The information and listings provided in this guide should not be construed as an endorsement or recommendation by the Colorado Ovarian Cancer Alliance. The content is for informational purposes only. Colorado Ovarian Cancer Alliance does not provide medical advice or endorse providers of medical services.

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 complementary, alternative or integrative care into your treatment regimen.

Sources are cited for information, and the descriptions of services are from the websites of those businesses or nonprofits included herein.
Managing Surgery and Chemotherapy

COCA Comfort Kit

COCA COMFORT KIT
A free gift for newly diagnosed women in Colorado
303.506.7014, 1.800.428.0642
contactus@colo-ovariancancer.org

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

www.colo-ovariancancer.org/comfortkit

Tips from a Survivor

Tips from Jeanene Smith, COCA Associate Director and 17-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 (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
PALLIATIVE CARE - after surgery & during treatment

The Inpatient Palliative Care Program at Univ. of Colorado Health
by Univ. of Colorado Health

“Palliative care is the medical specialty focused on relief of pain, stress, and other debilitating symptoms of serious illness. The goal is to improve quality of life for you and your family.”

It helps you by:
- Identifying the full spectrum of physical, spiritual, and psychological care options available to you
- Matching your goals and values to a customized care plan
- Enhancing curative care with improved symptom control and relief
- Empowering you and your family to make fully informed choices
- Supporting all involved in the process, from diagnosis through grief.
Hair Loss with Chemo

Paclitaxel (i.e. Taxol) is the first-line chemotherapy drug generally given for ovarian cancer that causes sudden hair loss. Other chemotherapy drug agents may also 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.

Wigs, Hats, Caps, Scarves

Wigs at The American Cancer Society (ACS)

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 ACS partnership with Pantene’s “Beautiful Lengths” program.

www.headcovers.com/

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

Tender Loving Care Catalog

by American Cancer Society

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
American Cancer Society (ACS) Cancer Resource Network

American Cancer Society Patient Navigators

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

University of Colorado Hospital
Ashley Doty
ACS Patient Navigator
University of Colorado Cancer Center
1665 Aurora Court, Aurora, CO 80045 720.848.0316.
Ashley.Doty@cancer.org

SCL Health Lutheran Medical Center
Ruth Ellen Tubbs
ACS Patient Navigator
8300 W. 38th Ave., Wheat Ridge, CO 80033
303.403.3609.
Ruth.Tubbs@cancer.org

American Cancer Society Cancer Resource Centers

ACS Resource Center at Swedish Medical Center
Located in the main lobby at 799 E. Hampden Ave., Suite 120, in Englewood. 303.788.2627. M-F 10am -2pm.

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

ACS Resource Center at The Medical Center of Aurora — Primary location at 1501 S. Potomac St., in Aurora. 303.338.7150. Wig fitting by appointment only. Mon. & Thurs. 10am -noon. Secondary location at 1444 S. Potomac St. in Aurora.

ACS Resource Center 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 Resource Center at Penrose Cancer Center
Located at St. Francis Health Services, 2222 N. Nevada Avenue, in Colorado Springs. 719.776.2515. Mondays, 8am-noon.

ACS at Dorcy Cancer Center, St. Mary Corwin Medical Center — Located in the lobby at 2004 Lake Avenue, in Pueblo. 719.557.4944. Mon.-Fri. 8am-noon, 12:30pm-4:30pm.

ACS Resource Center at Durango Cancer Resource Center — Located at Mercy Hospital Medical Plaza, Durango Cancer Center offices, 1 Mercado St, Suite 100, in Durango. 970.403.0086. Mon.-Fri. 8:30am -4pm.

ACS Greeley Wig Program — Located in the Greeley ACS office, 8221 W. 20th St., Suite A. The wig program offers wigs, turbans and community resources. 970.356.9727 opt. 3. Mon.-Fri. 8:30am -5pm.

ACS Grand Junction Wig Program — Located in the Grand Junction ACS office, 2754 Compass Dr., Suite 100. The wig program offers wigs, turbans and community resources. 970.254.5580. Mon.-Fri. 8:30am -5pm.

ACS Lafayette Wig Program — Located at SCL Health Good Samaritan Comprehensive Cancer Center on second floor at 340 Exempla Circle, Lafayette, CO. The wig program offers wigs, turbans and community resources. 303.673.1620. Fridays, 11am -1pm.

ACS Resource Center at Rose Medical Center — Located at 4700 E. Hale Pkwy, Suite 450, Founders Building, in Denver. The wig program offers wigs, turbans and community resources. 303.320.7145. Mon.-Fri. 9am -5pm.

ACS Resource Center and Denver Wig Program at Rose Medical Center — Located at 4700 E. Hale Pkwy, Suite 450, Founders Building, in Denver. The wig program offers wigs, turbans and community resources. 303.320.7145. Mon.-Fri. 9am -5pm.

ACS Resource Center at SCL Health Lutheran Medical Center — Located in the Infusion Center at 3550 Lutheran Parkway, Suite 100-B in Wheat Ridge. 303.467.8986. Tues: 9am -12:30pm, Wed: 10am -2pm, Fri: 9am-11:00am.
Home Assistance Resources

Homewatch Caregivers – After Surgery Care
303.758.5111, 800.777.9770
7100 E Belleview Ave. Suite 101, Greenwood Village, CO 80111
“During those critical 24 hours after coming home from a procedure, surgery or treatment, there is tremendous comfort and peace of mind knowing that our trained caregivers are present. It is important that caregivers and staff are always discreet and follow guidelines to ensure privacy, but equally important, they are focused on the safety and well-being of the patient. A caring and compassionate staff want the client to have a pleasant experience, even when the day surgery, treatment or procedure leaves them uncomfortable or out of sorts; the training and skills a caregiver receives through Homewatch CareGivers University prepares them to provide safety as well as genuine companionship... Cancer treatment and recovery asks a lot of the person with the cancer diagnosis and their family, so a strong support network of care is important. Cancer care services can help with transportation to and from medical appointments, maintaining a healthy diet and lifestyle, and respite care for loved ones who may have multiple responsibilities.”
www.homewatchcaregivers.com/types-of-care/after-surgery-care

Right at Home – Cancer Recovery Care
6855 S. Havana Street Suite 620, Centennial, CO 80112
720.875.1800
“In-home care is often a great way to alleviate some of the pressures of family caregiving when it comes to cancer, allowing you to focus on emotional support instead of the details of daily activities. Right at Home caregivers can help with any of the Home Care Services...”
www.rightathome.net/care/special-care-situations/cancer-recovery/

CarePathways
A list of Private Pay and Medicare / Medicaid certified Home Care Agencies in Colorado.
www.carepathways.com/HC-state-CO.cfm

The Home Care Association of Colorado
2851 S. Parker Rd., Ste. 1210, Aurora, CO 80014
303-848-2521 info@homecareofcolorado.org
“Oh the Home Care Association of Colorado’s Find-An-Agency page, you can find a home care agency that’s right for you, whether you live in Denver or Durango, Craig or Lamar — or some other part of our great state. Our member providers are committed to offering the highest quality care at all levels of need. You can find anything from live-in care to specialized skilled services..... The Home Care Association of Colorado was founded in 1970. With a tradition of service to members for more than 40 years, it has established itself as a respected association representing the interests of the home care industry...”
http://coloradocareathome.com/
Cleaning for a Reason
877.337.3348, info@cleaningforareason.org
“Cleaning For A Reason is a nonprofit organization that serves the United States and Canada. Our mission is to give the gift of free house cleaning for women undergoing treatment for any type of cancer. Our goal is to let these brave and strong women focus on their health and treatment while we focus on, and take away the worry and work of, cleaning their homes—free of charge. We have recruited over 1,200 maid services to donate free housecleaning to women who are undergoing treatment for cancer. Since 2006, our partner maid services have volunteered their time to clean for over 20,000 women – valued at over $5,500,000.” Services throughout Colorado; check website for areas served. Patients can apply for assistance through the website at:
http://portal.cleaningforareason.org/patients/account/register

Food Assistance Resources

MealTrain.com
“Mealtrain.com simplifies the organization of meal giving around significant life events. We strive to simplify and promote interpersonal relationships between friends, families, and neighbors through meals. A Meal Train is rooted in the idea that a meal is a symbolic gesture of one person’s willingness to help another. The meal is a vehicle that allows the giving party the opportunity to show they care, that they hope to reduce a burden, and that they will be there for the receiving party in the future. This outreach is a true interpersonal connection and is one that helps foster inter-dependence, dialogue, and compassion.

How to create a Meal Train: “Identify a friend who could use a little support and enter their name, email address, and where to drop off meals. Enter the dates meals would be helpful. Enter your friend’s food likes, dislikes, allergies, and the best time to drop off a meal. Invite friends, family, congregation members via email, facebook, twitter, newsletters, and more. Invited friends respond to the invitation, sign up for a date, and take a meal.”
www.mealtrain.com/

The Organic Dish
3117 28th Street, 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@theorganicdish.com
www.theorganicdish.com/services/good-food-accounts/

Door to Door Organics
888.2.VEGGIE or 877.711.3636  colorado@doortodoororganics.com
“Door to Door Organics is an online grocery delivery service that partners with hundreds of local farmers and artisans to deliver fresh organic produce, farm-fresh milk and dairy foods, humanely raised meats and chicken, sustainable fish and seafood and more local, natural foods right to your doorstep. We source organic and local foods whenever possible.” Delivery to location in the Denver/Boulder metro area.
https://colorado.doortodoororganics.com/how-it-works

Project Angel Heart
Denver Headquarters: 4950 Washington St., Denver, CO 80216.  303.830.0202.
“A current diagnosis of a life-threatening illness such as cancer…AND documented difficulty preparing or accessing healthy meals due to your illness treatment, side effects or another disability. You must also live in the metro Denver area or Colorado Springs. If you live outside of these boundaries, you can make alternate delivery arrangements such as picking up your meals at Project Angel Heart, or setting up delivery to a friend or family member who lives within the boundaries. We do not qualify based on age or income.”
www.projectangelheart.org