

# COLORADO OVARIAN CANCER RESOURCE GUIDE

Presented by:  
Colorado Ovarian Cancer Alliance



*The* Colorado Ovarian Cancer Alliance (COCA)  
is committed to providing support programs and advocating  
for women with ovarian cancer throughout the State of Colorado.

*We* hope you find this directory of ovarian cancer resources  
a helpful guide through your cancer journey. May it serve you well.

*2014 edition*

**CO** colorado ovarian  
**CA** cancer alliance  
[www.colorado-ovariancancer.org](http://www.colorado-ovariancancer.org)

The mission of Colorado Ovarian Cancer Alliance (COCA) is to provide support and to promote awareness and early detection of ovarian cancer through advocacy and education.

COCA is a 501(c)(3) non-profit organization.

## Credits and Thanks

*We* would like to thank everyone at the Colorado Cancer Coalition and the Breast Cancer Task Force, who inspired this effort to produce a collection of resources similar to the comprehensive Breast Cancer Resources Directory. A special thanks to your graphic designer whose creative layout formed the basic template for this publication.

Thanks to everyone at the Colorado Ovarian Cancer Alliance for all your hard work helping women with ovarian cancer and getting the word out to raise awareness. Finally, a special thanks to the women of Nicki's Circle who continually bring new ideas and resources to the support group and share their combined wisdom with everyone. You are the heart of this organization.

We are proud to present the second edition of the Colorado Ovarian Cancer Resource Guide. While we have tried to include many listings, we were unable to include everything. Please forgive any important omissions or errors, and contact us if you have any corrections: 303.506.7014.

The information and listings provided in this guide should not be construed as an endorsement or recommendation by the Colorado Ovarian Cancer Alliance. Sources for the information are cited and information about services have been taken from websites for the businesses or nonprofits listed.

The information presented in this guide is not intended in any way to be a substitute for medical advice or professional counseling. Please always include your health care providers in any decisions you make regarding changes in nutrition, exercise routine, and before you include alternative or integrative care into your treatment regimen.

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### Dedication

*This resource guide is dedicated to all the women who have gone before, who have learned from each other and have shared their knowledge. May their efforts light the path . . .*



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## Colorado Ovarian Cancer Alliance



*We are here for you.*

### Colorado Ovarian Cancer Alliance (COCA)

501 (c)(3) Colorado Non-profit Corporation

P.O. Box 9216, Denver, CO 80209

Office: 2465 Sheridan Blvd., Denver, CO 80214

Phone: direct 303.506.7014. toll-free 1.800.428.0642. fax 1.866.517.0215.

[contactus@colo-ovariancancer.org](mailto:contactus@colo-ovariancancer.org)

[www.colo-ovariancancer.org](http://www.colo-ovariancancer.org)

## Our Support Programs

COCA offers support programs to help women and caregivers through the ovarian cancer journey.

- **Nicki's Circle Support Groups**

COCA offers five support groups a month at locations around the Denver Metro Area, and one Telephone Support Group reaching women across Colorado (page 18).

- **COCACares Financial Assistance Program**

COCA offers a financial assistance program that helps women in Colorado who are experiencing financial hardship while in treatment for ovarian cancer (page 24).

- **COCA Comfort Kits**

COCA provides a kit of helpful items for women newly diagnosed and in treatment (page 10).

## Education & Awareness

COCA works to raise awareness of ovarian cancer symptoms in the community.

- **Survivors Teaching Students: Saving Women's Lives®**

Local ovarian cancer survivors present their stories to students at University of Colorado Medical School (page 33).

- **Jodi's Race for Awareness**

Annual 5K Run/Walk to raise awareness of ovarian cancer (page 43).

### HABLA ESPANOL?

Llame al 303.506.7014 y dejar un mensaje y nos pondremos en contacto con usted.



### One Step at a Time

Every journey begins with a single step, followed by another and another. Remember that things will not always be this way, that the beginning only happens once and from thence forward you will continually gain more experience and understanding.

### A Second Opinion?

Ovarian cancer is a serious diagnosis, so you may want to get a second opinion from another doctor. Check the list of Gynecologic Oncologists on page 7 for physicians who specialize in surgery and treatment for ovarian cancer.



### Don't go it Alone

Getting a cancer diagnosis is a traumatic event, often leaving you dazed and feeling overwhelmed. Due to this effect, it is easy to miss many the doctor's words and explanations, so it's best to not go alone to appointments. Have a spouse, family member or friend come along with a pad of paper and pencil so everything can be written down and you can review the doctor's words again at a later time.

### How to be a Friend to a Friend who's sick

Your friends may not know how to respond when they hear you have cancer. Help them by suggesting this insightful book.

<https://www.facebook.com/HowToBeAFriend-ToAFriendWhosSick>

## Getting Started

### Dealing with Diagnosis



Getting a diagnosis of ovarian cancer is not easy. You may have waited months before an accurate diagnosis was made. You may have been in surgery just days after hearing the news. Whatever your situation, it is a traumatic event. A journey of physical, mental and emotional healing must be undertaken, which is best done with support, patience and love.

### WHAT TO DO

If you or your loved one has been diagnosed with ovarian cancer, we at COCA suggest three things:

- Find a gynecologic oncologist
- Join a support group
- Stay informed about treatments and clinical trials as you are able

We feel it is important that you work with a ***gynecologic oncologist***, not just a gynecologist. A gynecologic oncologist has experience with ovarian cancer surgery and is well-informed about specific chemotherapy treatments.

We suggest you ***join an ovarian cancer support group*** where you can share information and support with other women. As far as we know, Nicki's Circle Ovarian Cancer Support Groups are the only ovarian cancer groups available in Colorado. If you live outside of the Denver area, we suggest you join our Tele-Support group which meets on the first Wednesday evening of each month. See page 18 for more information on Nicki's Circle.

There is a lot of information available about ovarian cancer on the web. We suggest staying informed to the extent you are able, without becoming overwhelmed. We advise you take the information you find to your doctor's visits with you, to discuss with him/her. However, if you get depressed or overwhelmed with all of the statistics and details you read, moderate your exposure.

### 10 TIPS TO GUIDE YOU AT THE OUTSET . . .

- 1) See a Gynecologic Oncologist .
- 2) Work with doctors you can talk to and trust.
- 3) It's okay to get a second opinion.
- 4) Write down questions before appointments.
- 5) Bring a friend to appointments to take notes.
- 6) Consider a tumor assay at surgery.
- 7) Get household assistance after surgery.
- 8) Build a team of healthcare professionals.
- 9) Utilize complementary therapies.
- 10) Join a support group.

## Gynecologic Oncologists in Colorado

COCA recommends that you have a Gynecologic Oncologist perform your surgery if you have been diagnosed with ovarian cancer.

### Dr. Kian Behbakht, M.D.

University of Colorado, Aurora, CO 80045. 303.724.2066.

[www.cudoctors.com/find-a-doctor/profile/?providerID=2040&keywords=behbakht](http://www.cudoctors.com/find-a-doctor/profile/?providerID=2040&keywords=behbakht)

### Dr. Susan A. Davidson, M.D.

University of Colorado, Aurora, CO 80045. 303.724.2066.

[www.cudoctors.com/find-a-doctor/profile/?providerID=2182&keywords=Davidson](http://www.cudoctors.com/find-a-doctor/profile/?providerID=2182&keywords=Davidson)

### Dr. Kevin P. Davis, M.D.

Rocky Mountain Gynecologic Oncology, Englewood, CO 80113. 303.781.9090.

[www.gyn-onc.org/RMGO-Providers.html](http://www.gyn-onc.org/RMGO-Providers.html)

### Dr. Daniel Michael Donato, M.D.

Rocky Mountain Cancer Center - Rose Medical, Denver, CO 80220. 303.321.0302.

[rockymountcancercenters.com/rmcc-difference/our-doctors/donato](http://rockymountcancercenters.com/rmcc-difference/our-doctors/donato)

### Dr. Saketh Guntupalli, M.D.

University of Colorado, Aurora, CO 80045. 303.724.2066.

[www.cudoctors.com/find-a-doctor/profile/?providerID=4684&keywords=Guntupalli](http://www.cudoctors.com/find-a-doctor/profile/?providerID=4684&keywords=Guntupalli)

### Dr. Ruth E. Higdon, M.D.

Saint Mary's Regional Cancer Center, Grand Junction, CO 81501. 970.298.7500.

[www.stmarygj.com/oncology-staff#.UctCeuu8qAs](http://www.stmarygj.com/oncology-staff#.UctCeuu8qAs)

### Dr. Dirk Pikaart, D.O.

Southern Colorado Gyn Oncology, Colorado Springs, CO 80907. 719.776.6222.

[www.penrosetfrancis.org/body.cfm?id=578&action=detail&ref=3262](http://www.penrosetfrancis.org/body.cfm?id=578&action=detail&ref=3262)

### Dr. Mary Jo Schmitz, M.D.

Rocky Mountain Gynecologic Oncology, Englewood, CO 80113. 303.781.9090.

[www.gyn-onc.org/RMGO-Providers.html](http://www.gyn-onc.org/RMGO-Providers.html)

### Dr. Monique A. Spillman, M.D.

University of Colorado Health Sciences Center, Aurora, CO 80045. 303.724.2066.

[www.cudoctors.com/find-a-doctor/profile/?providerID=3071&keywords=Spillman](http://www.cudoctors.com/find-a-doctor/profile/?providerID=3071&keywords=Spillman)

### Dr. Pamela J.B. Stone, M.D.

Rocky Mountain Cancer Center - Boulder, CO 80303. 303.385.2000.

[rockymountcancercenters.com/rmcc-difference/our-doctors/stone](http://rockymountcancercenters.com/rmcc-difference/our-doctors/stone)

### Dr. Margrit M. Juretzka, M.D., Dr. Julia Embry-Schubert, M.D., and Dr. Sarah Whittier, M.D.

2045 Franklin Street, Denver, CO 80205. 303.338.3800

Gyn oncologists within the Colorado Kaiser Permanente Medical Insurance Group.

### Why a Gynecologic Oncologist?

Gynecologic Oncologists are specially trained in surgical methods that ensure an optimal "de-bulking" of ovarian cancer. They spend extra time in surgery clearing as much tumor material as possible. Surgeons in other specialties do not have the same training and may not carry out a complete de-bulking. In addition, gyn oncologists stay current with the latest chemotherapies being used against ovarian cancer.

According to the Society of Gynecologic Oncology (SGO):

"The gynecologic oncologist serves as the captain of a woman's gynecologic cancer care team. It is important to consult with a gynecologic oncologist before treatment is started so that the best treatment regimen is chosen for you."

From: [www.sgo.org](http://www.sgo.org)

### Medical Oncology

A medical oncologist is: "A doctor who specializes in diagnosing and treating cancer using chemotherapy, hormonal therapy, biological therapy, and targeted therapy. A medical oncologist often is the main health care provider for someone who has cancer. A medical oncologist also gives supportive care and may coordinate treatment given by other specialists."

From: [www.cancer.gov](http://www.cancer.gov)

COCA may be able to help you pay for a visit to a Gyn Oncologist. See COCACares info on page 24.



# Ovarian Cancer Facts

## Ovarian Cancer Staging



Ovarian cancer staging is determined by your doctor at the time of surgery. The different stages describe the level of tumor cell involvement and how widespread the cancer is. Women with ovarian cancer are frequently diagnosed at Stage IIIC. This is because the symptoms of ovarian cancer are often ignored or misdiagnosed until urgent issues arise.

### THE STAGES OF OVARIAN CANCER

From the:

*International Federation of Obstetricians and Gynaecologists (FIGO) Ovarian Cancer Staging - Effective January 1, 2014*

#### **“Stage I**

Tumor confined to ovaries.

##### **Stage IA**

Tumor limited to 1 ovary, capsule intact, no tumor on surface, negative washings.

##### **Stage IB**

Tumor involves both ovaries otherwise like IA.

##### **Stage IC**

The tumour is limited to one or both ovaries: IC1 - Surgical spill; IC2 - Capsule rupture before surgery or tumor on ovarian surface; IC3 - Malignant cells in the ascites or peritoneal washings.

#### **Stage II**

Tumour involves 1 or both ovaries with pelvic extension (below pelvic brim) or primary peritoneal cancer.

##### **Stage IIA**

Extension and/or implant on uterus and/or Fallopian tubes.

##### **Stage IIB**

Extension to other pelvic intraperitoneal tissues.

#### **Stage III**

Tumor involves 1 or both ovaries with cytologically or histologically confirmed spread to the peritoneum outside the pelvis and/or metastasis to the retroperitoneal lymph nodes.

##### **Stage IIIA1**

Positive retroperitoneal lymph nodes only.

##### **Stage IIIA2**

Microscopic, extrapelvic (above the brim) peritoneal involvement  $\pm$  positive retroperitoneal lymph nodes.

##### **Stage IIIB**

Macroscopic, extrapelvic, peritoneal metastasis ( $\leq$ ) less

than 2 cm  $\pm$  positive retroperitoneal lymph nodes. Includes extension to capsule of liver/spleen.

##### **Stage IIIC**

Macroscopic, extrapelvic, peritoneal metastasis ( $>$ ) greater than 2 cm  $\pm$  positive retroperitoneal lymph nodes. Includes extension to capsule of liver/spleen.

#### **Stage IV**

Distant metastasis excluding peritoneal metastasis.

##### **Stage IVA**

Pleural effusion with positive cytology.

##### **Stage IVB**

Hepatic and/or splenic parenchymal metastasis, metastasis to extra-abdominal organs (including inguinal lymph nodes and lymph nodes outside of the abdominal cavity).

Other major recommendations are as follows:

- Histologic type including grading should be designated at staging.
- Primary site (ovary, Fallopian tube or peritoneum) should be designated where possible.
- Tumors that may otherwise qualify for stage I but involved with dense adhesions justify upgrading to stage II if tumor cells are histologically proven to be present in the adhesions.”

See: [www.sgo.org/wp-content/uploads/2012/09/FIGO-Ovarian-Cancer-Staging\\_1.10.14.pdf](http://www.sgo.org/wp-content/uploads/2012/09/FIGO-Ovarian-Cancer-Staging_1.10.14.pdf)

### **Recurrent ovarian cancer**

This means that the disease went away with treatment but then came back (recurred).

## Ovarian Cancer Cell Types

by the MD Anderson Cancer Center

### **“Epithelial**

About 90% of ovarian cancers start in the epithelium tissue, which is the lining on the outside of the ovary. This type of ovarian cancer is divided into **serous, mucinous, endometrioid, clear cell, transitional and undifferentiated types**. The risk of epithelial ovarian cancer increases with age, especially after the age of 50.



### Germ cell

Germ cell tumors account for about 5% of ovarian cancers. They begin in the egg-producing cells. This type of ovarian cancer can occur in women of any age, but about 80% are found in women under the age of 30. The main subtypes are **teratoma, dysgerminoma, endodermal sinus tumor and choriocarcinoma.**

### Sex cord stromal

These tumors, about 5% of ovarian cancers, grow in the connective tissue that holds the ovary together and makes estrogen and progesterone. Most are found in older women, but sometimes they occur in girls. Sex cord stromal tumors usually do not spread as fast as other ovarian tumors. Subtypes include **granulosa, granulosa-theca and Sertoli-Leydig cell tumors.**

### Primary peritoneal carcinoma

This is a more rare cancer. It has cells like those on the outside of the ovaries, but it starts in the lining of the pelvis and abdomen. Women can get this type of cancer even after their ovaries have been removed. Symptoms and treatment are similar to ovarian cancer.”

From: [www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-types/ovarian-cancer/index.html](http://www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-types/ovarian-cancer/index.html)

## CA-125 Blood Test

**A CA-125 blood test is generally taken before surgery to determine initial levels.**

by The Mayo Clinic staff

“A CA 125 test measures the amount of the protein CA 125 (cancer antigen 125) in your blood.

Many different conditions can cause an increase in CA 125. These conditions include uterine fibroids, endometriosis, pelvic inflammatory disease and cirrhosis, as well as pregnancy and normal menstruation. Certain cancers, including ovarian, endometrial, peritoneal and fallopian tube, also can cause CA 125 to be released into the bloodstream.

A CA 125 test isn't accurate enough to use for cancer screening in all women — especially premenopausal women — because many benign conditions can increase the CA 125 level. What's more, CA 125 levels are normal in many women with early-stage ovarian cancer.”

From: [www.mayoclinic.com](http://www.mayoclinic.com)

## HE4 Blood Test

“HE4 is a secondary blood test that can be combined with a CA-125 and statistical calculation for more precise information. For women in whom the CA-125 blood test is not a good marker, it is possible to use the HE4 test for useful clinical data.”

From: [www.he4test.com](http://www.he4test.com)

## Chemotherapy

by The Mayo Clinic

### STANDARD CHEMOTHERAPY PROTOCOLS

In most cases, the first line of chemotherapy an oncologist will prescribe for ovarian cancer is a combination of carboplatin and taxol drugs, or a similar variation. In addition, a research drug may be added. There are generally two methods of delivery for the chemo drugs, and while one or the other is usually employed, some doctors prescribe both methods during a course of chemo: 1) Intravenous, or IV, delivery through a vein; and 2) Intraperitoneal, or IP, direct delivery through a port into the peritoneal cavity.

### CHEMO PORT & I.P. PORT

It is quite common to undergo minor surgery to have a port placed under the skin in the clavicle area for IV chemotherapy. The port helps to keep veins in the arm viable and makes it easier for chemo nurses to administer drugs and take blood samples. An intraperitoneal or “IP” port may also be placed in the abdominal area when the doctor chooses this additional course of delivery.

### LOW BLOOD CELL COUNTS

It may happen that during chemo, your white & red blood cells and platelet counts will drop below normal. This is generally treated with medication, transfusions or delaying chemo.

### “CHEMO BRAIN”

“This is the common term for a cognitive condition of foggy thinking, memory impairment and cognitive disorganization that may occur during or after chemotherapy treatment. While there is no definitive research proving “chemo brain” is a side-effect of chemo, many people experience the condition.”

From: [www.mayoclinic.com](http://www.mayoclinic.com)

Also see: [www.cancer.org](http://www.cancer.org)



**Chemotherapy.com**

Whether you're preparing for your chemotherapy journey or managing the side effects, this site has the information you need... every step of the way

[www.chemotherapy.com](http://www.chemotherapy.com)

**Tumor Assays:  
Surgery Preparation**

It is possible to send a sample of tumor tissue to a lab and have it tested to determine sensitivity to various chemotherapy agents. In order for this to occur, the sample has to be taken at the time of surgery, kept fresh and shipped directly to the lab. As such, the decision to pursue this approach has to be made before surgery. The results can provide important information with regard to choice of chemotherapy.

Rational Therapeutics is a lab that does this testing and has been used by women in Nicki's Circle.

[www.rational-t.com](http://www.rational-t.com)

**Pelvic Floor  
Rehabilitation**

Pelvic floor issues can be a side effect of pelvic surgery. Physical therapy can be an effective treatment for bowel and bladder dysfunction. The team at n2 Physical Therapy can help. They have experience in oncology and pelvic floor rehab with offices in Denver and Louisville. Call 720.402.3801 (Denver) or 303.954.8423 (Louisville).

[n2physicaltherapy.com](http://n2physicaltherapy.com)

# Managing Surgery and Chemotherapy

## COCA Comfort Kit Program



### COCA COMFORT KIT - A FREE GIFT FOR WOMEN IN COLORADO

If you are newly diagnosed with ovarian cancer and are currently in treatment in Colorado, the Colorado Ovarian Cancer Alliance (COCA) will provide a free kit of items to you for use during chemo & beyond. Contact COCA to receive a free "Comfort Kit" for yourself or someone you love. We can also provide a small supply to your hospital or clinic.

**COCA COMFORT KITS**

Colorado Ovarian Cancer Alliance, 2465 Sheridan Blvd., Denver, CO 80214.  
303.506.7014, 1.800.428.0642. [contactus@colo-ovariancancer.org](mailto:contactus@colo-ovariancancer.org)



## Tips from a Survivor

*Tips from Jeanene Smith, COCA Associate Director and 15-yr. ovarian cancer survivor*

**PRE-SURGERY / PRE-CHEMO TIPS**

- Set up a phone tree of people who need to know how you are doing and/or can lend support. You can also utilize a service such as [www.MyLifeLine.org](http://www.MyLifeLine.org) (see page 20) to keep people informed of how you are doing without having to make a multitude of calls when your energy is low.
- Plan ahead! Before you have surgery or chemo, take care of things that you might not have the energy to do after chemo begins:
  - Take your children and/or pets in for check ups
  - Get your car serviced
  - Go to the dentist BEFORE you begin chemo. Most doctors will advise AGAINST going to the dentist while you are in chemo due to the risk of infection.
  - Get a pedicure (and manicure!) BEFORE chemo begins.
  - Stock your pantry and refrigerator with easy to prepare food and snacks.
  - Consider buying items that are a bit more bland. Your tastebuds may change during chemo.
  - Cook a few meals ahead (or ask your family and friends to help) for the freezer. There will be days you don't feel like cooking.
  - Purchase any heavy or bulky items (pet food, paper products, etc.)
  - Make it easy on yourself and buy a big pill box to help manage any medications that you might be given to combat side effects.
- Consider purchasing (or borrowing) a comfortable reclining chair—very beneficial as you recover from surgery and go through chemo.
- Make sure caregivers have keys to your home.
- Make a checklist of bills you regularly pay and when they are due so that you don't miss making any payments.

## POST-SURGERY AND DURING CHEMO TIPS

- Doctors visits:
  - Write any questions down in advance of your appointment.
  - Always take someone with you to take notes and ask questions that you might forget.
  - Don't be afraid to question your doctor (it is your health, your life, and you are the customer) but remember, your doctor is your best ally.
  - It's OK to seek a second opinion.
- Keep Medical Records
  - Consider keeping a 3-ring binder to house your doctor visit notes, questions for the doctor, blood test results, CT Scan reports, and a journal where you track daily how you are feeling physically and emotionally.
- Listen to your body:
  - If you're tired, rest.
  - If you are in pain, report it to your doctor. Do NOT try to tough it out. If you are in pain, you cannot heal.
  - If you are nauseous, ask your doctor for medications to help, and take those medications at the very first sign of nausea.
- Watch for patterns: Many women experience a pattern of side-effects as they move through each round of chemo. Keep a daily journal of how you are feeling – physically and mentally. If you can determine a pattern of when you feel side-effects, then you'll be able to anticipate and deal with them. Here are a few tips:
  - **Constipation and Diarrhea** – talk to your doctor about incorporating a stool softener, laxative, or anti-diarrheal medicine into your daily routine. A simple stool softener or anti-diarrheal pill once a day can make all the difference.
  - **Fatigue** – Keep track of your lowest days and plan to rest as much as possible. Don't push yourself. Your body is fighting a battle and it needs rest.
  - **Feeling good days** – You WILL have days when you feel good, typically right before your next treatment. Use these days for housecleaning, errand running, and preparing for your next round of chemotherapy.
  - **Depression** – Chemotherapy can effect brain chemistry. It's a smart move to talk to your doctor about an anti-depressant or anti-anxiety medicine and start it sooner rather than later in your treatment cycle.
  - **Bad days** – If you notice days during your treatment cycle that are worse than others (emotionally and/or physically), ask someone to stay with you on those days to help.
- You might notice that regular eating utensils taste awful and leave a metallic taste in your mouth. Using plastic utensils helps.
- Welcome the assistance from family, friends, neighbors and professionals. You do NOT get extra points for toughing it out. People want to help but don't know how to help. Give them an opportunity to show you that they care. Ask for help.
- Attend a support group. You'll learn so many tips for combating side effects, managing treatment, and coping.

## Oncology Rehab

"The practitioners at Oncology Rehab recognize the importance of comprehensive, rehabilitative care during and after cancer treatment. They have targeted their focus on oncology-based therapy programs; Physical Therapy and Occupational Therapy cancer rehabilitation programs designed specifically for patients with all types of cancer diagnoses, in all phases of treatment. Oncology Rehab is a national leader in oncology rehabilitation and you will find the advanced knowledge and skills required to create a unique, specific, individual treatment plan."

5300 DTC Parkway, Suite 200, Greenwood Village, CO 80111. 720.306.8261

<http://oncologyrehab.net/>

## Make a Belly Buddy

Abdominal surgery might leave you feeling like you need a little extra support! Make a "Belly Buddy" to hold against your tummy when you are getting up and down from a chair or bed. You'll need a thin bath-sized towel and duct tape. (1) Fold the towel in thirds lengthwise; (2) Now fold it in fourths; (3) Wrap the duct tape around the folded towel lengthwise - be generous with the tape; (4) Wrap the duct tape around the towel in the other direction. You should now have a fairly firm but slightly flexible pillow of sorts to hold against your tummy!

## Smooth Move Tea

"Best taken at bedtime, sip and sleep easy knowing you'll be right as rain in the morning."

[www.traditionalmedicinals.com/product/smooth-move-reg](http://www.traditionalmedicinals.com/product/smooth-move-reg)



## KEEPING MEDICAL RECORDS

It is important that you keep your own records and notes about the progress of your care. This will be very helpful if you decide to engage in a clinical trial or change doctors. Items to include are:

- Copies of your CT & PET scans
- Ongoing CA-125 test results
- Types and duration of chemo drugs
- Any side effects experienced
- Additional opinions or referral visits
- Any supplements or complementary care utilized

It's also helpful to keep a document current with all your important medical history such as:

- Primary Care Physician contact info
- Insurance company contact info
- Current medications
- Allergic Reactions
- Chronic Illnesses
- Previous Illnesses
- Previous surgeries & accidents
- Family History
- Social History (addictions, smoking, etc.)
- Lifestyle History (exercise, diet)
- Administration (living will, health care proxy, pharmacy, etc.)



## Home Assistance Resources



### Optio Health Services

*Optio Palliative Care at Home - 501 S. Cherry St., #700, Denver, CO 80246. 303.321.2929. [info@care4denver.org](mailto:info@care4denver.org)*

'Optio Health Services offers physical and emotional support for patients and their families facing serious disease. As a consultative service they work directly with the physician team to ensure coordinated care. They are able to work with skilled homecare agencies, private duty providers, primary care or specialty care to ensure each patient's goals are met.

Optio Palliative Care at Home focuses on:

- Acute pain and symptom management
- Emotional support for patient and family
- Advanced directives and goals of care discussions
- Registered Nurse telephone care management
- After hours phone support provided by our medical staff."

[www.optiohealth.org](http://www.optiohealth.org)

### Right at Home

*Metro Denver/Foothills - 10630 East Bethany Dr., Suite A, Aurora, CO 80014. 720.875.1800.*

*Front Range - 1455 Dixon Ave., Suite 110, Lafayette, CO 80026. 855.409.2273.*

*Northern Colorado - 2850 McClelland Dr., Suite 1900, Ft. Collins, CO 80525. 970.494.1111.*

*Greater Colorado Springs - 1902 East Boulder St., Colo. Springs, CO 80909. 719.634.4999.*

"Right at Home caregivers can help with cooking, light housekeeping, organization laundry services, respite care for family caregivers, as well as other services. They tailor their plans to one's specific needs through their Custom Care Plan and custom caregiver matching."

[www.rightathome.net/care/special-care-situations/cancer-recovery](http://www.rightathome.net/care/special-care-situations/cancer-recovery)

### Homewatch Caregivers

*7100 E. Belview Ave, Suite 301, Greenwood Village, CO 80111. 303.758.7290.*

"Returning home from a day surgery, chemotherapy or radiation related to the treatment of cancer should be as stress free, safe, and comfortable as possible. A Homewatch caregiver can help with managing medications, cancer-related neuropathy, nausea and fatigue."

[www.homewatchcaregivers.com/denver/day-surgery-services/service.aspx](http://www.homewatchcaregivers.com/denver/day-surgery-services/service.aspx)

### Project Angel Heart

*4950 Washington St., Denver, CO 80216. 303.830.0202. 800.381.5612.*

- "Provides meals to people living with a life-threatening illness and limited mobility inhibiting food preparation.
- Health based not financial. Income does not qualify or disqualify anyone from receiving our meals.
- Potential clients should contact the Client Services Depr. at Project Angel Heart for a referral form, which needs to be signed by a medical professional."

[www.projectangelheart.org](http://www.projectangelheart.org)

### The Organic Dish

*2690 28th Street, Suite F, Boulder, CO 80301. 303.736.9930, 1.800.408.5905.*

"The Organic Dish provides healthy, organic meals - available for pick up and delivery. With a "Good Food" account they will set up a web page just for you - with your words and your images - where your friends and family (or anybody for that matter) can make a contribution toward your 'Good Food' account." Contact: [mail@thorganicdish.com](mailto:mail@thorganicdish.com)

[www.theorganicdish.com/goodfood](http://www.theorganicdish.com/goodfood)

## American Cancer Society (ACS) Cancer Resource Network



### Patient Navigators

The American Cancer Society (ACS) Patient Navigators are professionals dedicated to helping newly diagnosed cancer patients, their families, and caregivers to navigate their cancer experience. All of the American Cancer Society Patient Navigators are able to assist with a variety of requests including: cancer information, community-based resources, transportation, lodging, nutritional information, and free wigs. For more details please contact one of our local American Cancer Society Patient Navigators:

#### University of Colorado Hospital

ACS Patient Navigator  
University of Colorado Cancer Center  
1665 Aurora Court, Aurora, CO 80045.  
720.848.0316.

#### Exempla Lutheran Medical Center Ruth Ellen Tubbs

ACS Patient Navigator  
8300 W. 38th Ave., Wheat Ridge, CO 80033. 303.403.3609.

#### Rose Medical Center Tess Halperin

ACS Patient Navigator  
Founder's Building, 4700 Hale Parkway, Suite 450, Denver, CO 80220.  
303.320.7145

#### Kaiser Permanente Amanda Goldman, MSW

ACS Patient Navigator  
280 Exempla Circle, Lafayette, CO 80026. 720.536.7208.  
[amanda.goldman@cancer.org](mailto:amanda.goldman@cancer.org)

### ACS Resource Centers

#### ACS at Monfort Family Cancer Resource Center at University of Colorado Cancer Center —

Located at the Anschutz Cancer Pavilion, 1665 Aurora Court in Aurora. 720.848.0316. M-F 8:30am -4pm. Available regardless of whether or not you are receiving treatment at the University of Colorado Cancer Center.

#### ACS at Rose Medical Center —

Located at 4700 E. Hale Pkwy, Room 160, Founders Building, in Denver. 303.320.2099. Mon.-Fri. 10am -2pm.

#### ACS at Exempla Lutheran Medical Center —

Located in the new Infusion Center at 3550 Lutheran Parkway, Suite 100-B in Wheat Ridge. 303.467.8986. Tues 9am -12:30pm, Wed. 10am -2pm.

#### ACS at St. Anthony Hospital —

Located inside the Cancer Center in Medical Plaza 1 (North) at 11750 W. 2nd Place in Lakewood. 720.321.8350.

#### ACS at Swedish Medical Center —

Located in the main lobby at 799 E. Hampden Ave., #120 in Englewood. 303.788.2627. M-F 9am -4pm.

#### ACS at Sky Ridge Medical Center —

Located at 10103 Ridge Gate Parkway, Suite G01 in Lone Tree. 720.225.4203. Mon.-Fri. 10am -2pm

#### ACS at The Medical Center of Aurora —

#1 Primary location is 1444 S. Potomac St., Suite 160 in Aurora. 303.338.7367. Tues. & Thurs. 9am -1pm. #2 Secondary location is 1501 S. Potomac St. in Aurora. 303.338.7150. Thurs. 10am -2pm.

#### ACS at Boulder Community

#### Hospital Tebo Cancer Pavilion —

Located at 4715 Arapahoe Ave. in Boulder. 303.758.2030. Includes a wig and prosthesis salon.

#### ACS at Memorial Hospital, Univ. of Colorado Health —

Located in the lobby at 525 N. Foote Avenue in Colorado Springs. Call 719.365.6800, or 719.365.8925 (message).

#### ACS at Penrose Cancer Center —

Located at St. Francis Health Services, 2222 N. Nevada Avenue, in Colorado Springs. 719.776.2515.

#### ACS at St. Mary Corwin Dorcy Cancer Center —

Located in the lobby at 2004 Lake Avenue, in Pueblo. 719.557.4944.

#### ACS Greeley Wig Salon —

Located in the Greeley ACS office, the wig salon offers items such as: wigs, turbans, & community resources. 8221 W. 20th St., Suite A. 970.356.9727 opt. 3. Mon.-Fri. 8:30am -5pm.

#### ACS at Glenwood Springs Valley View Hospital, Calaway-Young Cancer Center —

Located in the Oncology Dept. at 1906 Blake Avenue in Glenwood Springs. 970.384.7462. Tues. & Thurs., 9am -12pm & 1pm -5pm.

#### ACS Grand Junction Wig Salon —

Located in the Grand Junction ACS office, the wig salon offers items such as: wigs, turbans, & community resources. 2754 Compass Dr., Suite 100. 970.254.5580. M-F 8:30am -5pm.

#### ACS Durango Cancer Resource Center —

Located at Mercy Hospital Medical Plaza Cancer Center offices, 1 Mercado St, Suite 100, in Durango. 970.403.0086. M-F 8:30am -4pm.

### Cold Cap Therapy to Reduce Hair Loss

It may be possible to reduce the loss of your hair by using a “cold cap” during chemotherapy treatment. Ask your doctor if it is okay to use one while undergoing your chemotherapy drug. See: [penguincoldcaps.com](http://penguincoldcaps.com), or [elastogels.com/elasto-gel-cancer-care-cranial-helmet](http://elastogels.com/elasto-gel-cancer-care-cranial-helmet).

### Have a Pantene “Beautiful Lengths” Head-Shaving Party

Have a “head-shaving” party with friends at your local salon or spa to help ease into the adjustment of hair loss during Taxol chemo treatment. If you or your friends have hair 8” or longer, you can donate it to a cancer survivor through the American Cancer Society’s partnership with Pantene’s “Beautiful Lengths” program. [www.pantene.com](http://www.pantene.com)

## Hair Loss with Chemo



Taxol (paclitaxel) is the first-line chemotherapy drug generally given for ovarian cancer that causes sudden hair loss. Other chemotherapy drug agents may cause hair loss or thinning. Many women choose to shave their heads before chemo begins. Others choose to cut their hair very short. And others want to hold on to what they have for as long as they can. There is no right answer. Only you know what is right for you. Based on your treatment protocol, your doctor can give you an idea of when hair loss is expected to happen. When that time arrives, wear a shower cap or tight fitting cap to bed so you don’t end up with hair all over your pillow in the morning. Take a brush or comb into the shower each day and gently comb or brush your hair as you rinse it. Also take a plastic bag into the shower with you for holding the hair that does fall out. Celebrate when treatment is over and your fuzzy hair appears! Remember – you will likely lose your eyebrows and eyelashes as well. Take in a “**Look Good, Feel Better**” class sponsored by the American Cancer Society to learn tips for making the most of what you’ve got. You’ll be surprised at how GREAT you can look!

### Wigs, Hats, Caps, Scarves

#### Wigs at The American Cancer Society (ACS)

2255 S Oneida St., Denver, CO 80224. See additional locations on page 13.  
303.758.2030.

Call the American Cancer Society to find out about the availability of their free wigs for cancer survivors. ACS also produces the “TLC - Tender Loving Care” catalog that features many wigs, hats and caps at reasonable prices. In addition, ACS sponsors “Look Good, Feel Better” programs at local hospitals and clinics where you can get free makeup and wig assistance. See below . . .

#### Knots for Hope

“It’s our wish that our resources on how to tie a head scarf will help women who have experienced hair loss feel confident and beautiful.”

[www.scarves.net/blog/knots-for-hope](http://www.scarves.net/blog/knots-for-hope)

### Hana’s Designs Wig Studio and Hair Salon

229 West Littleton Blvd., Littleton, CO, 80120. 303.799.4262.

Hana’s specialty with wigs grew out of her work with the oncology departments of numerous Denver area hospitals, including: St. Joseph’s Hospital, Boulder Community Hospital, and Rose Medical Center. [www.hanadesigns.com](http://www.hanadesigns.com)

### Linda’s Boutique

2378 South Downing St., Denver, CO, 80210. 303.744.7179.

Call for Appointment & Walk In Policy  
Mary Franks has been working with cancer patients since the late 60’s. She supplies wigs, turbans, hats, hair secrets and hair accessories of all kinds and provides individualized service. [www.yelp.com/biz/lindas-boutique-denver](http://www.yelp.com/biz/lindas-boutique-denver)

### Tender Loving Care Catalog

by American Cancer Society  
800.850.9445.

The “tlc” catalog offers a wide variety of hats, wigs, scarves, sleeping caps and accessories that help make hair loss more manageable. A full-color catalog can be ordered by phone or from their website. [www.tlcdirect.org](http://www.tlcdirect.org)

### LOOK GOOD, FEEL BETTER - PROGRAM BY AMERICAN CANCER SOCIETY

The American Cancer Society offers their *Look Good, Feel Better: Helping Women with Cancer* program at hospitals and clinics across Colorado. Each session provides beauty techniques and tips for wigs and makeup to help during chemo. A bag of free products is provided. To find more info go to: [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org)

## CLINICAL TRIAL PHASES

**Phase 0** - Exploratory study involving very limited human exposure to the drug, with no therapeutic or diagnostic goals (for example, screening studies, microdose studies).

**Phase 1** - Studies that are usually conducted with healthy volunteers and that emphasize safety. The goal is to find out what the drug's most frequent and serious adverse events are and, often, how the drug is metabolized and excreted.

**Phase 2** - Studies that gather preliminary data on effectiveness (whether the drug works in people who have a certain disease or condition). For example, participants receiving the drug may be compared with similar participants receiving a different treatment, usually an inactive substance (called a placebo) or a different drug. Safety continues to be evaluated, and short-term adverse events are studied.

**Phase 3** - Studies that gather more information about safety and effectiveness by studying different populations and different dosages and by using the drug in combination with other drugs.

**Phase 4** - Studies occurring after the FDA has approved a drug for marketing. These including postmarket requirement and commitment studies that are required of or agreed to by the sponsor. These studies gather additional information about a drug's safety, efficacy, or optimal use.

From:  
[www.clinicaltrials.gov/ct2/help/glossary/phase](http://www.clinicaltrials.gov/ct2/help/glossary/phase)

## Clinical Trials and Ovarian Cancer



### CLINICAL RESEARCH CHEMOTHERAPY DRUG STUDIES

Clinical trials or clinical research studies involve testing the effectiveness of new drugs for cancer (and other illnesses) on human subjects. Participating in a clinical trial helps to further the field of cancer treatment and provides patients the opportunity to try medications that might be effective against their disease.

For ovarian cancer patients, clinical trials can be an option at the beginning of treatment as well as later on in the event of recurrence. It is worth noting that many clinical trial protocols limit the number of rounds and types of chemotherapy previously taken.

#### University of Colorado Cancer Center

##### Colorado's only National Cancer Institute (NCI)-Designated Cancer Center

"UCCC regularly conducts clinical trials locally for ovarian cancer patients. They offer Phase 1 through Phase 4 trials, and are the only place in the Rocky Mountain region that offers Phase I trials. At University of Colorado Hospital and the University of Colorado Cancer Center, clinical trials are conducted by individual departments. Their physicians are the scientists who lead the latest research and often apply new discoveries to their own patient care. As practicing physicians, their informed input on a clinical trial leads to more efficient, practical research designed with patients in mind. The CU Cancer Center's research trials are often available at more than one hospital. Call the contact name listed on a specific trial to find out if it is offered at a facility other than University of Colorado Hospital." From: [www.uch.edu](http://www.uch.edu)

To find Clinical Trials currently being offered at CU Cancer Center see:

[www.uch.edu/conditions/cancer/research/research\\_trials](http://www.uch.edu/conditions/cancer/research/research_trials)

#### ClinicalTrials.gov

"ClinicalTrials.gov is a registry and results database of publicly and privately supported clinical studies of human participants conducted around the world."

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

#### U. S. National Institutes of Health (NIH)

"The NIH conducts ongoing ovarian cancer clinical research trials at their location in Bethesda, Maryland as well as at hospitals across the country." Information about clinical drug studies may be found at their website.

[www.nih.gov/health/clinicaltrials](http://www.nih.gov/health/clinicaltrials)

#### EmergingMed.com

"This one-stop service provides a comprehensive yet simplified system to find and link to clinical trial options, including ovarian cancer. This service is available by website and telephone." 1.877.601.8601 Mon.-Fri. 8:30am - 6:00pm EST

[www.emergingmed.com](http://www.emergingmed.com)



***Clinical trial drugs are paid for by the research study, and Colorado law requires insurance to cover routine patient care costs in clinical trials. Check with your insurer about any additional costs of required scans and blood tests.***

COCA may help pay for transportation to a clinical trial. See COCACares info on page 24.

# Genetic Considerations

## Genetic Risk Factors & Testing



### HBOC SYNDROME

"Approximately 11% to 15% of ovarian cancers have genetic causes. As with breast cancer, the majority of hereditary ovarian cancer is due to mutations in the BRCA1 or BRCA2 genes which are associated with Hereditary Breast and Ovarian Cancer (HBOC) syndrome, and an increase a woman's risk for ovarian, fallopian tube, and peritoneal cancers. Women with a BRCA1 or BRCA2 mutation have up to a 44% risk to develop ovarian cancer by 70. Genetic testing and counseling are the best ways to determine actual risk. After childbearing is complete, surgery to remove the ovaries is the most common preventive (risk-reducing) strategy."

[wordpress.myriad.com/ms360/cancers-related-syndromes/ovarian/](http://wordpress.myriad.com/ms360/cancers-related-syndromes/ovarian/)

### LYNCH SYNDROME

"Lynch syndrome, also known as hereditary non-polyposis colorectal cancer (HNPCC), is a type of inherited cancer of the digestive tract. People who have Lynch syndrome have a significantly increased risk of developing colorectal cancer and an increased risk of developing other types of cancers such as endometrial (uterine), stomach, breast, ovarian, small bowel (intestinal), pancreatic, urinary tract, liver, kidney, and bile duct cancers."

From: [www.cancer.net/cancer-types/lynch-syndrome](http://www.cancer.net/cancer-types/lynch-syndrome)

### HEREDITARY CANCER QUIZ

This online brief questionnaire will help you determine whether you should be further evaluated for either Hereditary Breast and Ovarian Cancer syndrome or Lynch syndrome. On average, the quiz takes less than 1 minute to complete.

See: [www.hereditarycancerquiz.com/?utm\\_source=google&utm\\_medium=cpc&gclid=CISv552crLwCFY1cMgodo28Aow](http://www.hereditarycancerquiz.com/?utm_source=google&utm_medium=cpc&gclid=CISv552crLwCFY1cMgodo28Aow)

### JEWISH WOMEN

"One in 40 Ashkenazi (Eastern European) Jews carries a BRCA gene mutation, nearly 10 times the rate of the general population, making Jewish families significantly more susceptible to hereditary breast cancer and ovarian cancer. If you have a strong family history of cancer, have considered genetic counseling, or have opted for genetic testing, we can help."

From: [www.sharsheret.org](http://www.sharsheret.org)

### HISPANAS/SAN LUIS VALLEY

"Hispanic women are at higher risk for ovarian cancer due to the migration of the BRCA gene mutation through the Jewish population into the Spanish and Mexican populations during the 1600s. Especially at risk are women in the San Luis Valley of Colorado where influences of colonial Spain are evident and the BRCA gene mutations were established."

See article in Smithsonian magazine and book by Jeff Wheelwright: [jeffwheelwright.com/book.htm](http://jeffwheelwright.com/book.htm)

From: [www.smithsonianmag.com/science-nature/san-luis-valley](http://www.smithsonianmag.com/science-nature/san-luis-valley)

### GENETIC TESTING

A Genetic Counselor can help you determine your risk and whether testing is best undertaken by you and your family, as well as help figure out insurance coverage. See next page for a list of local genetic counselors.

See: [wordpress.myriad.com/ms360/genetic-testing/about/](http://wordpress.myriad.com/ms360/genetic-testing/about/)

### FORCE - Facing our Risk of Cancer Empowered

"FORCE was founded on the principle that no one should face hereditary cancer alone. FORCE does not have definitive answers or medical solutions -- unfortunately, no one does at this time -- but we can help you navigate these uncharted waters by equipping you with resources, information, and support."

From: [www.facingourrisk.org](http://www.facingourrisk.org)

## *The Genetic Information Nondiscrimination Act of 2008 (GINA)*

**GINA protects Americans from discrimination based on their genetic information in both health insurance (Title I) and employment (Title II).**

"...In 2008 the Genetic Information Nondiscrimination Act was passed into law, prohibiting discrimination in the workplace and by health insurance issuers. In addition, there are other legal protections against genetic discrimination by employers, issuers of health insurance, and others."

From: [www.genome.gov/10002077](http://www.genome.gov/10002077) Also see: [www.ginahelp.org](http://www.ginahelp.org)



## Genetic Counseling

If you feel your ovarian cancer risk was increased by genetic considerations, it is recommended that you meet with a genetic counselor who can help you determine appropriate testing and insurance coverage. Genetic discrimination is illegal! Protected information includes health history, results of genetic tests, and use of genetic counseling. For more information, please visit: [www.ginahelp.org](http://www.ginahelp.org).

### GREATER METRO DENVER

#### University of Colorado - Hereditary Cancer Clinic

Aurora. Leslie Grimes, MS, CGC. 720.848.1030.  
[www.uch.edu/conditions/cancer/hereditary-cancer](http://www.uch.edu/conditions/cancer/hereditary-cancer)

#### Porter Adventist Hospital - Genetic Counseling

Denver. Melissa Gilstrap, MS, CGC. 303.765.3923  
[www.porterhospital.org/genetic-counseling](http://www.porterhospital.org/genetic-counseling)

#### St Anthony Hospital - Genetic Counseling

Denver. Lisa Mullineaux, MS, CGC. 303.734.3969.  
[www.stanthonyhosp.org/genetic-counseling](http://www.stanthonyhosp.org/genetic-counseling)

#### Exempla St Joseph's Hospital - Genetic Counseling

Denver. Suzanne Schrock-Kelley, MS, CGC. 303.425.8191.  
<http://gme.exempla.org/body.cfm?id=1729#.UZQeIIK1NhN>

#### Swedish Medical Center - Genetic Counseling

Englewood. Kelly Johnson, RN, BSN, M.S. 303.788.4668.  
[www.swedishhospital.com/conditions-we-treat/cancer-care/breast/our-team.htm](http://www.swedishhospital.com/conditions-we-treat/cancer-care/breast/our-team.htm)

#### Invision Sally Jobe - Genetic Counseling

Greenwood Village. Mary Freivogel, MS, CGC. 720.493.3226.  
[www.riainvision.com/services/rapp/geneticcounseling.aspx](http://www.riainvision.com/services/rapp/geneticcounseling.aspx)

#### Littleton Adventist Hospital - Genetic Counseling

Littleton. Lisa Mullineaux, MS, CGC. 303.734.3969.  
[www.mylittletonhospital.org/genetic-counseling](http://www.mylittletonhospital.org/genetic-counseling)

#### Exempla Lutheran Hospital - Genetic Counseling

Wheat Ridge. Suzanne Schrock-Kelley, CGC. 303.425.8191.  
<http://www.exemplalutheran.org/body.cfm?id=1628#.UZQwi4K1NhM>

#### Parker Adventist Hospital - Genetic Counseling

Parker. Melissa Gilstrap, MS, CGC. 303.765.3923.  
[www.parkerhospital.org/genetic-counseling](http://www.parkerhospital.org/genetic-counseling)

#### Rocky Mountain Cancer Centers- Genetic Counseling

Denver. Barbara Hamlington, MS, CGC. 303.370.7921.  
Boulder. Katie Storm, MS, CGC. 303.385.2006  
[www.rockymountaincancercenters.com](http://www.rockymountaincancercenters.com)

#### Kaiser Permanente- Genetic Counseling

Denver Area Locations. Judy Mouchawar. 303.554.5045  
[healthy.kaiserpermanente.org](http://healthy.kaiserpermanente.org)

### COLORADO SPRINGS

#### Memorial Hospital Oncology Services: Penrose Cancer Center - Genetic Counseling

Kate Crow, MS, CGC. 719.776.6919.  
[www.penrosecancercenter.org/genetic-counseling](http://www.penrosecancercenter.org/genetic-counseling)

### PUEBLO

#### St. Mary Corwin Cancer Center - Genetic Counseling

Kate Crow, MS, CGC. 719.557.4252.  
[www.stmarycorwin.org/cancer](http://www.stmarycorwin.org/cancer)

### ALAMOSA

#### San Luis Valley Regional Medical Center Genetic Counseling

Alamosa. Angela Bedard, MS. 719.587.6321.  
[www.slvrmc.org/services/109-womens-health.html](http://www.slvrmc.org/services/109-womens-health.html)

### ASPEN

#### Aspen Valley Hospital (via partnership with Invision Sally Jobe) - Genetic Counseling

Contact: Mary Freivogel, MS, CGC. 720.493.3226  
[www.aspenvalleyhospital.org](http://www.aspenvalleyhospital.org)

### EDWARDS

#### Shaw Regional Cancer Center - Genetic Counseling

Leslie Grimes, MS, CGC. 970.569.7626.  
[www.shawcancercenter.com/diagnostics-treatments/hereditary-cancer-service.aspx](http://www.shawcancercenter.com/diagnostics-treatments/hereditary-cancer-service.aspx)

### GLENWOOD SPRINGS

#### Valley View Hospital Cancer Center Genetic Counseling

Cancer Center Genetic Counseling. 970.384.7570.  
[www.vvh.org/pages/p-cancer-center-counseling.php](http://www.vvh.org/pages/p-cancer-center-counseling.php)

### GRAND JUNCTION

#### St. Mary's Hospital - The Regional Medical Center Genetic Counseling

Cancer Center. Christine Barth, MA, CGC. 970.298.7500  
[www.stmarygj.org/patient-family-support#.UZRBX4LYAn0](http://www.stmarygj.org/patient-family-support#.UZRBX4LYAn0)

### NATIONAL

#### Nationwide Telephone Genetic Counseling

Informed Medical Decisions:  
Toll Free: 1.800.975.4819.  
[informeddna.com](http://informeddna.com)



## Finding Support



### *Nicki's Circle Ovarian Cancer Support Groups*

#### **Nicki's Circle Ovarian Cancer Support Groups Sponsored by Colorado Ovarian Cancer Alliance (COCA)**

2465 Sheridan Blvd., Denver, CO 80214. 720.519.3122.

Since 2005, Colorado Ovarian Cancer Alliance has sponsored monthly "Nicki's Circle" Ovarian Cancer Support Groups which serve women in the Denver metro area with local groups, and across Colorado by phone. The groups are open to women with any type of gynecologic cancer and their caregivers. At meetings, information is exchanged about current medical research and how women can effectively advocate for obtaining the best health care possible. There is also the time and space to share the emotional ups and downs of a cancer diagnosis. Each group is facilitated by a licensed professional counselor or clinical social worker. Please feel free to bring your questions, your hopes and your fears. The groups offer a safe and supportive environment for gaining information, expressing your concerns, sharing emotions and broadening your perspective.

[www.colorado-ovariancancer.org/nickiscircle](http://www.colorado-ovariancancer.org/nickiscircle)

### *Benefits of Support Groups*



"Going through a diagnosis of ovarian cancer is difficult, but it can help to know that you are not the only one going through the experience. It has been shown that cancer support groups can provide the following benefits.

#### **Benefits of Support Groups**

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Reducing distress, depression or anxiety
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options."

From: [www.mayoclinic.com](http://www.mayoclinic.com)



Please contact Susan Hess, MA, LPC, program coordinator, before attending group for the first time: 720-519-3122, [susan@colorado-ovariancancer.org](mailto:susan@colorado-ovariancancer.org).

#### **Nicki's Circle Central**

St. John's Cathedral in central Denver  
First Monday of the month, 11:30 am to 1:00 pm.  
Facilitated by Susan Hess, MA, LPC.

[www.colorado-ovariancancer.org/nc-central](http://www.colorado-ovariancancer.org/nc-central)

#### **Nicki's Circle South**

Sky Ridge Medical Center in Lone Tree  
Second Wednesday of the month, 11:30 am to 1:00 pm. Facilitated by Susan Hess, MA, LPC.

[www.colorado-ovariancancer.org/nc-south](http://www.colorado-ovariancancer.org/nc-south)

#### **Nicki's Circle Evening**

Swedish Medical Center in south Denver  
Third Wednesday of the month, 6:15 pm to 7:45 pm. Facilitated by Heather O'Neil, LCSW.

[www.colorado-ovariancancer.org/nc-evening](http://www.colorado-ovariancancer.org/nc-evening)

#### **Nicki's Circle Boulder**

Tebo Family Medical Pavilion at  
Boulder Community Foothills Hospital,  
Fourth Monday of the month, 3:00 pm - 4:30 pm.  
Facilitated by Susan Hess, MA, LPC.

[www.colorado-ovariancancer.org/nc-boulder](http://www.colorado-ovariancancer.org/nc-boulder)

#### **Nicki's Circle Tele-Support**

Telephone support group  
First Wednesday of the month, 6:30 pm to 8:00 pm.  
Facilitated by Susan Hess, MA, LPC.

This group is designed especially for those who cannot make it to a support group in person or who live outside the Denver metro area. Whether you live in Colorado or in a surrounding state, you are welcome to join the call.

[www.colorado-ovariancancer.org/nc-telesupport](http://www.colorado-ovariancancer.org/nc-telesupport)

## Telephone Support



### Nicki's Circle Tele-Support Group

*Sponsored by Colorado Ovarian Cancer Alliance*

*First Wednesdays of the month, 6:30 to 8:00 pm.*

*Facilitated by Susan Hess, MA, LPC.*

*720.519.3122.*



COCA provides a monthly ovarian cancer support group by telephone to reach women in Colorado who live outside the Denver area and/or who do not feel up to attending a group in person. Please call to obtain conference line and PIN.

[www.colorado-ovariancancer.org/nc-telesupport](http://www.colorado-ovariancancer.org/nc-telesupport)

### Cancer Information and Counseling Line (CICL) - 1.800.525.3777

*AMC Cancer Fund and University of Colorado, Aurora*

*1.800.525.3777. Mon.-Fri., 8:30 am - 4:30 pm MT.*

"The Cancer Information & Counseling Line (CICL) is a nationally recognized service that offers free telephone counseling for people with cancer, as well as their friends and family members. This unique, free service is provided by the AMC Cancer Fund, an affiliate of the University of Colorado Cancer Center. During a short-term telephone session, trained CICL counselors take time to talk with you about your cancer concerns. All calls are confidential. The counselors provide well-informed and caring support. They offer simple, clear answers to medical questions. They help you to address your issues and figure out how to communicate with others about your diagnosis. After treatment is complete, a CICL counselor can assist with concerns you may face as a cancer survivor."

[www.amc.org](http://www.amc.org)

### Share Cancer Helpline - 1.866.537.4273

#### Share: Self Help for Women with Breast or Ovarian Cancer

*1501 Broadway, Suite 704A, New York, NY 10036.*

*1.866.537.4273.*

"Call SHARE's Helpline for ovarian cancer to speak with a survivor who's been there. The Helpline can answer your questions, talk with you about treatments, help you sort through your options to make informed decisions, and can connect you with a peer whose situation is similar to yours, or can just listen."

[www.sharecancersupport.org](http://www.sharecancersupport.org)

### Cancer Support Community (CSC): Cancer Support Helpline - 1.888.793.9355

*1050 17th Street, NW, Suite 500 Washington, DC 20036.*

*1.888.793.9355. Mon.-Fri., 9 am- 8 pm ET*

"Whether you are newly diagnosed with cancer, a long-time cancer survivor or caring for someone with cancer, CSC's TOLL-FREE Cancer Support Helpline is open weekdays 9 am- 8 pm ET. If you receive a recording, please leave your name and contact number and one of their counselors will call you back as soon as possible."

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

### CancerCare®

*275 Seventh Ave., New York, NY 10001.*

*1.800.813.HOPE (4673). [info@cancercare.org](mailto:info@cancercare.org)*

"CancerCare® in New York offers resources for cancer survivors including counseling, financial assistance, online support groups and telephone educational workshops. Oncology social workers are available to help cope with the emotional and practical challenges of cancer. CancerCare® also offers a 12-week telephone group for people who have been diagnosed with cancer and have completed their active treatment (surgery, chemotherapy, radiation, hormonal treatments)."

[www.cancercare.org](http://www.cancercare.org)

## Online Support



### **Nicki's Circle Network** **Sponsored by Colorado Ovarian Cancer Alliance (COCA)**

2465 Sheridan Blvd., Denver, CO 80214. 303.506.7014.

Nicki's Circle Network is a social media site where you can keep in touch with other survivors and caregivers from Nicki's Circle. This resource is sponsored by Colorado Ovarian Cancer Alliance and is for women in Colorado and the Rocky Mountain region dealing with an ovarian cancer diagnosis. The information on the network is not public; the content is shared by members only.

[www.nickiscircle.com](http://www.nickiscircle.com)

### **OCNA's Inspire Ovarian Cancer Online Support Community**

Ovarian Cancer National Alliance, 901 E Street, NW, Suite 405, Washington, DC 20004. 866.399.6262.

"The Ovarian Cancer National Alliance (OCNA) Support Community connects patients, families, friends and caregivers for support and inspiration. This community is sponsored by the Ovarian Cancer National Alliance, an Inspire trusted partner. The Ovarian Cancer National Alliance's mission is to advance the interests of women with ovarian cancer. The Inspire website network creates community for anyone who faces health issues, and provides a place where patients, families, friends and caregivers can ask questions and connect with one another."

[www.inspire.com/groups/ovarian-cancer-national-alliance](http://www.inspire.com/groups/ovarian-cancer-national-alliance)

### **CancerCare®**

275 Seventh Ave., New York, NY 10001. [info@cancercare.org](mailto:info@cancercare.org), 1.800.813.HOPE (4673).

### **15-Week Online Ovarian Cancer Support Group**

CancerCare® offers a 15-week online support group for

women diagnosed with ovarian cancer who are currently receiving treatment. In this group led by an oncology social worker, patients give support to each other and share resources and information. To join this group, please complete the online registration process. After joining this password-protected group, you can read and post messages 24 hours a day, 7 days a week.

[www.cancercare.org](http://www.cancercare.org)

### **Smart Patients**

"Smart Patients is an online community where cancer patients and caregivers learn from each other about treatments, clinical trials, the latest science, and how it all fits into the context of their experience. Use the built-in clinical trial search engine to find relevant trials and discuss them with the community. Get help and advice from patients who have the same cancer and similar complications or treatments. Patients with cancer often become extraordinarily knowledgeable and get better care by learning from each other."

[www.smartpatients.com](http://www.smartpatients.com)

### **Imerman Angels**

"Imerman Angels provides personalized connections that enable 1-on-1 support among cancer fighters, survivors and caregivers. Through our unique matching process, Imerman Angels partners anyone seeking cancer support with someone just like you - a "Mentor Angel." A Mentor Angel is a cancer survivor or survivor's caregiver who is the same age, same gender, and most importantly who has beaten the same type of cancer. A Mentor Angel is walking, talking, living proof, and inspiration that cancer can be beaten. Our service is absolutely free and helps anyone touched by any type of cancer, at any cancer stage level, at any age, living anywhere in the world."

[www.imermanangels.org](http://www.imermanangels.org)

### **MyLifeLine.org**

55 Madison St., Suite 750, Denver, CO, 80206. 720.883.8715

"Founded by a local ovarian cancer survivor, MyLifeLine.org is a 501(c)(3) nonprofit organization that encourages cancer patients and caregivers to create free, customized websites. The mission is to empower patients to build an online support community of family and friends to foster connection, inspiration, and healing. When you create your own website, you create a supportive community and an easy way to keep everyone informed of your progress. Includes a Helping Calendar for organizing assistance from friends and family. Highly recommended for cancer patients & families."

[www.mylifeline.org](http://www.mylifeline.org)



## Young Survivors



### Porter Adventist Hospital - Young Survivors Group

Centura Porter Adventist Hospital, 2525 S. Downing St., Denver, CO 80210. 303.778.5832.

"Meets the third Wednesday of each month from 6:30 - 8:00 p.m. It is open to women and men in their 20's or 30's with any type of cancer. Support people welcome. This group is a combination of support, discussion, guest speakers and social gathering. No fee or registration is required. For more info call 303.778.5832."

[www.porterhospital.org/body.cfm?id=195](http://www.porterhospital.org/body.cfm?id=195)

### Young Empowered Survivors - (YES!)

"Facebook resource for members to share questions, ideas and helpful resources. Meetings are held once a quarter in a Denver area casual setting to allow members to spend time together. The members of YES! have generally been diagnosed with cancer before the age of 45."

[www.facebook.com/groups/44226150198/?ref=ts&fref=ts](http://www.facebook.com/groups/44226150198/?ref=ts&fref=ts)

### 2Young- 4Gyn-Cancer

An ACOR (see page 20) discussion forum for young survivors of gynecological cancers. Visit the ACOR website and enter "2young" in the search box to find the link to the group.

[www.acor.org](http://www.acor.org)

### First Descents

767 Santa Fe Dr., Denver, CO 80204. 303.945.2490. [info@firstdescents.org](mailto:info@firstdescents.org)

"Offers young adult cancer fighters and survivors free outdoor adventure experiences."

[firstdescents.org](http://firstdescents.org)

### Hope for Two - The Pregnant With Cancer Network

PO Box 253, Amherst, NY 14226. 800.743.4471. [info@hopefortwo.org](mailto:info@hopefortwo.org)

"Provides information, support and hope for women diagnosed with cancer while pregnant."

[www.pregnantwithcancer.org](http://www.pregnantwithcancer.org)



### The University of Colorado (UC)

#### Advanced Reproductive Medicine Centers

Denver Clinic: 1635 Aurora Court, Aurora, CO 80045. 720.325.5931.

Colo. Springs Clinic: 4125 Briargate Parkway, #350, Colo. Springs, CO 80920. 719.645.4832.

"Cancer treatment may affect your ability to have a child naturally. The UC Advanced Reproductive Medicine Center provides comprehensive information and support for those seeking options for preserving fertility or for those seeking assistance post cancer treatment." Call 1-855-724-3378 or 303-724-3378 for their fertility preservation hotline.

[arm.coloradowomenshealth.com](http://arm.coloradowomenshealth.com)

### Fertile Hope

"Fertile Hope is a national LIVESTRONG® initiative that provides reproductive information, support and hope to cancer patients and survivors whose medical treatments may increase the risk of infertility." 855.220.7777

[www.fertilehope.org](http://www.fertilehope.org)

### Fertile Action

"Fertile Action is working to ensure that every woman touched by cancer realizes her dream of motherhood. Fertile Action also provides general and financial information regarding fertility preservation and treatment."

[www.fertileaction.org](http://www.fertileaction.org)

## Support for Families & Children

### KIDS ALIVE at Porter Hospital

"A unique and invaluable program offered at no charge to any family where a parent is dealing with a cancer diagnosis. The program is supported completely by private donations, grants and Porter Adventist Hospital. The purpose of Kids Alive is to serve children by helping them contend with the trauma of a parent's diagnosis of cancer by providing a secure and healthy environment in which they are free to express their feelings. Check website for upcoming classes."

[www.kidsalivecolorado.org](http://www.kidsalivecolorado.org)

### CLIMB® at University of Colorado Cancer Center

"Children's Lives Include Moments of Bravery (CLIMB®) is a four-week program designed for children whose parent or primary caregiver has cancer. Children attend the program each week with their parent or a special caregiver. Each session focuses on a select topic and incorporates activities for children and a support group for parents. All sessions for children are facilitated by health care professionals who are experienced in the care of families coping with cancer." Check website for upcoming classes.

[www.uch.edu](http://www.uch.edu)



### Care.com

"Care.com provides a trusted place for families and care providers to easily connect, share caregiving experiences, and get advice. The company addresses the unique lifecycle of care needs that each family may go through — including child care, special needs care, tutoring, senior care, pet care, housekeeping and more. The service enables families to find and select the best care possible based on detailed profiles, background checks, and references for hundreds of thousands of providers who are seeking to share their services including:

Housekeepers  
House Sitters  
Errand Runners  
Baby Sitters  
Nannies  
Tutors  
Dog Walkers  
Pet Sitters  
Doggie Day Care  
and more."

[www.care.com](http://www.care.com)

### Lotsa Helping Hands.com

"Lotsa Helping Hands is a free service that brings together caregivers and volunteers through online communities that help organize daily life during times of medical crisis or caregiver exhaustion. Caregivers benefit from the gifts of much needed help, emotional support, and peace of mind, while volunteers find meaning in giving back to those in need."

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

## Support for Caregivers

### Caregiver Tips

Supporting a patient through cancer treatment can be difficult for a caregiver. Here are a few tips and resources to help guide the way.

- Tell friends and families that your loved one may need to scale back on holidays and parties during treatment.
- Use a website to manage communications. See MyLifeLine.org on page 20.
- Take a break and plan time for yourself.

### Nicki's Circle

Caregivers are welcome to accompany their loved ones to any of the **Nicki's Circle Support Groups** sponsored by COCA (see page 18). The Nicki's Circle Evening support group at Swedish Medical Center generally has the most caregivers in attendance. Contact Susan Hess, MA, LPC, for more info: 720-519-3122, [susan@colo-ovariancancer.org](mailto:susan@colo-ovariancancer.org).  
[www.colo-ovariancancer.org/nickiscircle](http://www.colo-ovariancancer.org/nickiscircle)

### Cancer Caregiver Support Group - Exempla St. Joseph Hospital

Kaiser Permanente Franklin Building, 2045 Franklin, Denver CO, 80205.  
Basement - Reimers B Room. Call Dennis to register 303.764.5047.  
Fourth Thursdays of the month, facilitated by Dennis Heffern, LCSW.  
[www.exemplasaintjoseph.org/body.cfm?id=1462#.UafxPOtSyvo](http://www.exemplasaintjoseph.org/body.cfm?id=1462#.UafxPOtSyvo)

### Circle of Support for Caregivers - Exempla Lutheran Hospital

Lutheran Hospital, Collier Center, 8300 W. 38th Avenue, Wheat Ridge, CO, 80033.  
Call 303.425.8000 with questions.  
"Join Circle of Support on the first Tuesday of every month, from 5:30 p.m. to 7:00 p.m. at the Collier Hospice Center. There's no need to pre-register."  
[www.exemplalutheran.org/SupportforFamiliesandCaregivers#.UafRbOtSyvo](http://www.exemplalutheran.org/SupportforFamiliesandCaregivers#.UafRbOtSyvo)

### CancerCare®

275 Seventh Ave., New York, NY 10001.  
1.800.813.HOPE (4673). [info@cancercare.org](mailto:info@cancercare.org)  
**12-week Telephone Group for Caregivers**

"CancerCare® is a national nonprofit organization that provides free, professional support services to anyone affected by cancer. Every year, CancerCare® helps thousands of caregivers cope with their loved one's diagnosis. CancerCare® offers a 12-week telephone group for people who have a loved one diagnosed with cancer."

[www.cancercare.org/support\\_groups](http://www.cancercare.org/support_groups)

### Caregiver.com

"An online website that features many resources for caregivers including Today's Caregiver, a bi-monthly magazine."  
[www.caregiver.com](http://www.caregiver.com)

### Caregiver Action Network (CAN)

10400 Connecticut Avenue, Suite 500, Kensington, MD 20895. 301.942.6430  
"CAN is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge."  
[caregiveraction.org](http://caregiveraction.org)

### Well Spouse Association

"Supports 'well' individuals caring for a spouse or partner with a chronic illness or disability."  
[www.wellspouse.org](http://www.wellspouse.org)

## 25 Ways to Support an Ovarian Cancer Survivor

by Susan Hess, MA, LPC - Nicki's Circle Support Group Facilitator

- If in treatment, accompany her to chemo
- Help her with a wig purchase - or buy an extra wig for her
- Walk the dog
- Buy her a gift card from the health food store
- Sign her up for grocery delivery
- Set up a website for her at [www.mylifeline.org](http://www.mylifeline.org)
- Arrange for a house cleaning service to come in
- Visit for a few hours and give her caregiver a break
- Help her create a binder of all medical information
- Don't ask, "How are you doing?" every time you see her
- Buy her a music CD or iTunes gift card
- Buy her fashionable scarves & hats
- Select an inspirational book and read it to her out loud
- Bring her ice cream and milkshakes
- Schedule friends to assist with house cleaning tasks
- Deliver a frozen meal that can be easily cooked
- Accompany her to a Nicki's Circle support group
- Help her make phone calls
- Help her find alternative and complementary therapies
- Look past her diagnosis and see her shining soul
- Arrange for fresh flower deliveries on a weekly basis
- Accompany her on a walk
- Send her a card or e-card every day or week during treatment
- Help her plan a schedule for visitors & assistance
- Listen to her struggles and offer hope and encouragement



### TRANSPORTATION

**"The American Cancer Society 'Road to Recovery' Program** provides transportation to and from treatment for people who have cancer but do not have a ride or are unable to drive themselves." Contact Jen Briggs, Mission Delivery Specialist, at 720-524-5405, or contact an American Cancer Society Patient Navigator at 1.800.227.2345.

[www.cancer.org/treatment/supportprogramsservices/road-to-recovery](http://www.cancer.org/treatment/supportprogramsservices/road-to-recovery)

### TRAVEL SUPPORT

#### American Cancer Society (ACS) - Patient Lodging Program

See page 13 for your local American Cancer Society, or call Hannah Katz at 303.403.3609.

"The ACS Patient Lodging Program provides housing for patients in treatment and focuses on patients from outlying areas who require treatment in major urban areas."

[www.cancer.org/myacs/california/programsandservices/patient-lodging-ca](http://www.cancer.org/myacs/california/programsandservices/patient-lodging-ca)

#### National Patient Travel Center

1.800.296.1217, [info@nationalpatienttravelcenter.org](mailto:info@nationalpatienttravelcenter.org)

"Provides referrals and 'how to get there' assistance for any patient needing to travel to a distant, specialized medical facility for evaluation, diagnosis or treatment."

[www.patienttravel.org](http://www.patienttravel.org)

#### Corporate Angel Network

Corporate Angel Network helps cancer patients access the best possible treatment by arranging free travel to treatment across the country using empty seats on corporate jets.

[www.corpangelnetwork.org](http://www.corpangelnetwork.org)

### Oncology Social Workers

Most medical and infusion centers have a licensed clinical social worker (LCSW) on staff. These are professionals skilled in the issues that arise in the course of a cancer diagnosis, both for the patient and caregiver. They are a wealth of information and can be of great assistance. Check at your doctor's office for more info.

[www.aosw.org/html/patfam-tips.php](http://www.aosw.org/html/patfam-tips.php)

### Online Article: Ovarian Cancer: Helping Caregivers Communicate and Cope

By Sandra Ray, Staff Writer  
at [Caregiver.com](http://Caregiver.com)

Ovarian cancer may be difficult for many people to discuss. Experts say one reason is that caregivers have a natural protective tendency, feeling that the more the cancer is discussed the more stress it causes . . .

[www.caregiver.com/channels/ocancer/articles/helping\\_caregivers\\_communicate.htm](http://www.caregiver.com/channels/ocancer/articles/helping_caregivers_communicate.htm)

### National Association of Hospital Hospitality Houses, Inc. (NAHHH)

A nationwide professional association of nearly 200 unique, nonprofit organizations that provide lodging and support services to patients, families and their loved ones who are receiving medical treatment far from their home communities.

[www.nahhh.org](http://www.nahhh.org)

# Financial Assistance

## Colorado



Financial Assistance Program

### *COCACares Financial Assistance Program Sponsored by COCA*

#### **COCACares Financial Assistance Program**

2465 Sheridan Blvd., Denver, CO 80214. 303.506.7014

Colorado Ovarian Cancer Alliance (COCA) can provide up to \$500/month for up to six months to help women in Colorado diagnosed with ovarian or fallopian tube cancer who find themselves in a situation of critical financial need due to the hardship of their ovarian cancer diagnosis. Assistance can be used for household & medical expenses, visiting a gynecologic oncologist for the first time, or one time transportation to a clinical trial. **The COCACares program pays bills and does not award funds directly to individuals.** Financial assistance is provided if the applicant meets the Colorado residency, medical and financial qualifications. See website for more information and to download the application:

[www.colorado-ovariancancer.org/cocacares](http://www.colorado-ovariancancer.org/cocacares)

#### **Rocky Mountain Cancer Assistance (RMCA)**

PO Box 6625, Denver, CO 80206. 720.229.0303.

"Since 2000, RMCA has provided over \$2.8 million in financial assistance to more than 4,500 cancer survivors receiving treatment in Colorado. Assistance from RMCA is for basic needs such as rent or mortgage, utilities, car payments and car insurance, health insurance and COBRA, and other day-to-day expenses."

[www.rockymountaincancerassistance.org](http://www.rockymountaincancerassistance.org)

#### **The Raymond Wentz Foundation**

3455 Ringsby Court #111/Denver, CO 80216. 720.238.5401.

"The Raymond Wentz Foundation exists to help lessen the daily burdens and financial struggles experienced by cancer patients in our community. They give unrestricted grants to cancer patients struggling to meet basic daily needs and are the only organization in Colorado that gives unrestricted grants directly to needy cancer patients."

[www.raymondwentz.org](http://www.raymondwentz.org)

#### **The Seton Women's Clinic at Exempla St. Joseph's**

11960 Ogden Street, Suite 340, Denver, CO 80205.

303.837.7160. M-F 8:30am -12:00pm and 1:30 -4:30pm

"Offers medical services to those without insurance in Colorado, utilizing resident licensed doctors-in-training."

[www.exemplasaintjoseph.org/setonwomensclinic](http://www.exemplasaintjoseph.org/setonwomensclinic)

#### **Salud Family Health Centers**

"Salud operates nine community health clinics in Colorado and does not turn patients away based on a patient's finances, insurance coverage, or ability to pay." See pages 37-40 for individual clinic contact information.

[www.saludclinic.org](http://www.saludclinic.org)

#### **Hunger Free Hotline**

855.855.4626. Mon.-Fri., 8am - 4:30pm.

"The Hunger Free Hotline is a multilingual toll-free number that connects Coloradans to both public and private food assistance programs throughout the state."

<http://www.hungerfreecolorado.org/initiatives/hunger-free-hotline.html>

## National



#### **Chronic Disease Fund®**

6900 N. Dallas Parkway, Suite 200, Plano, TX 75024.

877.968.7233. [info@cdfund.org](mailto:info@cdfund.org)

"Chronic Disease Fund® believes no one should go without needed medication simply because of an inability to afford it. The Fund offers copay assistance and free drug programs for uninsured patients. Enrollment is easy and approval is almost immediate."

[www.cdfund.org](http://www.cdfund.org)

#### **Partnership for Prescription Assistance**

1.888.4PPA.NOW. 1.888.477.2669.

"The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free."

[www.pparx.org/en](http://www.pparx.org/en)

#### **Patient Access Network**

PO Box 221858. Charlotte, NC 28222

866.316.7263, [contact@panfoundation.org](mailto:contact@panfoundation.org)

"The Patient Access Network Foundation offers help and hope to people with chronic or life-threatening illnesses for whom cost limits access to breakthrough medical treatments."

[www.panfoundation.org](http://www.panfoundation.org)



# Insurance, Legal & Workplace Issues

## Social Security & Medicare

### U.S. Social Security Administration

Hotline: 1.800.772.1213

With a diagnosis of ovarian cancer, you are likely eligible for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI). Contact the U.S. Social Security Administration for more info.

[www.ssa.gov/pgm/disability.htm](http://www.ssa.gov/pgm/disability.htm)

[www.ssa.gov/pgm/ssi.htm](http://www.ssa.gov/pgm/ssi.htm)

### Medicare Rights Center

Hotline: 1.800.333.4114

"A national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities. If you are under 65 years of age with an ovarian cancer diagnosis, you still may be eligible for Medicare based on disability after certain requirements are met."

[www.medicarerights.org](http://www.medicarerights.org)

### Colorado Medicaid Program

Department of Health Care Policy and Financing

1570 Grant Street, Denver, CO 80203. 303.866.3513

Contact if you cannot afford health coverage and you have questions about eligibility or current Medicaid benefits.

[www.healthcare.gov/using-insurance/managing/consumer-help/co.html](http://www.healthcare.gov/using-insurance/managing/consumer-help/co.html)

### Colorado SHIP

#### State Health Insurance Assistance Program

888-696-7213, *En Espanol, sin cargo* 866-665-9668

SHIP is a free health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIPs mission is to educate, advocate, counsel and empower people to make informed healthcare benefit decisions. SHIP is an independent program funded by Federal agencies and is not affiliated with the insurance industry. SHIP counseling is FREE of charge.

<http://cdn.colorado.gov/cs/Satellite/DORA-Health-Ins/CBON/DORA/1251623077142>

## Insurance

### Colorado Division of Insurance

303.894.7490, toll-free 800.930.3745. [insurance@dora.state.co](mailto:insurance@dora.state.co)

"Contact if you need information or have questions about



your policy, your rights and protections, or about a potential agent or insurer."

[www.healthcare.gov/using-insurance/managing/consumer-help/co.html](http://www.healthcare.gov/using-insurance/managing/consumer-help/co.html)

### Connect For Health Colorado

"Connect for Health Colorado is the new health insurance marketplace, for individuals, families and small employers across Colorado. You can browse the health plans and check to see if you qualify for financial assistance." You cannot be denied due to pre-existing condition.

<http://connectforhealthco.com>

## Legal Assistance

### Cancer Legal Resource Center (CLRC)

213.736.1334. 866.999.3752.

"Provides free information and resources on cancer-related legal issues to cancer survivors, caregivers, health care professionals, employers, and others coping with cancer."

[www.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

### Patient Advocate Foundation

1.800.532.5274. [help@patientadvocate.org](mailto:help@patientadvocate.org)

"Provides patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job retention related to their illness."

[www.patientadvocate.org](http://www.patientadvocate.org)



### Colorado Legal Services

1905 Sherman Street, Suite 400, Denver, CO 80203.

303.837.1321.

"Colorado Legal Services provides meaningful access to high quality, civil legal services in the pursuit of justice for as many low-income persons and members of vulnerable populations throughout Colorado as possible."

[www.coloradolegalservices.org](http://www.coloradolegalservices.org)

### Cancer and Careers

"What do you need to know about your rights in the workplace? How do you navigate the health insurance maze? How can you maximize job security/benefits and minimize stress when dealing with the avalanche of paperwork and red tape that comes with a cancer diagnosis. Cancer and Careers empowers and educates people with cancer to thrive in their workplace by providing expert advice, interactive tools and educational events."

[www.cancerandcareers.org](http://www.cancerandcareers.org)

### Finding Your Own Path

There is no predetermined path to take when it comes to using complementary therapies with medical treatment for ovarian cancer. Each person has a different set of challenges and may seek different avenues. There are many integrative cancer care clinics, practitioners and therapists in Colorado - too numerous to list in this directory. You can use the resources below as a guideline. And check with your nearest cancer center to see what they offer - see page 37.

### COMPLEMENTARY & INTEGRATIVE VS. ALTERNATIVE

Complementary or Integrative medicine & therapies, are used with standard medical treatment for cancer.

Alternative medicine & therapies are used instead of standard medical treatment for cancer.

For information on Complementary & Alternative Medicine (CAM) see:  
National Center for Complementary and Alternative Medicine (NCCAM)  
[nccam.nih.gov](http://nccam.nih.gov)

National Cancer Institute (NCI)  
[www.cancer.gov](http://www.cancer.gov)

### The Emerald Heart Cancer Foundation

"The Emerald Heart Cancer Foundation is a Colorado-based, young and unique national non-profit that believes in integrative cancer care, and provides support and resources to women with cancer in treatments that enhance, extend and/or save lives, but are not covered by insurance."

[www.emeraldheart.org](http://www.emeraldheart.org)

## Complementary Therapies

### Integrative Care Centers



#### ACCUPUNCTURE, MASSAGE, AND MORE

#### The Center for Integrative Medicine (TCFIM) at Univ. of Colorado

Anschutz Outpatient Pavilion, 1635 Aurora Court, 5th Floor, Aurora, CO 80045  
720.848.1090. Mon.-Fri. 8:00 am - 4:30 pm

Acupuncture and Traditional Chinese Medicine (TCM), Chiropractic Care, Herb and Supplement Consultations, Massage Therapy, Mind-Body Therapy, Nutritional Counseling, Spiritual Counseling.

[www.uch.edu/conditions/integrative-medicine](http://www.uch.edu/conditions/integrative-medicine)

#### Bridges Integrative Health Services at Lutheran Medical Center

8098 West 38th Avenue, Wheat Ridge, CO 80033. 303.425.2262.

Massage, Chiropractic, Acupuncture (including before, during, after surgery), Nutrition Consultation, Integrative Nurse Consultation, Counseling, Classes (meditation, tai chi, yoga).

[www.wellnessatbridges.com](http://www.wellnessatbridges.com)

#### Progressive Health Center at Swedish Medical Center

701 E. Hampden Ave. #225, Englewood, CO 80113. 303.788.9399.

Acupuncture, Craniosacral Therapy, Healing Rhythms, Herbal Consultation, Laughter Yoga, Life Energy Flow Tai Yi, Massage Therapy, Meditation, Mind-Body Therapies, Music Therapy, Nutrition Counseling, Physical Exercise, Reflexology, Stress Management, Yoga.

[www.progressivehealthcenter.org](http://www.progressivehealthcenter.org)

#### Center for Integrative Care at Boulder Community Hospital

Tebo Family Medical Pavilion - 4715 Arapahoe Ave, Boulder, CO 80303 720.854.7292.

Acupuncture, Healing Touch, Lymphedema treatment, Massage Therapy, Music Therapy, Nutrition Education Classes, Reflexology, Reiki, Wellness & Integrative Care Consultations, Resource Center.

[www.bch.org/cancer-care-services/integrative-care/default.aspx](http://www.bch.org/cancer-care-services/integrative-care/default.aspx)

#### Health Center of Integrated Therapies at Longmont United Hospital

1950 Mountain View Ave, Longmont, Colorado 80501. 303.651.5188.

Acupuncture & Eastern Therapies, Massage Therapy, Lymphatic Therapy, Medical Herbalism, Nutritional Counseling.

[www.luhcares.org/Services/HealthCenter.aspx](http://www.luhcares.org/Services/HealthCenter.aspx)

#### Integrative Medicine & Wellness at Memorial Hospital

1400 E. Boulder St., Colorado Springs, CO 80909. 719.365.2535.

Acupuncture, Complementary Cancer Care Program, Herbal Nutrition, Massage Therapy.

[www.memorialhealthsystem.com](http://www.memorialhealthsystem.com)

#### Spirit of Survival at Shaw Regional Cancer Center

322 Beard Creek Rd, Edwards, CO 81632. 970.569.7493 or 866.569.7429.

Nutrition, Fitness, Physical Therapy, Support Services, Pastoral Services.

[www.shawcancercenter.com](http://www.shawcancercenter.com)

# Nutrition



## American Institute for Cancer Research - Foods That Fight Cancer

"Research showing evidence of how food can fight cancer directly and indirectly."  
[www.aicr.org/foods-that-fight-cancer](http://www.aicr.org/foods-that-fight-cancer)

## Colleen Gill, MS, RD, CSO Nutritional Foundations

4770 East Iliff Ave., Suite 231, Denver, CO 80222. 303.810.8612.

At UCH: The Center for Integrative Medicine - Anschutz Outpatient Pavilion  
 1635 Aurora Court, 5th Floor, Aurora, CO 80045. 720.848.1090.

"Colleen Gill, MS, RD, CSO works as an outpatient dietitian at The Center for Integrative Medicine and for the University of Colorado Cancer Center in the Anschutz Cancer Pavilion. Colleen is a Board Certified Specialist in Oncology and a Registered Dietitian with clinical experience in medical nutrition therapy and nutrition counseling. She also works in private practice at Nutritional Foundations."  
[www.nutrition-foundations.com](http://www.nutrition-foundations.com)

## Cheryl Rojic, CHHC, AADP Intentional Health

303.921.2103, [cheryl@intentionalhealthcoach.com](mailto:cheryl@intentionalhealthcoach.com)

"As a two-time cancer survivor, Cheryl knows about using nutrition and mind-body practices to heal from, and prevent illness. She has personally researched and tried numerous foods and meal preparation methods, supplements, exercise programs, lifestyle changes and self-care and self-discovery practices. As a "Certified Holistic Health Counselor" (CHHC) and with Board Certification by the American Association of Drugless Practitioners (AADP), Cheryl works in private practice and offers cooking & nutrition classes at Red Rocks Cancer Center in the Radiation Oncology Kitchen."  
[cherylrojic.healthcoach1.integrativenutrition.com](http://cherylrojic.healthcoach1.integrativenutrition.com)

AT RRCC: Red Rocks Cancer Center, 400 Indiana St., Suite 220, Golden, CO 80401  
 303.921.2103.

## Nasha Winters, N.D., L.Ac, DiploOM Namaste Health Center

1800 E. Third Avenue, Suite 112, Durango, CO 81301. 970.247.2043.

"In 1991 Nasha Winters was on her way to becoming a conventional medical doctor when her own life threatening illness with ovarian cancer intervened and sent her onto a new path to pursue the field of Naturopathic Medicine. Her approach is to provide an individualized treatment plan for every person, and to focus on the body's terrain versus the cancer site. She currently practices in Durango offering private consultations and health retreats for women with ovarian cancer."  
[www.namastehealthcenter.com](http://www.namastehealthcenter.com), [namastehealthblog.wordpress.com](http://namastehealthblog.wordpress.com)

## The Tea Spot

866.TEA.SPOT, 303.444.8324.

"Based in Boulder, Colorado, The Tea Spot was founded in 2004 by Maria Uspenski, an ovarian cancer survivor drawn to the health benefits of tea during her recovery. She was inspired by medical research suggesting that full leaf teas boast many health and nutritional benefits."  
[theteapot.com](http://theteapot.com)

## Door to Door Organics

1215 Rock Creek Cir., Lafayette CO 80026.  
 877.711.3636.

"Partners with organic farmers to bring the freshest seasonal, local produce and the perfect selection of natural groceries, right to your doorstep. Each organic box is customizable."  
[colorado.doortodoororganics.com](http://colorado.doortodoororganics.com)

## MANAGING NEUROPATHY

"Peripheral neuropathy, a side effect of certain chemotherapy drugs, causes numbness, pain and tingling in the hands and feet. The exact mechanism of this chemotherapy-induced neuropathy is unknown. Supplementation may help alleviate symptoms of neuropathy.

**VITAMIN B6** - is known to help diabetic neuropathy and may help manage chemotherapy-induced neuropathy symptoms when taken in a safe dose. Taking 50 to 100 mg of B6 daily is safe and may be effective. If you are taking a multivitamin and/or B Complex, check the amount of B6 so that you do not go above 100 mg total per day.

**GLUTAMINE** - has been suggested to help chemotherapy-induced neuropathy, especially from Taxol. Taking 30g/day, as 15 grams twice daily, of Pure L-Glutamine Powder is considered safe for cancer patients. Try to find a powder without other "fillers" in the ingredient list.

**ALPHA-LIPOIC ACID (ALA)** - seems to reduce symptoms of peripheral neuropathy in diabetic patients, and may help with symptoms of chemotherapy-induced neuropathy. Taking 300 mg twice daily or 600 mg daily is considered a safe dose. Symptom improvement is seen within 3-5 weeks. ALA is an antioxidant, and when used in combination with radiation treatment, may reduce effectiveness of the cancer therapy. ALA can be used for up to 4 weeks safely. For long-term use, speak with your physician and dietitian.

**ACUPUNCTURE** - is an alternative therapy to oral supplementation. Emerging evidence supports acupuncture as effective in reducing chronic pain associated with cancer.

When considering supplementation, it is important to meet with a Registered Dietitian for an individualized dietary supplement plan."

From: "Ask the Nutritionist" at  
[www.dana-farber.org](http://www.dana-farber.org)

## Exercise



### CancerFit Program for Cancer Survivors

303.231.0943

"Cancerfit is a six-month program for adult cancer survivors of all ages and fitness levels. Participants are both men and women who have survived every type of cancer. Exercise physiologists with a cancer specialty oversee all aspects of the exercise regimen, which aids in recovery and general fitness during and after treatment. The fitness program includes flexibility, cardiovascular and strength training. CancerFit works with the Colorado Parks & Recreation Association providing programs at recreation centers across Colorado." See website for more info and to contact programs directly. \*\*Note: COCA has provided Cancer Fit with some scholarship funds. If you cannot afford the program, ask your local program or contact COCA directly."

[www.cpra-web.org](http://www.cpra-web.org)

### Boulder Cancer Survivorship Program

Avanti Therapy, 5350 Manhattan Circle, Suite 100, Boulder, CO 80303. 303.543.1201.

"The Boulder Cancer Survivorship Program (BCSP) provides therapeutic exercise, symptom management and nutritional guidance to individuals who are currently undergoing treatment for a cancer diagnosis as well as those who have completed their treatment. They help to reduce the disease and treatment related side effects that often compromise quality of life in cancer survivors. They see adult cancer survivors with all types and stages of cancer."

[www.avantitherapy.com/services/boulder-cancer-survivorship-program/](http://www.avantitherapy.com/services/boulder-cancer-survivorship-program/)

### Feisty Fit Females

Connie Carson, 720.635.3823. [concarson@aol.com](mailto:concarson@aol.com)  
1341 West Caley Avenue, Littleton, CO 80120.

"A free group for women cancer survivors, meets the final Thursday of most months from 6:30 to 8:30 pm. FFF is dedicated to helping women with cancer be more physically fit and well. Speakers present diversified topics that pertain to wellness and health."

[www.feistyfitfemales.org](http://www.feistyfitfemales.org)

## Acupuncture



### Colorado School of Traditional Chinese Medicine

1441 York Street [Colfax & York], Denver, CO, 80206.

303.329.6355 x10 - to schedule an appointment.

"The Advanced Student Clinic at CSTCM provides affordable acupuncture and is fully supervised by expert faculty from leading U.S. and mainland China universities. The session fee is \$25 in cash or check only. Clinic hours are

below. \*Thursday clinic focuses on Internal Medicine and patients should be willing to follow an herbal treatment plan as directed those days."

Tuesday: 4:30pm to 10:30pm

Wednesday 9:00am to 12:00pm & 1:00pm to 4:00pm

Wednesday 4:30pm to 10:30pm

\*Thursday: 9:00am to 12:00pm & 1:00pm to 4:00pm \*

Saturday: 1:00pm to 7:00pm

[www.cstcm.edu/content/advanced-student-clinic](http://www.cstcm.edu/content/advanced-student-clinic)

### Denver Community Acupuncture

2530 West 29th Ave. Denver, CO, 80211.

720.855.3160. [info@denveracu.com](mailto:info@denveracu.com)

"Denver Community Acupuncture is a fully licensed and board certified holistic health center conveniently located off I-25 and Speer Blvd in the Highlands neighborhood of Denver. The mission is to provide affordable acupuncture, Chinese herbal medicine, massage therapy, naturopathic medicine, psychotherapy, and skin care to everyone in the community. DCA works together with patients and other practitioners in the office to formulate individualized wellness plans that utilize knowledge of healthy living for a healthy community."

[denvercommunityacupuncture.com](http://denvercommunityacupuncture.com)

## Massage Therapy



**\*\*Remember: while in chemo treatment, only have massage with an oncology-trained massage therapist.\*\***

### Medicine Hands of Colorado

Cheryl A. Johnson, CMT & Joyce L. Wanderer, CMT

3460 S Sherman St, Suite 201, Englewood, Colorado 80113.

303.781.4444.

"The medical massage therapy team at Medicine Hands currently provides services in numerous hospital sites and private physician offices throughout the Denver metro area. The Touchstone Massage Network is a program to provide discounted services for patients who are in active cancer treatment (radiation or chemotherapy), or in pre-surgical or post-surgical recovery under the supervision of a medical doctor."

[www.medicinehandsofco.com](http://www.medicinehandsofco.com)

### Society for Oncology Massage

"We are focused on connecting people affected by cancer, their families and their caregivers with skilled oncology massage therapists. An oncology massage therapist is a massage therapist who, following comprehensive training in general massage therapy, has completed additional 'post-

graduate' training addressing the full spectrum of cancer-related issues. Therapists learn to adapt the extensive array of standard massage therapy techniques to work safely and effectively with people affected by cancer  
[www.s4om.org](http://www.s4om.org)

## Yoga



### Iyengar Yoga Center of Denver - Yoga for Cancer Survivors Class

770 S. Broadway, Denver, CO 80209. 720.570.9642.

"Free yoga class for people with cancer, Wednesdays from 1:00 - 2:15 pm. No yoga experience necessary. The class uses restorative sequences to help alleviate symptoms that can come with medical therapies, such as fatigue, headache, nausea and stress in general."

[iyengaryogacenter.com](http://iyengaryogacenter.com)

### Root Yoga Center - Cancer Support Class

1539 Platte Street Suite 201, Denver, CO 80202

Alana @ 720-232-7036 or [Alanamf@hotmail.com](mailto:Alanamf@hotmail.com)

"A Gentle Yoga class for Cancer Patients/Survivors and their family members. This class is suitable for all levels of people whether they are avid yoga practitioners or brand new to Yoga. Alana is a Certified Yoga Therapist who helps bring balance back to the body & mind. Saturdays at 11:00 am."

<http://www.rootyogacenter.com/yoga-classes/>

## Energy Therapies



### Lifespark Cancer Resources

355 South Teller Street, Ste 200, Lakewood, Colorado 80226.  
303.425.5670.

"LifeSpark is a non-profit, tax-exempt organization with trained practitioners who provide Reiki and Healing Touch sessions to individuals with cancer. These therapies complement traditional medical care and can help reduce fatigue, sleeplessness, anxiety, and nausea. Sessions are offered in Aurora, Boulder, Colorado Springs, Denver, Lakewood, Longmont, and Lone Tree."

[www.lifesparknow.org](http://www.lifesparknow.org)

### Spring in Winter QiGong Margaretta Gilboy

303.781.5460. [margilboy@gmail.com](mailto:margilboy@gmail.com)

"QiGong Therapy is a highly therapeutic type of bodywork which uses acupuncture and emitted qi energy in a systematic approach to balance the body's energy. It is successfully performed by a trained practitioner or master who can detect energy blockages and resolve them. Margaretta Gilboy,

master practitioner, has had great success in treating a wide variety of health conditions and disorders with QiGong."  
[www.springinwinterqigong.com](http://www.springinwinterqigong.com)

## Mind-Body Therapy



### Health Journeys.com

891 Moe Dr. Suite C, Akron, OH 44310. 800.800.8661.

"Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the Health Journeys guided imagery audio series. Nearly 2000 hospitals, mental health centers, recovery clinics and veteran centers distribute her guided imagery recordings, in most instances free of charge to recipients. Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. The Health Journeys audio series includes CDs to assist with chemo, surgery and pain."

[www.healthjourneys.com](http://www.healthjourneys.com)

### Exceptional Cancer Patients - ECaP

"In 1978, Dr. Bernie Siegel launched ECaP and talked about patient empowerment and the choice to live fully and die in peace. As a physician who has cared for and counseled innumerable people whose mortality has been threatened by illness, Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues."

[berniesiegelmd.com](http://berniesiegelmd.com)

## Counseling



### Univ of Colo. Cancer Information & Counseling Line

"For both patients and caregivers, it is not unusual to use counseling services while going through the cancer experience. Patients may experience depression from brain chemistry changes during chemo which may be alleviated with medication. The University of Colorado hosts the Cancer Information & Counseling Line to provide free, brief phone counseling and assistance in finding long-term counseling."

1.800.525.3777. [cicl@ucdenver.edu](mailto:cicl@ucdenver.edu).

Mon.-Fri. 8:30am -4:30pm MT.

[www.ucdenver.edu/academics/colleges/medicalschool/centers/cancercenter/CancerCare/Learn-AboutCancer/Pages/CICL.aspx](http://www.ucdenver.edu/academics/colleges/medicalschool/centers/cancercenter/CancerCare/Learn-AboutCancer/Pages/CICL.aspx)

### People House

People House (Main): 3035 West 25th Avenue, Denver, CO 80211. 303.480.5130.

People House East: 13693 E. Iliff Ave., Suite 112, Aurora,

CO 80014. 303.480.5130.

"People House offers affordable and professional counseling services to the Denver Metro community, in addition to free community programs. They serve people who are in crisis, life transition and/or who are motivated to develop themselves physically, psychologically, and spiritually."

[www.peoplehouse.org](http://www.peoplehouse.org)

### **Southwest Counseling Associates**

303-730-1717, [sca@southwestcounseling.org](mailto:sca@southwestcounseling.org)

141 West Davies Avenue, Littleton, CO 80120.

8120 N Sheridan Blvd, Westminster, CO 80031, Suite B217

"Southwest Counseling Associates offers a full spectrum of psychotherapeutic services for individuals, couples and families throughout their life span. With an emphasis on time-effective therapy, the 18 licensed counselors at SCA are on the cutting edge of clinical expertise. Treatment builds on the client's unique strengths and positive experiences to produce desired change. Whether it is providing traditional or Christian counseling, SCA focuses on clinical professionalism and time-efficiency."

[www.southwestcounseling.org](http://www.southwestcounseling.org)

## *Arts for Healing*



### **N.E.D. - A Rock Band With A Mission.**

"A unique band of six gynecologic oncology surgeons from across the country, N.E.D. is taking healing and the arts to a new level. What was started as a novelty meant to entertain, has turned into a powerful awareness movement to give a voice to women effected by gynecologic cancers. N.E.D. or 'No Evidence of Disease', are the words every cancer patient wants to hear. The cornerstone of N.E.D.'s mission is education and awareness. Their songs are designed to empower women, give them hope and to break the silence surrounding gynecologic cancers."

[www.nedtheband.com](http://www.nedtheband.com)

### **Lilly Oncology on Canvas**

"'Lilly Oncology On Canvas' was created to help people affected by cancer cope with the emotional side of the disease. This biennial competition invites people to express, through art and narrative, the life-affirming changes that give their cancer journeys meaning."

[www.lillyoncologyoncanvas.com](http://www.lillyoncologyoncanvas.com)

## *Retreats & Outdoor Experiences for Cancer Survivors*



### **Live by Living**

Dan Miller, 4975 Stuart St., Denver CO, 80212.

303.808.2339. [dsm@livebyliving.org](mailto:dsm@livebyliving.org)

"Live By Living provides transformative outdoor experiences for cancer survivors and their caregivers."

[www.livebyliving.org](http://www.livebyliving.org)

### **Epic Experience**

PO Box 753 Arvada, CO 80001-0753.

1.855.650.9907. [info@epicexperience.org](mailto:info@epicexperience.org)

"This program offers free week-long outdoor stays in Sweetwater, CO, to adult cancer survivors and fighters. Epic Experience was created with one mission – to offer hope to individuals who have been affected by cancer. Through these experiences, cancer survivors can discover that cancer no longer defines them, but is simply part of their life journey."

[www.epicexperience.org](http://www.epicexperience.org)

### **Courageous Women, Fearless Living: A Retreat for Women Touched by Cancer**

Shambhala Mountain Center, Red Feather Lakes, CO, 80545.

970.581.4208. [info@cwfl.org](mailto:info@cwfl.org)

Each August, "this annual five-day retreat brings together ancient wisdom practices and modern day knowledge to create a healing environment that supports and empowers women touched by cancer. The extraordinary team of

experts share their wisdom in integrative medicine, yoga, mindfulness practice, healing meditations, art, ritual and more. By integrating body, mind and spirit, you will discover ways to meet the totality of the cancer experience directly and courageously. Please join in this transformative journey."

[cwfl.org](http://cwfl.org)

### **Domus Pacis Family Respite**

"Domus Pacis Family Respite encourages cancer patients, their families and friends to escape to the beauty of the mountains and experience the peace that comes from creating joyful memories for the people they most cherish." Participants must be nominated by a healthcare provider. Contact Susan at COCA for more info: 720-519-3122,

[susan@colo-ovariancancer.org](mailto:susan@colo-ovariancancer.org)

### **Camp Mak-A-Dream**

P.O. Box 1450, Missoula, Montana 59806

406.549.5987. [info@campdream.org](mailto:info@campdream.org)

"Camp Mak-A-Dream offers annual Spring and Fall Ovarian Cancer Survivor Retreats and a yearly Women's Cancer Retreat, with a mission to provide medically supervised, cost-free Montana experiences in an intimate community setting for those affected by cancer."

[www.campdream.org](http://www.campdream.org)

# Survivorship

## What Does “Survivorship” Mean?

“Survivorship’ means different things to different people. The National Cancer Institute’s booklet, *Facing Forward: Life After Cancer Treatment*, defines a ‘cancer survivor’ in the following way: ‘The term cancer survivor includes anyone who has been diagnosed with cancer, from the time of diagnosis through the rest of his or her life.’ Many other organizations consider ‘Cancer Survivors’ to be: ‘People affected by the diagnosis, including family members, friends, and caregivers’ ([www.cdc.gov/cancer/survivorship](http://www.cdc.gov/cancer/survivorship)). You may not personally relate to the term ‘cancer survivor’—maybe ‘warrior’ is more your speed, or nothing at all—but many use the term ‘survivor’ to describe those who take an active and positive role in their own care. The fact is: the number of cancer survivors in this country is steadily climbing thanks to better diagnostic tools and treatments. There are now over 12 million cancer survivors living in the United States. That’s more than the population of New York City!”

From: [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

## A New Normal



While it is normal to look forward to the day when chemotherapy ends and life goes back to normal, it can often be a bumpy time of transition and readjustment. During surgery and chemo when the focus is on survival, your healthcare team, friends and family are generally right there for you. Once your treatment ends, however, the focus dissipates while the trauma and grief of the experience may come forward to finally be processed. This is a phenomenon now understood by cancer experts, who suggest developing a “Survivorship Care Plan” that includes pro-active ways to move forward after treatment.

### The “What Is Next? (WIN)” Program at University of Colorado Cancer Center

UCH Stapleton Clinic (AF Williams), 3055 Roslyn St., Suite 100. Denver, CO 80238.

720.848.0349, 720.848.9000. [uch-survivorship@uch.edu](mailto:uch-survivorship@uch.edu)

“If you have recently completed treatment and are wondering, “What is next?” the WIN Program can help you get the answers you need. WIN is a series of clinic visits led by healthcare professionals with clinical experience specific to cancer. These visits are held in a group setting and are paid for by most insurance plans. Each session requires a co-pay. The goals of these clinic visits are to: 1) Help you identify your cancer survivorship healthcare needs; 2) Learn about symptom management; 3) Receive state-of-the-art information about how to keep yourself healthy. 4) Design a personalized wellness plan; 5) Assist you in creating a partnership with your medical team; 6) Link you to appropriate resources and referrals; 7) Gain an understanding of how treatment summary and care documents can be useful for your future healthcare needs; 8) Provide you with your personalized cancer treatment summary and care plan. Specialty Providers leading these clinic visits include: Physicians, Physical Therapists, Dietitians, Exercise Specialists, Health Psychologists.

[www.uch.edu/conditions/cancer/support-education/after-treatment/survivorshipclinics/#WIN--WHAT-IS-NEXT?](http://www.uch.edu/conditions/cancer/support-education/after-treatment/survivorshipclinics/#WIN--WHAT-IS-NEXT?)

### Journey Forward

707.636.5900. Mon.-Fri. 9am -5pm, PST/PDT. [info@JourneyForward.org](mailto:info@JourneyForward.org)

“More and more people are surviving cancer, but once treatment ends many survivors feel a bit lost and unsure about their next steps. The Journey Forward online program promotes the use of a Survivorship Care Plan. These plans, completed by the Survivor’s oncology team, give clear steps for care after active treatment. A typical plan begins with a simple, yet complete, treatment summary and offers guidelines for monitoring future care. While this program does not feature a specific plan for ovarian cancer, it was created by a unique collaboration of organizations with the common goal of improving survivorship care: National Coalition for Cancer Survivorship; UCLA Cancer Survivorship Center; Oncology Nursing Society; WellPoint, Inc.; Genentech.”

[journeyforward.org/about-journey-forward](http://journeyforward.org/about-journey-forward)



## Managing Fear, Anxiety, Depression & Grief

### MANAGING FEAR, ANXIETY, DEPRESSION, GRIEF

from The National Cancer Institute - [www.cancer.gov](http://www.cancer.gov)

“Some patients living with cancer have a low level of distress and others have higher levels of distress. The level of distress ranges from being able to adjust to living with cancer to having a serious mental health problem, such as major depression. However, most patients with cancer do not have signs or symptoms of any specific mental health problem. This summary describes the less severe levels of distress in patients living with cancer, including:

- **Normal adjustment**—A condition in which a person makes changes in his or her life to manage a stressful event such as a cancer diagnosis. In normal adjustment, a person learns to cope well with emotional distress and solve problems related to cancer.
- **Psychological and social distress**—A condition in which a person has some trouble making changes in his or her life to manage a stressful event such as a cancer diagnosis. Help from a professional to learn new coping skills may be needed.
- **Adjustment disorder**—A condition in which a person has a lot of trouble making changes in his or her life to manage a stressful event such as a cancer diagnosis. Symptoms such as depression, anxiety, or other emotional, social, or behavioral problems occur and worsen the person's quality of life. Medicine and help from a professional to make these changes may be needed.

- **Anxiety disorder**—A condition in which a person has a lot of anxiety from a stressful event such as a cancer diagnosis. The anxiety affects his or her ability to manage emotions, social relationships, and work life. Medicine and help from a professional to manage the anxiety may be needed.”

From: [www.cancer.gov/cancertopics/pdq/supportivecare/adjustment/Patient/page1](http://www.cancer.gov/cancertopics/pdq/supportivecare/adjustment/Patient/page1)

### National Coalition for Cancer Survivorship

1010 Wayne Avenue, Suite 770, Silver Spring, MD 20910.

877.NCCS.YES [info@canceradvocacy.org](mailto:info@canceradvocacy.org)

“The award-winning Cancer Survival Toolbox® is a free, self-learning audio program that has been developed by leading cancer organizations to help people develop important skills to better meet and understand the challenges of their illness. The program contains a set of basic skills to help navigate a diagnosis and special topics on key issues faced by people with cancer. It is given to newly diagnosed patients as well as those transitioning off treatment. The Cancer Survival Toolbox® encourages people with cancer and their caregivers to take a more active role in their treatment and care. The audio program can be listened to on the internet as well as downloaded for future use. The Toolbox is available in English and Spanish.”

[www.canceradvocacy.org](http://www.canceradvocacy.org)

[www.canceradvocacy.org/toolbox](http://www.canceradvocacy.org/toolbox)

## In Case of Recurrence



One of the realities of ovarian cancer is the concern of recurrence. While it is best not to live with continual anxiety about the possibility, it is wise to have a plan in case it happens. If ovarian cancer does recur, it can be helpful to have a “molecular profile” of the tumor done in order to see what overall genetic mutations are present (this is in addition to the BRCA genetic testing that may have been done to determine family inheritance). This is also a time to consider clinical trials, before the use of more chemo reduces the opportunity to join a study (see page 15).

### The Clarity Foundation

4365 Executive Drive, Suite 1500, San Diego, CA 92121. 858.459.5177. [info@clarityfoundation.org](mailto:info@clarityfoundation.org)

“With cancer, each tumor may look similar under a microscope, yet every tumor is composed of different molecular profiles (‘blueprints’). Understanding the blueprint is the key to finding the right treatments for each individual's cancer. The Clarity Foundation is a 501(c)(3) not-for-profit, founded by an ovarian cancer survivor and scientist, Dr. Laura Shawver, and helps patients acquire and interpret their tumor blueprints. The Clarity Foundation will also provide the financial support for the profiling work if you are unable or it is not covered by your insurance.

The Clarity Foundation will help you obtain your tumor profile if you have had a:

- recurrence since first diagnosis and doctor has planned another surgery or a biopsy to remove tumor tissue
- recurrence since first diagnosis and surgery or biopsy was performed to remove tumor tissue within the last year.”

Feel free to contact Clarity at 858.459.5177 with questions or concerns.

[www.clarityfoundation.org](http://www.clarityfoundation.org)



## Helping Other Survivors



Sometimes helping others is a good way to help oneself. As an ovarian cancer survivor, your experience can be of benefit to someone newly diagnosed, to someone who wants to talk to a fellow survivor, to a healthcare professional or a medical researcher. Your participation in helping may truly make a difference in another person's life. If you are an ovarian cancer survivor and feel you are ready to talk about your experience, please consider telling your story and getting the word out.

### Survivors Teaching Students: Saving Women's Lives®

"Through the Ovarian Cancer National Alliance's innovative educational program, Survivors Teaching Students: Saving Women's Lives®, future health professionals — physicians, nurse practitioners, nurses and physician assistants — increase their understanding of ovarian cancer symptoms and risk factors so that they will be able to diagnose the disease when it is in its earlier, most treatable stages. Survivors Teaching Students® brings ovarian cancer survivors into health professionals' classrooms to share their stories and key information about the disease. The program has grown to include 92 medical schools around the country as well as 45 nurse practitioner, nursing and physician assistant training programs and schools. During each free one-hour presentation:

- Several ovarian cancer survivors, many of whom were diagnosed at an advanced stage, put a face and voice to the disease and tell their stories to illustrate the difficulty of early diagnosis and the resulting extended and recurring treatment.
- Students gain insights into listening to patient concerns and become sensitized to the psychosocial aspects of ovarian cancer as well as the need for early detection.
- Survivors and students directly interact to enhance the students' learning.
- Students are surveyed to assess their understanding of the disease and the presentation's value."

From: [www.ovariancancer.org/about-us/survivors-teaching-students/](http://www.ovariancancer.org/about-us/survivors-teaching-students/)

COCA, as a partner member of the Ovarian Cancer National Alliance (OCNA), presents the Survivors Teaching Students: Saving Women's Lives® (STS) program at the University of Colorado School of Medicine on a regular basis. Our teams of ovarian cancer survivors offer free presentations to the medical students with a goal of raising awareness about ovarian cancer among new doctors in Colorado and beyond. We hope to expand the program to nursing schools in 2014.

- **If you are an ovarian cancer survivor interested in participating in this program, contact us:**  
**1.800.428.0642. sts@colo-ovariancancer.org**
- For more information see:  
[www.colo-ovariancancer.org/sts](http://www.colo-ovariancancer.org/sts)

### Nicki's Circle

Nick's Circle Support Groups are a powerful place for women diagnosed with ovarian cancer to come together and talk about their experiences. Survivors who have made it through the journey and are willing to share their knowledge with others are a vital part of the group experience. As one group member once said, "You may not need the group, but the group may need you." Please consider joining a Nicki's Circle group and discover how rewarding it can be to help other women as they journey down the path.

[www.colo-ovariancancer.org/nickiscircle](http://www.colo-ovariancancer.org/nickiscircle)

### HEALTH FAIRS AND RAISING AWARENESS

COCA has provided information about ovarian cancer at many health fair venues in Colorado since its inception, in an effort to alert women to the symptoms and early detection. Every year, COCA participates with the 9Health Fair at sites all over Colorado. If you would like to help raise awareness about the symptoms of ovarian cancer, please join COCA's efforts to reach the community by volunteering to staff a health fair table. You can contact COCA's volunteer coordinator to schedule a training. For more information, contact Jeanene at [jeanene@colo-ovariancancer.org](mailto:jeanene@colo-ovariancancer.org), or call 720.971.9436.

[www.colo-ovariancancer.org/healthfairs](http://www.colo-ovariancancer.org/healthfairs)

[www.colo-ovariancancer.org/volunteernow](http://www.colo-ovariancancer.org/volunteernow)

COCA hopes to establish a peer-to-peer mentoring program in the future. If you are interesting in being a mentor to another survivor, please contact Susan at COCA: 720.519.3122, [susan@colo-ovariancancer.org](mailto:susan@colo-ovariancancer.org)

# Transitions

## Quality of Life



### PALLIATIVE CARE

#### Pain & Symptom Management

If you find that you are dealing with pain and uncomfortable symptoms in the course of dealing with ovarian cancer, palliative care is highly recommended. While palliative care is focused on relieving pain and managing symptoms - including nausea, difficulty sleeping, constipation, nutrition issues, etc. - it provides additional support in cooperation with those who are medically treating the disease. A team - including a palliative care physician, nurses, certified nurses' aides, social worker and chaplain - is assigned to you and provides a spectrum of physical, emotional and spiritual care. Once the pain and symptoms are under control, the care may be less frequent or discontinued altogether. Check with your doctor about recommendations for palliative care.

#### Optio Palliative Care at Home

501 S. Cherry St., #700, Denver, CO 80246.

303.321.2929. [info@care4denver.org](mailto:info@care4denver.org)

"Optio Palliative Care at Home' is a team of highly trained professionals focused on improving quality of life for patients with serious disease. The team includes nurse practitioners, licensed social workers and registered nurses. Optio Palliative Care at Home focuses on:

- Acute pain and symptom management
- Emotional support for patient and family
- Advanced directives and goals of care discussions
- RN telephonic care management
- After hours phone support provided by medical staff."

[www.optiohealth.org](http://www.optiohealth.org)

## End of Life

### HOSPICE CARE

In the course of dealing with recurrent ovarian cancer there may be a point where tough decisions will need to be made. If you know that your quality of life is no longer what you wish it to be, hospice care can be started once the decision is made not to pursue any further medical treatment. It is highly suggested that a hospice team be called in sooner than later, as they offer compassionate care for both the patient and the family during the transitional time before death. The hospice team is similar to a palliative care team - including a palliative care physician, nurses, certified nurses' aides, social worker and chaplain - and can be tremendously supportive through the entire process. It can also be the case that one "graduates" from hospice if the progression of disease stops and quality of life is resumed.

### The Denver Hospice

501 S. Cherry St, #700, Denver, CO 80246. 303.321.2828.

"The Denver Hospice is on call around-the-clock with palliative care physicians, nurses, certified nurses' aides, social workers and chaplains. From medications to medical supplies and equipment to bring comfort and manage symptoms, they supply it all. Their clinical staff, care center and network of health-care partners serve a nine-county Denver Metro area." Grief support programs also available. [www.thedenverhospice.org](http://www.thedenverhospice.org)

To find a hospice in your area. talk to your doctor or visit:

[www.hospicedirectory.org](http://www.hospicedirectory.org)

## Grief Support

### The Heartlight Center

11150 E. Dartmouth Avenue, Denver, CO 80014.

720.748.9908. [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

"The HeartLight Center, a not-for-profit organization founded in 2001, provides affordable grief support and education for adults in the Denver Metro area who are experiencing the pain and sorrow following the death of a loved one. Offered in group sessions, their work provides participants insight to gain the strength and peace they need to effectively move forward with their lives."

[www.heartlightcenter.org](http://www.heartlightcenter.org)

### Center for Loss & Life Transition

3735 Broken Bow Road, Fort Collins, CO 80526.

970.226.6050.

"Dr. Alan Wolfelt founded the Center for Loss more than 20 years ago to compassionately support mourners by walking with them in their unique life journeys through a model of 'companioning' versus 'treating' people in grief."

[www.centerforloss.com](http://www.centerforloss.com)

### Judi's House - for grieving children

1741 Gaylord St., Denver CO, 80206. 720.941.0331

"At Judi's House, children and teens ages 3-24 have the opportunity to participate in support groups with children their own age who have had similar experiences relating to death loss. Children and their adult caregivers are taught healthy coping mechanisms for dealing with the death of a loved one. They are given the freedom to grieve in their own way and at their own pace, and ultimately learn that hope and healing are possible."

[www.judishouse.org](http://www.judishouse.org)

COCA honors losses in our community:

[www.colorado-ovariancancer.org/weremember](http://www.colorado-ovariancancer.org/weremember)

[www.colorado-ovariancancer.org/sadnews](http://www.colorado-ovariancancer.org/sadnews)

## Books of Interest



### Anti Cancer: A New Way of Life

by David Servan-Schreiber, MD, PhD

"When David Servan-Schreiber, a dedicated scientist and doctor, was diagnosed with brain cancer, his life changed. Combining memoir, concise explanation of what makes cancer cells thrive and what inhibits them, and drawing on both conventional and alternative ways to slow and prevent cancer, *Anti Cancer* is revolutionary. It is a moving story of a doctor's inner and outer search for balance; radical in its discussion of the environment, lifestyle, and trauma; and compelling and cautionary in its proposal that cancer cells lie dormant in all of us and that we all must care for the 'terrain' in which they exist."

[www.anticancerbook.com](http://www.anticancerbook.com)

### Embrace, Release, Heal

by Leigh Fortson

"Leigh's powerful journey and the qualities she believes are necessary for healing cancer are the focus of this book. But it also includes many first-hand and intimate stories by others that explore the nature of cancer from a scientific, psychological, alternative and spiritual point of view."

[www.embracehealingcancer.com](http://www.embracehealingcancer.com)

### Five to Thrive

by Dr. Alschuler, and Karolyn Gazella

Written by two cancer survivors (one ovarian), science-based information on how to keep your body healthy and discourage recurrences. "Transform your internal landscape with these five pathways: Immune, Inflammation, Hormones, Insulin Resistance, Digestion/Detoxification."

[fivetothriveplan.com/books/five-to-thrive](http://fivetothriveplan.com/books/five-to-thrive)

### Foods to Fight Cancer: Essential Foods to Help Prevent Cancer

by Richard Béliveau, PhD

"Detailing the key foods that have been medically shown to be beneficial in both preventing and fighting cancer. Author Richard Béliveau, PhD, is a leading authority in cancer research, holds the Chair in the Prevention and Treatment of Cancer at the Université du Québec à Montréal, where he is a professor of biochemistry."

[www.amazon.com](http://www.amazon.com)

[www.richardbeliveau.org](http://www.richardbeliveau.org)

### Happiness in a Storm

by Wendy Harpham, M.D.

"Wendy S. Harpham, M.D. offers practical philosophy and

science-based knowledge to help you get good care and find happiness when dealing with a medical challenge."

[www.wendyharpham.com](http://www.wendyharpham.com)

### The Journey Through Cancer

by Jeremy Geffen, M.D.

"This book describes an integrative approach to cancer treatment and recovery through a description of the 'Seven Levels of Healing' that show how to transform every aspect of the journey in a new and comprehensive way." The "7 Levels of Healing" workshops, based on this book, are held locally at Rocky Mountain Cancer Centers throughout Colorado.

[www.geffenvisions.com](http://www.geffenvisions.com)

### Love is a Journey: Couples Facing Cancer

By Jan Latona, Ph.D. & Gary J. Stricklin, Ph.D

"The diagnosis of 'cancer' is frightening enough for the patient. But the disease has a deep impact on the patient's partner and the couple's relationship as well. Life is not the same, and a new journey has begun."

[bookstore.authorhouse.com](http://bookstore.authorhouse.com)

### Love, Medicine & Miracles

by Bernie Siegel, M.D

Dr. Bernie Siegel says: "Unconditional love is the most powerful stimulant of the immune system. The truth is: love heals. Miracles happen to exceptional patients every day – patients who have the courage to love, those who have the courage to work with their doctors to participate in and influence their own recovery."

[berniesiegelmd.com/products-page/](http://berniesiegelmd.com/products-page/)

### Mindfulness-Based Cancer Recovery

by Linda E. Carlson, PhD and Michael Speca, PsyD

"Psycho-oncology researchers and colleagues Linda Carlson and Michael Speca ran mindfulness-based groups for cancer patients for over ten years, and that experience led to the development of this powerful program."

[ucsdcm.wordpress.com](http://ucsdcm.wordpress.com)

### Outshine: An Ovarian Cancer Memoir

by Karen Ingalls

"A story of survival reminding readers that disease is not an absolute, but a challenge to recover. Proceeds from each sale are donated directly to ovarian cancer research."

[www.outshineovariancancer.com](http://www.outshineovariancancer.com)

Read Karen's blog at:

[www.outshineovariancancer.blogspot.com](http://www.outshineovariancancer.blogspot.com)

## Books of Interest, *continued*

### **The Ultimate Guide to Ovarian Cancer**

by Dr. Benedict B. Benigno, M.D.

"In this breakthrough book, Dr. Benedict B. Benigno offers a compassionate, easy-to-understand in-depth look into standard and out-of-the-box ovarian cancer treatments and a thorough examination of the basic science research that will eventually cause a revolution in the way all cancers will be treated."

[ugynonc.com/ultimate-guide-to-ovarian-cancer/](http://ugynonc.com/ultimate-guide-to-ovarian-cancer/)

### **The Four Things That Matter Most Dying Well**

by Dr. Ira Byock, M.D.

"It is important to understand that 'dying well' involves a process of finding 'good' byes with the relationships in one's life that can offer true peace at the end. The books by Dr. Ira Byock, 'The Four Things That Matter Most' and 'Dying Well' offer an inspiring blueprint for how to take steps toward a meaningful and peaceful death."

[www.thefourthings.org](http://www.thefourthings.org)

[www.thefourthings.org/dyingwell.htm](http://www.thefourthings.org/dyingwell.htm)

## Local Authors



### **Althea Re-Balances her Life:**

**The emotional challenges one survivor faces after chemo for Ovarian Cancer**

by Annette McElhiney

"This short colorful booklet illustrates the 'roller coaster life' cancer survivors are on after completing chemo. Feelings are often illustrated through the paintings of Althea in various predicaments. Annette reveals that it is 'ok' to be angry but one also needs to see oneself in an objective way. She hopes to unveil the feelings of cancer survivors and to help them cope. All royalties support ovarian cancer research."

[altheaannettedesigns.net](http://altheaannettedesigns.net)

### **Chasing Rainbows:**

**My Triumph over Ovarian Cancer**

by Luci Berardi

"My intention? To provide fellow cancer fighters with the weapons of hope and alternative therapies after diagnosis and during and after active treatment. We all want hope - to beat this disease, to go back to our once 'normal' life, and not die. We are all frightened, and the unconditional caring and hope we feel among other fighters and survivors will provide a source of comfort. My search ranged from conventional medicine, alternative therapies and the Spiritual. In the end, I found they all played an essential role in my successful campaign to become, and remain once again, cancer-free."

[luciberardi.com](http://luciberardi.com)

### **Dancing Joyfully, With or Without NED:**

**A Blueprint using Art to Survive Ovarian Cancer**

by Annette McElhiney

"This colorful booklet combines the healing journey of Annette Bennington McElhiney, diagnosed with stage IIIC ovarian cancer, with poems of Emily Dickinson and her own original paintings. The title of the booklet, 'Dancing Joyfully, With or Without NED' should have particular meaning to cancer survivors. The acronym NED (no evidence of disease) is a goal for which every survivor strives. However, enjoying life either with or without disease is the basic message of this booklet."

[altheaannettedesigns.net](http://altheaannettedesigns.net)

### **I'm Done With Cancer**

by Christine Grininger

"Embracing accountability for her [ovarian cancer] disease Christine Grininger got in touch with the real cause of her cancer, and she did something about it. Beyond doctors, beyond medicine, beyond conventional treatment, Christine took charge of her recovery and now she stands in wellness."

[imdonewithcancer.com](http://imdonewithcancer.com)

## Magazines

### **Coping with Cancer Magazine - [copingmag.com/cwc](http://copingmag.com/cwc)**

"For 27 years, *Coping* has been a source of knowledge, hope and inspiration to people worldwide."

### **CURE Magazine - [www.curetoday.com](http://www.curetoday.com)**

"Combining science with humanity, *CURE* makes cancer understandable."

### **CancerToday Magazine - [www.cancertodaymag.org](http://www.cancertodaymag.org)**

"Published quarterly by the American Association for Cancer Research, *Cancer Today* is the authoritative resource."

# Colorado Cancer Centers & Clinics

## Denver Metro Area



### University of Colorado Hospital - NCI Designated Cancer Center

Anschutz Cancer Pavilion, 1665 Aurora Ct., Aurora, CO 80045. 303.724.2066.

[www.uch.edu/conditions/cancer](http://www.uch.edu/conditions/cancer)

### Denver Health - Cancer Care

Davis Pavilion, 700 Delaware Street, 2nd floor, Denver, CO 80204. 303.436.4949. Nurse Line: 303.739.1211.

[denverhealth.org/MedicalServices/CancerCare.aspx](http://denverhealth.org/MedicalServices/CancerCare.aspx)

### Littleton Adventist Hospital - Cancer Care

7700 S Broadway, Littleton, CO 80122. 303.730.8900.

[www.mylittletonhospital.org/cancer-care](http://www.mylittletonhospital.org/cancer-care)

### Lutheran Medical Center - Comprehensive Cancer Center

8300 West 38th Avenue, Wheat Ridge, CO 80033.

303.425.4500.

[www.exempla.org](http://www.exempla.org)

### Medical Center of Aurora Comprehensive Cancer Care

1501 S. Potomac Street Aurora, CO 80012.

303.695.2600.

[www.auroramed.com](http://www.auroramed.com)

### Mountain Blue Cancer Care Center

400 Indiana Street, Suite 270, Golden, CO 80401.

303.953.7400.

[mountainbluecare.org](http://mountainbluecare.org)

### Parker Adventist Hospital - Cancer Care

9395 Crown Crest Blvd, Parker, CO 80138.

303.269.4000.

[www.parkerhospital.org/cancer-care](http://www.parkerhospital.org/cancer-care)

### Porter Adventist Hospital - Cancer Care Center

2525 S. Downing, Denver, CO 80210.

303.778.1955.

[www.porterhospital.org/cancer](http://www.porterhospital.org/cancer)

### Presbyterian/St. Luke's Medical Center - Cancer Care

1719 East 19th Ave. Denver, CO 80218.

303.839.6000.

[www.pslmc.com/conditions\\_we\\_treat/cancer\\_care](http://www.pslmc.com/conditions_we_treat/cancer_care)

### Red Rocks Cancer Center

400 Indiana St #240, Golden, CO 80401.

303.945.2960.

[www.redrockscancercenter.com](http://www.redrockscancercenter.com)

### Rocky Mountain Cancer Centers

**Denver Midtown:** 303.388.4876

1800 Williams St., Suite 200, Denver, 80218.

**Aurora:** 303.418.7600

1700 So. Potomac, Aurora 80012

**Denver Rose:** 303.321.0302

4700 E. Hale Parkway, Suite 400, Denver, 80220.

**Lakewood:** 303.430.2700

34 Van Gordon St., Suite 160, Lakewood, 80228.

**Littleton:** 303.730.4700

22 W. Dry Creek Cr., Littleton, 80120.

**Lone Tree:** 303.925.0700

10103 Ridgeway Parkway, Suite G01, Lone Tree, 80124.

**Parker:** 303.269.4000

9395 Crown Crest Blvd, Parker, 80138.

**Thornton:** 303.386.7622

8820 Huron St., Thornton, 80260.

[rockymountaincancercenters.com/](http://rockymountaincancercenters.com/)

### Rose Medical Center - Cancer Care

4567 E. 9th Ave. Denver, CO 80220.

303.320.2121.

[www.rosemed.com](http://www.rosemed.com)

### Sky Ridge Medical Center - Cancer Care

10101 Ridgeway Parkway, Lone Tree, CO 80124.

720.225.1000.

[www.skyridgemedcenter.com](http://www.skyridgemedcenter.com)

### St. Anthony Hospital - Cancer Center

11600 W. 2nd Place, Lakewood, CO 80228.

720.321.8350.

[www.stanthonyhosp.org/cancer](http://www.stanthonyhosp.org/cancer)

### St. Joseph Hospital - Comprehensive Cancer Center

1835 Franklin St, Denver, CO 80218.

303.837.7111.

[www.exempla.org](http://www.exempla.org)

### Swedish Medical Center - Cancer Care Center

501 E. Hampden Ave. Englewood, CO 80113.

303.788.5000.

[www.swedishhospital.com](http://www.swedishhospital.com)

**Kaiser Permanente Colorado**

*Complete cancer care treatment and support programs for patients with Kaiser Permanente insurance coverage.*

**North Metro****Boulder Community Hospital - Tebo Family Cancer Center & Grillo Health Information Center**

4715 Arapahoe Ave, Boulder, 80303. 720.854.7293.  
[www.bch.org/cancer-care-services/tebo.aspx](http://www.bch.org/cancer-care-services/tebo.aspx)  
[healthquestionresearch.com](http://healthquestionresearch.com)

**Rocky Mountain Cancer Center - Boulder**

4715 Arapahoe Ave, Boulder, 80303.  
 303.385.2000  
[rockymountaincancercenters.com](http://rockymountaincancercenters.com)

**Exempla Good Samaritan Medical Center - Lafayette Comprehensive Cancer Center**

200 Exempla Circle, Lafayette, CO 80026.  
 303.689.4000.  
[www.exempla.org](http://www.exempla.org)

**Salud Family Clinic - Commerce City**

6255 N. Quebec Parkway, Commerce City, CO, 80022.  
 303.286.8900  
[www.saludclinic.org/#!/commerce-city/c1sjf](http://www.saludclinic.org/#!/commerce-city/c1sjf)

**Platte Valley Medical Center - Oncology - Brighton**

1600 Prairie Center Parkway, Suite 270, Brighton, CO 80601.  
 303.498.2200, 303.498.1600.  
[pvmc.org/services/oncology](http://pvmc.org/services/oncology)

**Salud Family Clinic - Brighton**

1860 Egbert Street, Brighton, CO, 80601.  
 303.659.4000  
[www.saludclinic.org/#!/brighton/c16lx](http://www.saludclinic.org/#!/brighton/c16lx)

**Rocky Mountain Cancer Center - Longmont**

2030 Mountain View Drive, Suite 210, Longmont, CO 80501.  
 303.684.1900.  
[rockymountaincancercenters.com](http://rockymountaincancercenters.com)

**Longmont United Hospital - Hope Cancer Care Center**

1950 Mountain View Avenue, Longmont, CO. 80501.  
 303.651.5252.  
[www.luhcares.org/Services/CancerCare.aspx](http://www.luhcares.org/Services/CancerCare.aspx)

**Salud Family Clinic - Longmont**

220 E. Rogers Road, Longmont, CO, 80501.  
 303.776.3250  
[www.saludclinic.org/#!/longmont/cwys](http://www.saludclinic.org/#!/longmont/cwys)

**Northeast****Cancer Care and Hematology - Loveland**

2500 Rocky Mountain Avenue, North Medical Office Bldg.,  
 Loveland, CO 80538. 970.203.7083.  
[pvhs.org](http://pvhs.org)

**McKee Medical Center - Loveland**

2000 Boise Ave., Loveland, CO 80538.  
 970.669.4640.  
[www.bannerhealth.com/Locations/Colorado](http://www.bannerhealth.com/Locations/Colorado)

**Poudre Valley Hospital - Ft. Collins Outpatient Infusion**

1024 South Lemay Avenue, 3rd Floor, Ft. Collins, CO 80524.  
 970-495-8380.  
<http://pvhs.org/body.cfm?id=633&fr=true>

**Front Range Cancer Specialists - Ft. Collins**

2315 E. Harmony Road, Suite 110, Fort Collins, CO 80528.  
 970.212.7600.  
[www.frontrangecancer.com](http://www.frontrangecancer.com)

**The Women's Resource Center of Larimer County**

424 Pine Street, Suite 201, Fort Collins, CO, 80524.  
 970.484.1902 [wrc@womens-resource.org](mailto:wrc@womens-resource.org)

The Women's Resource Center of Larimer County is the only organization in the county providing healthcare navigation to low-income, under/uninsured women through education, early prevention, knowledge and testing, and disease-specific advocacy and patient navigation.  
[womens-resource.org/](http://womens-resource.org/)

**Cancer Care & Hematology - Ft. Collins**

2121 E. Harmony Road, Suite 150, Ft. Collins, CO 80528.  
 970.493.6337.  
<http://www.pvhs.org/body.cfm?id=843&fr=true>

**Salud Family Clinic - Ft. Collins**

1635 Blue Spruce Drive, Fort Collins, CO, 80524.  
 970.494.4040  
[www.saludclinic.org/#!/fort-collins/c12y0](http://www.saludclinic.org/#!/fort-collins/c12y0)

**Greeley Medical Clinic, Cancer Care- Greeley**

1900 16th St., Greeley, CO 80631.  
 970.353.1551.  
<http://pvhs.org/body.cfm?id=842&fr=true>

**North Colorado Medical Center - Greeley**

1801 16th St., Greeley, CO 80631.  
 970.352.4121.

# Colorado Cancer Centers & Clinics, *continued*

[www.bannerhealth.com/Locations/Colorado/North](http://www.bannerhealth.com/Locations/Colorado/North)

## **Salud Family Clinic - Frederick**

5995 Iris Parkway, Frederick, CO, 80530.

303.833.2050

[www.saludclinic.org/#!/frederick/c17dh](http://www.saludclinic.org/#!/frederick/c17dh)

## **Salud Family Clinic - Fort Lupton**

1115 Second Street, Fort Lupton, CO, 80621.

303.857.2771

[www.saludclinic.org/#!/fort-lupton/c1x7w](http://www.saludclinic.org/#!/fort-lupton/c1x7w)

## **Salud Family Clinic - Fort Morgan**

729 E. Railroad Avenue, Fort Morgan, CO, 80701.

970.867.0300

[www.saludclinic.org/#!/fort-morgan/cvww](http://www.saludclinic.org/#!/fort-morgan/cvww)

## **East Morgan County Hospital - Brush**

2400 W. Edison, Brush, CO 80723.

970.842.6200.

[www.bannerhealth.com/Locations/Colorado/East](http://www.bannerhealth.com/Locations/Colorado/East)

## **Sterling Regional MedCenter - Sterling**

615 Fairhurst St., Sterling, CO 80751.

970.522.0122.

[www.bannerhealth.com](http://www.bannerhealth.com)

## **Salud Family Clinic - Sterling**

1410 South 7th Avenue, Sterling, CO, 80751.

970.526.2589

[www.saludclinic.org/#!/sterling/cvbk](http://www.saludclinic.org/#!/sterling/cvbk)

## **Kit Carson County Memorial Hospital - Burlington**

286 16th Street, Burlington, Colorado 80807.

719.346.5311.

[www.kcchsd.org](http://www.kcchsd.org)

## **Rocky Mountain Cancer Centers**

**Limon:** 303.418.7600

820 1st Street, Limon, 80828.

**Burlington:** 719.346.5311.

286 16th Street, Burlington, 80807.

[rockymountcancercenters.com](http://rockymountcancercenters.com)

## *Southeast / Central*



## **Penrose Hospital - Gyn Cancer - Colorado Springs**

2222 North Nevada Avenue, Colorado Springs, CO 80907.

719.776.6222.

[www.penrosecancercenter.org/gynecological-cancer](http://www.penrosecancercenter.org/gynecological-cancer)

## **Memorial Hospital Cancer Center - Colorado Springs**

525 Foote Ave., Colorado Springs, CO 80909. 719.365.5800.

[www.memorialhealthsystem.com](http://www.memorialhealthsystem.com)

## **Rocky Mountain Cancer Centers**

**Castle Rock:** 303.925.0700

1175 S. Perry St. Suite 200, Castle Rock, 80104.

**Colorado Springs:** 719.577.2555

3027 N. Circle Dr. Colorado Springs, 80909.

**Colo. Springs - Penrose:** 719.577.2555

2222 North Nevada, Suite CC-201, Colo. Springs, 80907.

[rockymountcancercenters.com](http://rockymountcancercenters.com)

## **St. Francis Medical Center - Colorado Springs**

6001 E. Woodmen Road, Colorado Springs, CO 80923.

719.571.1000.

[www.penrosetfrancis.org](http://www.penrosetfrancis.org)

## **St. Thomas More Hospital -- Canon City**

1338 Phay Ave., Canon City, CO 81212.

719.285.2000.

[www.stmhospital.org/cancer](http://www.stmhospital.org/cancer)

## **Orchard of Hope**

111 N Orchard Ave, Cañon City, CO 81212.

719.275.0089. [fremont@orchardofhope.org](mailto:fremont@orchardofhope.org)

"The Orchard of Hope Foundation provides financial and emotional support to cancer champions in Fremont County Colorado."

[www.orchardofhope.org](http://www.orchardofhope.org)

## **Rocky Mountain Cancer Centers**

**Pueblo:** 719.296.6000.

3676 Parker Blvd Suite 350, Pueblo, 81008.

**La Junta:** 719.296.6000.

1100 Carson Ave. Suite 201, La Junta, 81050.

[rockymountcancercenters.com](http://rockymountcancercenters.com)

## **St. Mary-Corwin Medical Center - Pueblo**

1008 Minnequa Avenue, Pueblo, CO 81004.

719.557.5525, 800.228.4039, ext. 5525

[www.stmarycorwin.org/cancer](http://www.stmarycorwin.org/cancer)

## **Parkview Medical Center - Pueblo**

400 West 16th St. Pueblo, Colorado 81003.

719.584.4000.

[www.parkviewmc.com/care-treatment/cancer](http://www.parkviewmc.com/care-treatment/cancer)

**Arkansas Valley Regional Medical Center - La Junta**

1100 Carson Avenue, La Junta, CO. 81050-2751.

719.384.5412.

[www.avrmc.org](http://www.avrmc.org)**Prowers Medical Center - Lamar**

401 Kendall Dr, Lamar, CO 81052.

719.336.4343.

[www.prowersmedical.com](http://www.prowersmedical.com)

## Northwest

**Memorial Hospital at Craig - Craig**

750 Hospital Loop, Craig, CO 81625.

970.824.9411.

<http://thememorialhospital.com/services/oncology>**Rocky Mountain Cancer Center - Steamboat Springs**

1024 Central Park Drive, Steamboat Springs, CO 80487.

970.871.2464.

<https://rockymountaincancercenters.com/contact-locations/our-locations/steamboat-springs>**Middle Park Medical Centers****Granby:** 970.887.5800

1000 Granby Park Dr. Granby, 80446.

**Kremmling:** 970.724.3442

2145 4th St. Kremmling, 80459.

**Walden:** 970.723.4255

350 McKinley St. Walden, 80480.

[www.mpmc.org](http://www.mpmc.org)**Shaw Regional Cancer Center - Edwards (near Vail)**

322 Beard Creek Rd., Edwards, CO 81632.

970.569.7429.

[www.shawcancercenter.com](http://www.shawcancercenter.com)**Colorado Pathfinders**

"For patients diagnosed with cancer in the Roaring Fork Valley area. Programs include cancer support groups, caregiver support groups and grief & loss groups."

[www.facebook.com/PathfindersForCancer](http://www.facebook.com/PathfindersForCancer)**Aspen Valley Hospital - Aspen**

0401 Castle Creek Road, Aspen, CO 81611.

970.925.1120.

[www.aspenvalleyhospital.org](http://www.aspenvalleyhospital.org)**Valley View Hospital - Glenwood Springs**

1906 Blake Avenue, Glenwood Springs, CO 81601.

970.945.6535.

[www.vvh.org](http://www.vvh.org)

## Southwest

**St. Mary's Regional Hospital - Grand Junction**

750 Wellington Ave., Grand Junction, CO 81501.

970.298.7500.

[www.stmarygj.com/cancer-care](http://www.stmarygj.com/cancer-care)**Delta County Memorial Hospital - Delta**

1501 E. 3rd Street Delta, Colorado 81416.

970.874.7681.

[www.deltahospital.org](http://www.deltahospital.org)**San Juan Cancer Center - Montrose at Montrose Memorial Hospital**

600 S. 5th St., Montrose, CO 81401

(Medical Oncology) 970.497.8001 or 970.240.7242

[www.montrosehospital.com/pages/sjcc.html](http://www.montrosehospital.com/pages/sjcc.html)**Gunnison Valley Health - Gunnison**

711 North Taylor Street, Gunnison, CO 81230.

970.641.1456. [info@gvh-colorado.org](mailto:info@gvh-colorado.org)[www.gvh-colorado.org](http://www.gvh-colorado.org)**Rocky Mountain Cancer Center - Alamosa At San Luis Valley Regional Medical Center**

106 Blanca Ave., Alamosa, CO 81101.

719.577.2555, 719.587.6321.

[www.slvrmc.org](http://www.slvrmc.org)[rockymountaincancercenters.com](http://rockymountaincancercenters.com)**Mercy Regional Medical Center - Durango**

1010 Three Springs Blvd., Durango, Colorado 81301.

970.247.4311.

[www.mercydurango.org/cancer-care](http://www.mercydurango.org/cancer-care)**Southwest Memorial Hospital - Cortez**

1311 North Mildred Road, Cortez, CO 81321.

970.565.6666.

[www.swhealth.org/Hospital/infusion.html](http://www.swhealth.org/Hospital/infusion.html)**Living Journeys**

P.O. Box 2024, Crested Butte, CO 81224.

970.349.2777. [info@livingjourneys.org](mailto:info@livingjourneys.org)

"Supports Gunnison County residents living with cancer by providing support in a variety of ways."

[livingjourneys.org](http://livingjourneys.org)



# National Ovarian Cancer Resources



## American Cancer Society

Leading the way to transform cancer from deadly to preventable.  
800-227-2345.

[www.cancer.org](http://www.cancer.org)

## Bright Pink

Provides education and support for women who are at a high risk for breast and ovarian cancer.

[MelissaBingham@BeBrightPink.org](mailto:MelissaBingham@BeBrightPink.org)

[www.brightpink.org](http://www.brightpink.org)

## Cancer.Net

This is an oncologist-approved cancer information site from the American Society of Clinical Oncology.  
888-651-3038.

[www.cancer.net](http://www.cancer.net)

## Cancer Support Community

Ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

888.793.9355.

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

## Cancer Treatment Centers of America (CTCA)

For nearly 30 years, CTCA has been committed to finding the right combination of personalized cancer treatments for their patients.

888.399.8121

[www.cancercenter.com](http://www.cancercenter.com)

## CONVERSATIONS! Newsletter

The International Newsletter for Those Fighting Ovarian Cancer.  
806.355.2565.

[www.ovarian-news.org](http://www.ovarian-news.org)

## Dr. Oz's Ovarian Cancer Center

An online resource on Dr. Oz's website which includes articles, advice, diaries, checklists and much more.

[www.doctoroz.com/ovarian-cancer-prevention-center](http://www.doctoroz.com/ovarian-cancer-prevention-center)

## Eyes On The Prize

Provides information and emotional support from the survivors' perspective to women with gynecologic cancers, their families and friends, and healthcare providers.

[www.eyesontheprize.org](http://www.eyesontheprize.org)

## FORCE: Facing Our Risk Of Cancer Empowered

For women with increased risk of cancer due to family history and genetic BRCA status.

866.288.RISK (7475)

[www.facingourrisk.org](http://www.facingourrisk.org)

## Foundation for Women's Cancer

Provides awareness, research and education about women's gynecologic cancers.

800.444.4441.

[www.foundationforwomenscancer.org](http://www.foundationforwomenscancer.org)

## Gilda Radner Familial Ovarian Cancer Registry

Research and info on causes of familial ovarian cancer.

800.682.7426.

[www.ovariancancer.com](http://www.ovariancancer.com)

## M.D. Anderson Cancer Center

Integrated programs in cancer treatment, clinical trials, education programs and cancer prevention - second opinion resource for ovarian cancer.

877.MDA.6789.

[www.mdanderson.org](http://www.mdanderson.org)

## National Cancer Institute

Supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer.

800-422-6237.

[www.cancer.gov](http://www.cancer.gov)

## National Coalition for Cancer Survivorship

NCCS's mission is to advocate for quality cancer care for all people touched by cancer. .

[www.canceradvocacy.org](http://www.canceradvocacy.org)

## Ovarian Cancer National Alliance (OCNA)

Conquering ovarian cancer by uniting individuals and organizations in a national movement.

202.331.1332 .

*\*\*COCA is a partner member of the*

*Ovarian Cancer National Alliance*

[www.ovariancancer.org](http://www.ovariancancer.org)

## Ovarian Cancer Research Fund

Formulating an early diagnostic program and seeking a cure for ovarian cancer.

212.268.1002.

[www.ocrf.org](http://www.ocrf.org)

## Ovations For The Cure Of Ovarian Cancer

The Princess Bead & Bracelet program provides patients with an elegant, silver-plated bangle bracelet adorned with a teal blue crystal bead, with sterling silver imprints on each side.  
508.655.5412.

[www.ovationsforthecure.org](http://www.ovationsforthecure.org)

## SHARE Cancer Support

Survivor-matching support services for women with breast or ovarian cancer.

866.891.2392.

[www.sharecancersupport.org](http://www.sharecancersupport.org)

## Society of Gynecologic Oncologists

Committed to improving the care, treatment and prevention of gynecologic cancers in women.

[www.sgo.org](http://www.sgo.org)



## Multicultural Resources

### Spanish-Speaking



Latinas have the second highest rate of ovarian cancer in the country behind non-Hispanic whites. See page 16 for more info and genetic considerations.

#### **Spanish-Speaking Cancer Support Group for Patients, Survivors and Caregivers**

*Sisters of Color United for Education. 2895 W. 8th Ave, Denver, CO, 80204. To register call: 303.964.9953. Fourth Thursdays of the month (Se habla Española). [www.sistersofcolorunited.org/who.html](http://www.sistersofcolorunited.org/who.html)*

#### **National Alliance for Hispanic Health Hablemos del Cáncer de Ovario**

“Sabía que: Las mujeres hispanas son el segundo grupo de mujeres que más desarrollan cáncer de ovario. El cáncer de ovario causa más muertes que cualquier otro cáncer del sistema reproductivo de la mujer. ¡No es silencioso!”  
[www.letstalkaboutcancer.org/ovarian.html](http://www.letstalkaboutcancer.org/ovarian.html)

#### **Instituto Nacional del Cáncer [www.cancer.gov/espanol](http://www.cancer.gov/espanol)**

#### **Clinica Tepeyac**

5075 Lincoln Street, Denver, CO, 80216.  
303.458.5302

“Since its humble beginnings in 1994, Clínica Tepeyac has maintained an unwavering commitment to those in our community who have nowhere else to go for their healthcare needs.”

[www.clinicatepeyac.org](http://www.clinicatepeyac.org)

### African-American

#### **The Center for African-American Health**

3601 Martin Luther King Blvd., Denver, CO 80205.  
303.355.3423. [info@caahealth.org](mailto:info@caahealth.org)

“The Center for African American Health is dedicated to improving the health and wellbeing of the African-American community. It provides culturally-sensitive disease prevention and disease management programs to African-Americans living in the metro Denver area.”

[www.caahealth.org](http://www.caahealth.org)

### Native American

#### **Native American Cancer Research Survivor Circle Meetings**

3110 South Wadsworth, Suite 103, Denver, CO, 80227.

393.975.2449

“Monthly meetings held at Hope Crossing Church at above address, unless otherwise noted. Please call to RSVP for meetings. Dinner will be served and Circle members are asked to bring a side dish or dessert to share. If you need transportation, please let them know ahead of time, so arrangements can be made.”

[natamcancer.org/denver.html](http://natamcancer.org/denver.html)

#### **American Indian/Alaska Native Cancer Programs**

Gonda Building, Cancer Education Center,  
200 First Street S.W. Rochester, MN 55905.  
877.372.1617. [nativecircle@mayo.edu](mailto:nativecircle@mayo.edu)

“The AI/AN Leadership Initiative on Cancer addresses comprehensive tribal cancer control. Conferences are held annually.”

[www.nativeamericanprograms.org](http://www.nativeamericanprograms.org)

### Asian Pacific

#### **The Asian Pacific Development Center of Colorado**

1544 Elmira St. Aurora, CO 80010. 303.365.2959.

“The Asian Pacific Development Center of Colorado (APDC) is a 501(c)(3) nonprofit organization supporting the Asian American Pacific Islander community. For 30 years they have been committed to providing culturally appropriate health, mental health, and related services to their communities.”

[apdc.org](http://apdc.org)

### LGBT



#### **The GLBT Community Center of Colorado**

1301 E. Colfax Ave., Denver, CO 80218.  
303.733.PRIDE. [info@glbtcolorado.org](mailto:info@glbtcolorado.org)

“The Center provides an extensive list of health-care professionals in Colorado who have been surveyed about their experience with and sensitivity to the LGBT (lesbian, gay, bisexual or transgendered) community. The Ovarian Cancer Outreach and Education Project is an awareness and prevention initiative led by The Center.”

[www.glbtcolorado.org/Health.aspx](http://www.glbtcolorado.org/Health.aspx)

#### **The Alexander Foundation**

PO Box 1995, Denver, CO 80201-1995. 303.331-7733.

[TheAlexanderFoundation@yahoo.com](mailto:TheAlexanderFoundation@yahoo.com)

Financial assistance for LGBT individuals who reside in Colorado and have been diagnosed with cancer.

[thealexanderfoundation.org](http://thealexanderfoundation.org)



## Raising Awareness

### Colorado Ovarian Cancer Alliance (COCA)



#### COLORADO OVARIAN CANCER ALLIANCE

2465 Sheridan Blvd., Denver, CO 80214. - P.O. Box 9216, Denver, CO 80209.

303.506.7014 ~

toll free 1.800.428.0642 ~

fax 1.866.517.0215

The mission of the Colorado Ovarian Cancer Alliance is to provide support and to promote awareness and early detection of ovarian cancer through advocacy and education.

[www.coloro-ovariancancer.org](http://www.coloro-ovariancancer.org)

#### JODI'S RACE FOR AWARENESS

Each year COCA celebrates survivors and honors those who have passed at Jodi's Race for Awareness. Participation in Jodi's Race helps provide support to those currently affected by ovarian cancer and raises awareness of the signs and symptoms of this devastating disease. Jodi's Race proceeds benefit the Colorado Ovarian Cancer Alliance (COCA) and was the inspiration of Jodi Brammeier, a Colorado native who lost her fight to ovarian cancer but whose spirit lives on in this race and in the lives she's saved by raising awareness - so more women could start their fight before it's too late.

[www.jodisrace.com](http://www.jodisrace.com)

#### VOLUNTEER WITH US

The Colorado Ovarian Cancer Alliance (COCA) was created when an independent ovarian cancer support group, comprised of several determined ovarian cancer survivors and their group facilitator, decided to form a non-profit organization in order to secure the continuation of the support group and provide education and awareness about ovarian cancer to the community. They submitted papers for nonprofit incorporation in Colorado on June 16, 2005, and established themselves as a local sub-chapter, or "Partner Member," of the Ovarian Cancer National Alliance (OCNA). Since 2005, COCA has provided support to hundreds of women with ovarian cancer through the Nicki's Circle ovarian cancer support groups program, in addition to raising awareness and advocating for early detection of ovarian cancer throughout the State of Colorado. We welcome volunteers to help us with our important cause.

[www.coloro-ovariancancer.org/volunteernow](http://www.coloro-ovariancancer.org/volunteernow)

#### ABOUT COCA

This Ovarian Cancer Resource Guide is brought to you by Colorado Ovarian Cancer Alliance (COCA). A 501(c)(3) non-profit corporation, COCA was founded in 2005 by a group of determined survivors, dedicated healthcare professionals and inspired volunteers who wanted to make a difference in the fight against ovarian cancer. Today, COCA provides services for ovarian cancer survivors all over Colorado through its Nicki's Circle Support Groups, COCACares Financial Assistance Program and the Comfort Kit Program. The annual fundraiser, Jodi's Race for Awareness, is a special event that has drawn over 2,000 participants from all over Colorado in a single year. COCA continues to raise awareness of ovarian cancer symptoms in the community through the Survivors Teaching Students® program and presence at health fair events. Volunteers are welcome to join these important efforts.

[www.coloro-ovariancancer.org/aboutcoca](http://www.coloro-ovariancancer.org/aboutcoca)

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