



Colorado Ovarian Cancer RESOURCE GUIDE

3rd Edition

Presented by

CO colorado ovarian
Ca cancer alliance
www.colorado-ovariancancer.org



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.



Books of Interest

Popular & Recommended



Anti Cancer: A New Way of Life

by David Servan-Schreiber, MD, PhD

“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, Anticancer 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/

The Definitive Guide to Thriving After Cancer

by Dr. Alschuler, and Karolyn Gazella

“With a deep and personal perspective, the authors embody what integrative medicine can do. Inspired by their individual and collaborative journeys through cancer, their mission is to encourage those diagnosed with cancer to become empowered, informed promoters of their own health and wellbeing. They urge patients diagnosed with cancer to not only survive the disease but to reach the ultimate level of healing.”

www.fivetothriveplan.com/books/five-to-thrive

The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery

by Rebecca Katz

“This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment.”

www.rebeccakatz.com/the-cancer-fighting-kitchen

The Sugar Detox

by Brooke Alpert and Dr. Patricia Farris

“The Sugar Detox contains a comprehensive, one-month plan to wean readers of their sugar cravings. By eliminating sugar and incorporating small changes, people can lead a healthier lifestyle and look years younger.”

www.thesugardetoxbook.com/index.htm

The Wandering Gene and the Indian Princess: Race, Religion and DNA

by Jeff Wheelwright

“Set in the isolated San Luis Valley of Colorado....A vibrant young Hispano woman, Shonnie Medina, inherits a breast-cancer mutation known as BRCA1.185delAG. It is a genetic variant characteristic of Jews.... The discovery of the gene leads to a fascinating investigation of cultural history

and modern genetics by Dr. Harry Ostrer and other experts on the DNA of Jewish populations.”

www.amazon.com/The-Wandering-Gene-Indian-Princess/dp/0393081915

How Doctors Think

by Jerome Groopman, M.D.

“Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make. Groopman explores why doctors err and shows when and how they can -- with our help -- avoid snap judgments, embrace uncertainty, communicate effectively, and deploy other skills that can profoundly impact our health.”

www.amazon.com/How-Doctors-Think-Jerome-Groopman/dp/0547053649

Books for a Cure.org

Fighting Cancer with Knowledge

“Hi, I’m Chelsea. I was diagnosed with Ovarian Cancer on my 21st birthday. I am now 24, living cancer free after surgery and chemotherapy. During my treatment I spent a lot of time with my nose in books reading about alternative healing practices. I credit my remission to these books and what I learned. Now, I want to share these books with you.”

<http://booksforacure.org/>

Being Single, With Cancer

by Tracy Maxwell

“Diagnosed with a rare form of ovarian cancer seven years ago, Tracy Maxwell understands the unique swirl of hopes and fears, insecurities and triumphs of a single person with cancer... Filled with practical tips, resources and personal stories, an empowering and candid guide to dealing with cancer as a single person.”

www.amazon.com/Being-Single-Cancer-Tracy-Maxwell/dp/1936303418

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

Happiness in a Storm

by Wendy Harpham, M.D.

“Having coined the term “Healthy Survivor” while dealing with her own chronic lymphoma, Harpham encourages people dealing with cancer, heart disease, diabetes, or any prolonged illness to simultaneously do all they can to overcome disease and live life to the fullest.”

www.amazon.com/Happiness-Storm-Illness-Embracing-Survivor/dp/0393329054

The Journey Through Cancer: Healing and Transforming the Whole Person

by *Jeremy Geffen, M.D.*

“...This groundbreaking work... offers real and inspiring solutions to the unique challenges encountered on the cancer journey, while honoring and caring for the whole person—and his or her entire family—at every step along the way.”

www.amazon.com/The-Journey-Through-Cancer-Transforming/dp/030734181X

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

by *Jon Kabat-Zinn*

“Based on Jon Kabat-Zinn’s renowned mindfulness-based stress reduction program [MBSR], this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.”

www.amazon.com/Full-Catastrophe-Living-Revised-Illness/dp/0345536932/ref=sr_1_1?s=books&ie=UTF8&qid=1459046730&sr=1-1&keywords=full+catastrophe+living

Mindfulness-Based Cancer Recovery

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

“Created by leading psychologists specializing in oncology, the Mindfulness-Based Cancer Recovery program is based on mindfulness-based stress reduction (MBSR), a therapeutic combination of mindfulness meditation and gentle yoga now offered to cancer survivors and their loved ones in hundreds of medical centers, hospitals, and clinics worldwide.”

www.amazon.com/Mindfulness-Based-Cancer-Recovery-Step-Step/dp/1572248874

Radical Remission

by *Dr. Kelly A. Turner*

“Kelly Turner, PhD is the New York Times bestselling author of *Radical Remission: Surviving Cancer Against All Odds*, now translated into 18 languages, which summarizes her research into the radical remission of cancer – when someone heals from cancer without Western medicine or after Western medicine has failed.”

www.radicalremission.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.”

https://books.google.com/books/about/Love_Is_a_Journey.html?id=Ln2pmAEACAAJ

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

www.outshineovariancancer.blogspot.com

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.”

www.amazon.com/The-Ultimate-Guide-Ovarian-Cancer/dp/0988711109

What Really Matters

by *Karen M. Wyatt, M.D.*

“By focusing attention on “what really matters” this book encourages the reader to embrace the suffering that occurs throughout life and utilize it as a catalyst for growth and change. The point is emphasized that through the negotiation of loss and suffering one’s character is deepened and consciousness can be elevated... What Really Matters is a collection of stories from the files of a hospice physician that reveal the end-of-life wisdom of several dying patients and their families.”

www.amazon.com/What-Really-Matters-Lessons-Stories/dp/0982685548/ref=sr_1_2?s=books&ie=UTF8&qid=1459053991&sr=1-2&keywords=what+really+matter+karen

Magazines

Coping with Cancer Magazine - copingmag.com/cwc

“For 30 years, Coping has been a source of knowledge, hope, and inspiration to people worldwide.”

CURE Magazine - www.curetoday.com

“CURE magazine, launched in 2002 for cancer patients, survivors and caregivers, has become the largest consumer magazine in the United States focused entirely on cancer.”

CancerToday Magazine - www.cancertodaymag.org

“Published quarterly by the American Association for Cancer Research...”



Dying Well: Peace and Possibilities at the End of Life

by Dr. Ira Byock, M.D.

"Through the true stories of patients, [Dr. Ira Byock] shows us that a lot of important emotional work can be accomplished in the final months, weeks, and even days of life. It is a companion for families, showing them how to deal with doctors, how to talk to loved ones—and how to make the end of life as meaningful and enriching as the beginning."

www.amazon.com/Dying-Well-Peace-Possibilities-Life/dp/1573226572

Local Colorado Authors**Remarkably Stable**

by Susan Parrino Hester

"As Sue wrote her early stories, she saw parallels between her childhood traumas and her cancer journey. This memoir courageously weaves together periods in the author's early and later life, as well as her struggles to find stability and healing."

www.tatteredcover.com/tcpress/remarkably-stable

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."

www.amazon.com/Althea-Re-Balances-her-life-challenges/dp/1479132993

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 Dickenson and her own original paintings... 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."

www.amazon.com/Dancing-Joyfully-With-Without-NED/dp/1479344613

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 car-

ing 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."

www.luciberardi.com

Books for Parents & Children**When a Parent Has Cancer: A Guide to Caring for Your Children**

by Wendy S. Harpham, M.D.

"...A book for families written from the heart of experience. A mother, physician, and cancer survivor, Dr Wendy Harpham offers clear, direct, and sympathetic advice for parents challenged with the task of raising normal, healthy children while they struggle with a potentially life-threatening disease."

www.amazon.com/When-Parent-Has-Cancer-Children/dp/0060740817

Nowhere Hair: Explains your cancer and chemo to your kids

by Sue Glader Age 3-10

"The book, written in rhyme, explains hats, scarves, wigs, going bald in public, and the idea of being nice to people who may look a little different than you. It ends with the idea that what is inside of us is far more important than how we look on the outside."

www.amazon.com/Nowhere-Hair-Explains-cancer-chemo/dp/0984359133

Mom Has Cancer! (Let's Talk About It)

by Jennifer Moore-Mallinos Kindergarten – Grade 2

"Steering clear of extraneous facts, the book focuses on just what needs to be said in order to make a tough situation manageable. Bright watercolors and cheerful cartoon illustrations keep the tone upbeat. While the book has definite value for kids facing cancer in the family, it is also suitable for sharing with friends and classmates."

www.amazon.com/Mom-Cancer-Lets-Talk-About/dp/0764140744

Butterfly Kisses and Wishes on Wings: When someone you love has cancer...a hopeful, helpful book for kids - ALSO AVAILABLE IN SPANISH

by Ellen McVicker and Nancy Hersh (illustrator)

"The story, as told through the eyes of a child, lends itself to a simple and clear understanding of cancer. It also teaches children to realize the power they have to be an active and integral part of a loved one's cancer journey."

www.amazon.com/Butterfly-Kisses-someone-hopeful-helpful/dp/0578159937