awareness month, and you just want to pass along some information and to let them know that a PAP test doesn't detect ovarian cancer. (You will be surprised how many people don't know that fact).
6. Use social media to create a campaign for a full month of awareness. Post a new fact, statistic or symptom each day. Include lots of pictures of you during your journey to spark additional interest.
7. Start a fundraiser for the benefit of OCAO. Conversations will ensue as you ask for donations to the cause, allowing you to speak about symptoms.
8. Create a challenge. Remember the ice bucket challenge that was so popular a couple of years ago? Film your challenge, post to social media and YouTube. Ask your friends to join you in the challenge and encourage them to challenge others as well.
9. Ask to hold an informative talk with the women at your place of employment, place of worship or organizations where women gather.
10. Decorate the exterior of your home and/or mailbox with teal ribbon, a teal wreath, or garland made with teal fabric.



RECIPES FROM THE APPLE CART

Crunchy Apple Salad

- 4 Large apples, diced*
- 1 cup Chopped walnuts*
- 1 cup Chopped celery*
- 1 cup Raisins*
- ½ cup Mayonnaise*



Mix all ingredients and refrigerate until ready to serve.
Substitutions: Exchange craisins for raisins. Exchange blueberry yogurt for mayonnaise and/or blueberries for raisins.

Cinnamon Apple Pork Chops

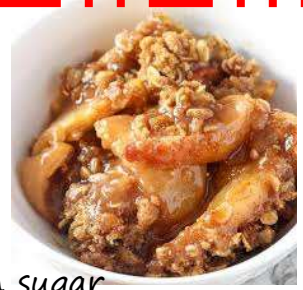
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| <i>2 T Butter</i> | <i>½ tsp Ground nutmeg</i> |
| <i>4 Boneless pork chop loins</i> | <i>¼ tsp Salt</i> |
| <i>3 T Brown sugar</i> | <i>4 Medium tart apples, sliced thinly</i> |
| <i>1 tsp ground cinnamon</i> | <i>2 T Chopped pecans</i> |

Heat 1 T butter over medium heat. Add pork chops. Cook 4-5 minutes on each side. In a small bowl mix brown sugar, cinnamon, nutmeg & salt. Remove chops from pan (keep warm) To pan add apples, pecans, remaining butter & brown sugar mixture. Cook & stir until apples are tender. Serve with cooked pork chops



Vintage Apple Crisp (1930's)

Submitted by Kim Van Tassel – 2-year Survivor



Filling:

- 2 ½ lbs apples, peeled & sliced thinly
- 2 tsp Cinnamon
- ¼ cup Sugar
- ½ cup Cold butter

Topping

- 1 cup Oats
- 1 cup Brown sugar
- 1 cup Flour
- ½ cup Butter, melted

Preheat oven 350° Spray 8x8 baking dish. Place 1 even layer of apples in dish. Sprinkle with 1 tsp cinnamon & 1/8 cup sugar. Cut ¼ cup butter in thin slices & place on top of apples. Repeat all steps for 2nd layer. Mix topping ingredients and place on top of apple layers. Bake 40 minutes till brown & bubbly.



CENTRAL OHIO
FRUIT FARMS
&
MARKETS

CherryHawk Farm: 16220 Springdale Road; Marysville 43040
(937)642-6442 cherryhawkfarm.com

The Whitten Farm Market & Greenhouse: 16670 State Route 60; Lowell 45744
(740) 984-4009 whittenfarm.com

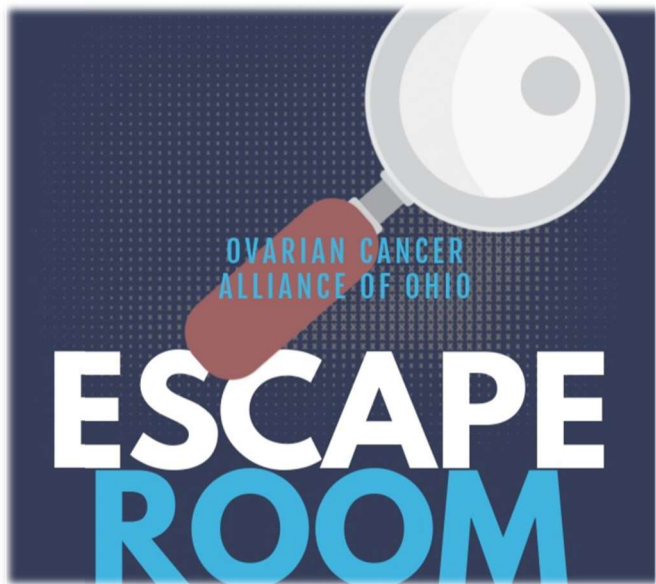
Lynd Fruit Farm: 9399 Morse Road, SW; Pataskala 43062
(740) 927-1333 lyndfruitfarm.com

Windy Hill Apple Farm: 1740 Sportsman Club Road; Newark 43055
(740) 587-3632 windyhillapplefarm.com

The Orchard & Company: 7255 US Highway 42; Plain City 43064
(614) 873-0510 theorchardandcompany.com

Branstool Orchards: 5895 Johnstown Utica Road, NE; Utica 43080
(740) 892-3989 branstoolorchards.com

Ochs Fruit Farm: 2161 Pleasantville Road; Lancaster 43130
(740) 652-5758 can be found on facebook



On August 22 OCAO hosted an Escape Room at Paint & Escape in Pataskala. Survivors and their guests came together to solve a missing person mystery. There were two suitcases filled with clues, additional boxes with locks containing clues and other items that were planted to throw these sleuths off the trail. Time was ticking, as they were given an hour to complete the mission. However, they had it cracked in about 40 minutes, which was in record time! A catered dinner from City BBQ was the reward complete with banana pudding for dessert. After dinner everyone stuck around for some laughs, good conversation and sharing.



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 19TH

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**

8th ANNUAL

CAROL GIRARDI

Ovarian Cancer
Summit



KAREN MILLS
Comedian

NEW DATE

September 10, 2020
POSTPONED TIL 2021

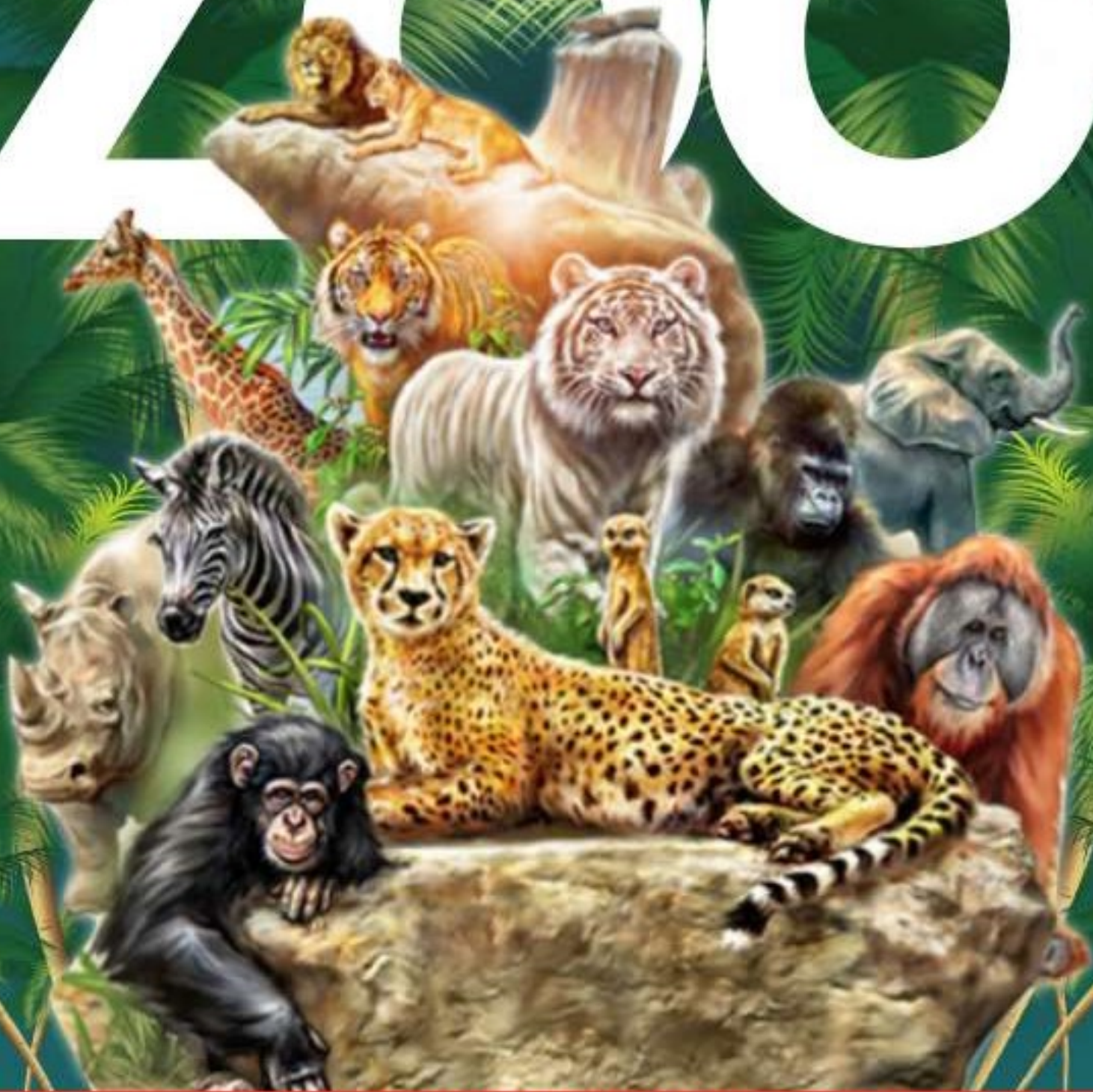
5:30pm Registration
6:00pm Welcome & Introductions
6:15pm Opening Remarks
6:30pm Speaker Karen Mills
8:00pm Conclude

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

**5975 EAST BROAD STREET
COLUMBUS, OHIO**

OCAO SURVIVOR DAY COLUMBUS

ZOO



*** DETAILS COMING SOON ***

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***