



# Colorado Ovarian Cancer RESOURCE GUIDE

3rd Edition

*Presented by*

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

# 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.

*3rd edition*



The mission of Colorado Ovarian Cancer Alliance (COCA) is to promote awareness and early detection of ovarian cancer through advocacy and education while providing support to people affected by ovarian cancer. COCA is a 501(c)(3) non-profit organization.



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**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.**



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## 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 previously published Breast Cancer Resources Directory. A special thanks to the 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 third 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. Thank you!

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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 . . .*





★ A star in this guide highlights information of special note.

## Colorado Ovarian Cancer Alliance

### *Our Support Programs*



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

- **Nicki's Circle Informational Support Groups and Peer Mentor Program**  
Reaching women across Colorado, every month COCA offers informational support groups at various Colorado locations including: Central Denver, Lone Tree, Boulder, Ft. Collins, and by telephone. COCA can also help match you with a survivor from Nicki's Circle for individual peer support (pages 33-34).
- **COCA.Cares 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 44).
- **COCA Comfort Kits for newly diagnosed**  
COCA provides a kit of helpful items for women newly diagnosed and in treatment, including a copy of this Resource Guide (page 27).
- **Colorado Ovarian Cancer Resource Guide**  
COCA publishes this Resource Guide as a support service to survivors statewide.

### *Our Education & Awareness Programs*



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

- **Jodi's Race for Awareness**  
COCA's Annual 5K Run/Walk to raise awareness of ovarian cancer (page 75)
- **Health Fairs & September Awareness - Ovarian Cancer Awareness Month**  
COCA raises awareness at health fairs throughout the year, with special efforts during September (page 75).
- **Survivors Teaching Students: Saving Women's Lives®**  
As a partner member of the Ovarian Cancer Research Fund Alliance (OCRFA), local ovarian cancer survivors present their stories to students at University of Colorado Medical School six times/year (page 75).

### *We are here for you*



**Colorado Ovarian Cancer Alliance (COCA)**

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Habla español? Véase la página siguiente...

Llame al 1.800.428.0642 y dejar un mensaje y nos pondremos en contacto con usted.





## Recursos En Español



Las latinas tienen la segunda tasa más alta de cáncer de ovario en el país detrás de los blancos no hispanos. Consulte la página 19 para más información y consideraciones genéticas. **Puede llamar al COCA, 303-506-7014, y haremos los arreglos para que usted pueda hablar con alguien en español con respecto al apoyo para usted y su diagnóstico de cáncer de ovario.**

### **Español - Hablando Grupo de Apoyo del Cáncer para pacientes, cuidadores y niños Denver - ahora se reúne trimestralmente – Gratis**

Denver Health, Piso 2, Niños Zona de Vida, Pabellón C, 777 Bannock St, Denver 80204

Para más información o para inscribirse, favor de llamar Elizabeth, Inscribirse: 720-519-8752, Elizabeth (Español)

### **Spanish-Speaking Cancer Support Group for Patients, Caregivers & Children**

#### **Denver - now meets quarterly – free**

Denver Health, 2nd floor, Child Life Zone Pavilion C, 777 Bannock St, Denver 80204 Register: 720-519-8752, Elizabeth

### **National Alliance for Hispanic Health - Hablemos sobre la vida con cáncer**

#### **Let's Talk About Living With Cancer**

“¿Usted o un ser querido ha diagnosticado cáncer? Este folleto bilingüe ofrece las personas que viven con cáncer y sus amigos y familiares, información general y recursos en la supervivencia del cáncer.”

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

[www.hispanichealth.org/uploads/2/5/8/7/25879931/nahh\\_fact\\_survivorship\\_2011\\_copy.pdf](http://www.hispanichealth.org/uploads/2/5/8/7/25879931/nahh_fact_survivorship_2011_copy.pdf)

### **Instituto Nacional del Cáncer**

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

### **Clinica Tepeyac**

5075 Lincoln Street, Denver, CO, 80216

303.458.5302

“La misión de la Clínica Tepeyac es” proporcionar cuidado de la salud culturalmente competentes y los servicios de salud preventivos para la carentes de servicios médicos.”

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

### **Servicios de la Raza**

Denver Office: (303) 458-5851, Mon-Fri 8:00am - 5:00pm

3131 W. 14th Avenue, Denver, Colorado 80204

Brighton Office: (303) 953-5951

22 S. 4th Ave., Brighton, Colorado 80601

[info@serviciosdelaraza.org](mailto:info@serviciosdelaraza.org)

“Programa de Salud Mental Servicios de la Raza de ofrece: individual, de pareja, familiar y terapia de grupo, los servicios psiquiátricos, administración de medicamentos para los clientes de Medicaid o aquellos identificados como Indigente.”

<http://serviciosdelaraza.org/contact-page/>

### **El Centro de las Familias Mental Health Center of Denver**

Para programar una primera cita tiempo en El Centro de las Familias en contacto con nuestro Centro de Acceso llamando 303.504.7900

“El Centro de las Familias es una clínica multi-cultural que proporciona español - lengua y la atención de salud mental para pacientes ambulatorios bilingüe para la comunidad latina / hispana de Denver.”

<https://mhcd.org/el-centro-de-las-familias-english/>

### **Cáncer de Herramientas para la Supervivencia**

Descargar Free Audio.

[www.canceradvocacy.org/shop/cancer-survival-toolbox-esp/](http://www.canceradvocacy.org/shop/cancer-survival-toolbox-esp/)

### **¿En cuánto aumenta el riesgo de una mujer de presentar cáncer de seno o de ovarios si tiene una mutación en el gen BRCA1 o en el BRCA2?**

“El riesgo de una mujer de padecer cáncer de seno (mama) o de ovario aumenta considerablemente si hereda una mutación dañina en el gen BRCA1 o en el BRCA2. Cáncer de seno: Cerca de 12% de las mujeres de la población en general padecerán cáncer de seno alguna vez en sus vidas (4). Por el contrario, según los cálculos más recientes, 55 a 65% de las mujeres que heredan una mutación dañina del BRCA1 y 45% de las mujeres que heredan una mutación dañina del BRCA2 padecerán cáncer para los 70 años de edad (5, 6). Cáncer de ovarios: Cerca de 1,3% de las mujeres de la población en general padecerán cáncer de ovarios alguna vez en sus vidas (4). Por el contrario, según los cálculos más recientes, 39% de las mujeres que heredan una mutación dañina del BRCA1 (5, 6) y 11 a 17% de las mujeres que heredan una mutación dañina del BRCA2 padecerán cáncer para los 70 años de edad (5, 6). Es importante tener en cuenta que estos porcentajes calculados del riesgo en toda la vida son diferentes de los que estaban a disposición anteriormente; los cálculos han cambiado conforme se dispone de más información, y pueden cambiar de nuevo si hay más investigación. Ningún estudio demográfico general a largo plazo ha comparado directamente el riesgo de cáncer en mujeres que tienen la mutación dañina del BRCA1 o del BRCA2 con mujeres que no las tienen. Es también importante tener en cuenta que otras características de una mujer en particular pueden hacer que su riesgo de cáncer sea mayor o menor que los riesgos promedio. Estas características incluyen sus antecedentes familiares de cáncer de seno, de ovarios y posiblemente de otros cánceres; las mutaciones específicas que ella ha heredado; y otros factores de riesgo, como sus antecedentes de reproducción. Sin embargo, en la actualidad y con base en la información vigente, ninguno de estos otros factores parece ser tan fuerte como el efecto de ser portadora de una mutación dañina del BRCA1 o del BRCA2.” [www.cancer.gov/espanol/cancer/causas-prevencion/genetica/hoja-informativa-brca](http://www.cancer.gov/espanol/cancer/causas-prevencion/genetica/hoja-informativa-brca)