

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.



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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www.color-ovariancancer.org

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

www.hispanichealth.org/uploads/2/5/8/7/25879931/nahh_fact_survivorship_2011_copy.pdf

Instituto Nacional del Cáncer

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

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

“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/

¿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

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 14 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 of 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, or even a recorder, so everything can be captured 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.

<http://amzn.com/1610393740>

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 four things:

- Find a gynecologic oncologist
- Join an informational support group
- Stay informed about treatments and clinical trials as you are able
- Don't spend TOO much time on the internet reading negative statistics

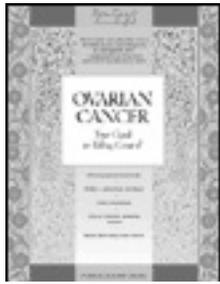
We feel it is important that you work with a *gynecologic oncologist*, not just a gynecologist. A gynecologic oncologist has experience with ovarian cancer surgery and is well-informed about specific chemotherapy treatments.

We suggest you *join an ovarian cancer informational support group* where you can learn about resources and share 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 one of our telephone groups. See pages 33-34 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 on the web.*

SOME TIPS TO GUIDE YOU AT THE OUTSET . . .

- See a Gynecologic Oncologist .
- Work with doctors you can talk to and trust.
- It's okay to get a second opinion.
- Write down questions before appointments.
- Bring a friend to appointments to take notes.
- Consider a tumor assay and/or molecular profiling at surgery.
- Get household assistance and/or meals delivered after surgery.
- Build a team of healthcare professionals.
- Utilize complementary therapies.
- Join an informational support group.



Ten Things To Do If You Suspect You Have Ovarian Cancer

Excerpts from the book, *Ovarian Cancer: Your Guide to Taking Control* by Kristine Conner and Lauren Langford, O'Reilly & Associates, Sebastopol CA, May 2003.

1: FIND A GYNECOLOGIC ONCOLOGIST.

Gynecologic oncologists are physicians who specialize in diagnosing and treating cancers that affect the female reproductive organs, such as the ovaries, cervix, and uterus. After completing four years of medical school and a residency in obstetrics and gynecology, they receive additional training that focuses specifically on the treatment of gynecologic cancers.... Research has shown that women with ovarian cancer who are treated by gynecologic oncologists tend to fare much better than those who are not. If you've already been operated on by a gynecologist or general surgeon, it is not too late to consult with a gynecologic oncologist. Gather all of your records together and make an appointment as soon as you can. The gynecologic oncologist can assess the quality of your treatment to date and help you plan out next steps. Your best bet is to find a specialist located at a major hospital or cancer center that treats large numbers of women with ovarian cancer. This should be relatively easy if you live within driving distance of a large metropolitan area. However, even if you live in a remote area without easy access to a gynecologic oncologist, you need to find a way to get yourself to one. It's that important.

2: UNDERSTAND THAT THE QUALITY OF YOUR SURGERY CAN MAKE A MAJOR DIFFERENCE.

It is critical that you work with a gynecologic oncologist because the quality and thoroughness of your initial surgery can make a major difference in how you do over the long-term. Surgery for ovarian cancer is tricky and requires special skill. Once the gynecologic oncologist confirms that there is a cancerous tumor on the ovary, she/he knows that there is a good chance that some of the cancer cells have spread to other organs within the abdomen and pelvis (the area from just under your lungs down to your pubic bone). [The doctor's] job is to determine where the cancer has spread and to remove as much of it as is possible-without making the surgery too risky for you. This requires skill and a sense of judgment that can only be developed by operating on many women with ovarian cancer. Study after study has shown that, the more cancer that is removed, the better the likelihood of long-term survival. While it is important to find a specialist you like and trust, right now your first priority should be to find one who is an excellent and experienced surgeon. Remember that your decision isn't permanent. You can always make a switch later if the relationship does not work out, for whatever reason.

#3. READ YOUR PATHOLOGY REPORT

In most cases, your doctor will be able to inform you right after surgery whether or not you have ovarian cancer. However, it will be several days before the pathology report, which is a detailed report on the findings, becomes available. Another specialist known as a pathologist will need to spend time examining samples of the cancer and other tissues removed during the surgery. Ask for a copy of your pathology report and read it. With a good medical dictionary and/or Internet access at hand, you should be able to figure out the meanings of unfamiliar medical terms. If there is anything you can't figure out, you can discuss it with your doctor. (Chapter 2 of *Ovarian Cancer: Your Guide to Taking Control* should help you as well.) Although this may seem like an intimidating exercise, there are many benefits to reading your pathology report. It gives you time to digest the information firsthand, rather than getting everything secondhand from your doctor. Among other things, the report will tell you whether the tumor is benign (not cancerous), malignant (clearly cancerous), or somewhere in between (a condition often referred to as Low Malignant Potential or atypical proliferative tumor); in what part of the ovary it originated; what the cell type is; and where any evidence of cancer spread was found. Reading the report also serves as a crash course in the terminology of ovarian cancer, which will prove helpful to you over time. Finally, reading this report can be a powerful way of taking charge of your situation. After all, the report has to do with your body, and you should have a full understanding of the situation. Simply requesting a copy lets your health care team know that you see yourself as a partner in your care.

4: SPEAK UP AND ASK QUESTIONS.

If this is your first experience with a serious illness, you're about to get a crash course in the realities of the American medical system. The most important lesson to learn right away is that time and resources are limited, and, in most cases, patients only get as much time, attention, and information as they ask for. So you want to be one of those patients who knows something about her diagnosis and asks questions. You don't have to get a medical degree or spend hours and hours in the library to educate yourself enough to ask intelligent questions. This book, *Ovarian Cancer: Your Guide to Taking Control*, combined with other information you find on your own, should be enough to get you started. As you skim through this book, check out the boxed "Questions to Ask Your Health Care Team" for ideas about what to ask when discussing various topics. In addition to asking questions about your disease and its treatment, ask about what services are available for people in your

situation. Most hospitals have a range of programs in place for people with cancer, or at the very least have close connections with community-based programs. Whether you're seeking educational seminars or support groups, financial or transportation assistance, information about nutrition and exercise, or something else, ask your health care team what's available. Again, this information might not be offered to you unless you ask for it.

5: CONNECT WITH ANOTHER OVARIAN CANCER SURVIVOR.

If you have done any reading about ovarian cancer, you probably have encountered a number of pamphlets that begin something like this: "Ovarian cancer is the most lethal of gynecologic cancers and the fourth leading cause of cancer death in American women." Yes, it is true that ovarian cancer is serious, and it does take many women's lives. But don't lose sight of the fact that there are many survivors out there, too. As a newly diagnosed woman, you may find it helpful to speak and/or meet with a woman who is now a few years out from the same diagnosis you've just received. In addition to giving advice, she can give you hope that you will be in her position a few years from now. There are different strategies you can use for finding such a person. [See pages 33-43 in this guide for local resources.] Your hospital, cancer center, or local cancer organizations may have organized a "buddy system" that matches survivors with new patients who have received similar diagnoses. You might try a support group for women with ovarian and other gynecologic cancers, which is likely to have some "veterans" in attendance. You also can try organizations such as the Ovarian Cancer National Alliance or the National Ovarian Cancer Coalition, which are headquartered in Washington, DC, and Florida, respectively, but have contacts in communities throughout the U.S. If you have Internet access and an e-mail account, you can join an online support group for women facing ovarian cancer and post your request there.

#6: CONSIDER CLINICAL TRIALS.

After surgery, most women with ovarian cancer need to undergo chemotherapy. Chemotherapy is intended to destroy any small deposits of cancer or microscopic cancer cells that may have been left behind after surgery. The standard treatment involves getting two drugs, carboplatin and Taxol, which have proven highly effective in the treatment of ovarian cancer. Most women do respond to them and go into remission, a period during which there is no evidence of any cancer. At the same time, however, these drugs usually do not offer a permanent solution: most women can expect their cancer to recur, or come back, at some point in the future. For this reason, some women decide that they want to enroll in a clinical trial, or a research study that involves patients. Some of these trials are comparing the current standard of care with newer treatments, such as different combinations of chemotherapy drugs and other anti-cancer treatments. Many women choose to take part because (1) they want to help the medical community in its quest to find a better treatment, and (2) they know that they may receive the newer treatment, which could end up being more effective than standard treatment. In fact, the first ovarian cancer patients who were treated with Taxol received the drug on a clinical trial. Many people mistakenly believe that clinical trials are for patients who have exhausted all other treatment options, but that is not true. You can choose to take part in a clinical trial at any point in your treatment. In fact, many of the women interviewed for this book said they would have considered a clinical trial for their first treatment if they had known that they were even an option! If you think you might be interested in a clinical trial, either now or at some point in the future, start educating yourself about them. Most trials place limits on the types and amounts of previous treatments that participants can have had. One of the best resources for getting started is the clinical trials section of the National Cancer Institute's (NCI) Web site, at <http://www.cancer.gov/about-cancer/treatment/clinical-trials>. There you can find more information about clinical trials and search for NCI-approved trials specific to ovarian cancer. If you don't have internet access, you can call the NCI at 1-800-4-CANCER and request information by mail.

7: GET ACCESS TO A COMPUTER WITH INTERNET ACCESS AND AN E-MAIL ACCOUNT.

If you don't have a computer and it's financially possible for you to get one, now would be a good time to do so. If you have a computer in your home but you don't use it very much, now is the time to start. Depending on your level of computer literacy, you may need to enlist the help of a family member or friend in this effort. There is an incredible wealth of information and support for people with cancer available on the Internet—and it's all free. While some of the information is of poor quality and downright misleading, the good far outweighs the bad. All of the major cancer-related organizations, including those that deal specifically with ovarian and other gynecologic cancers, have Web sites that feature quality information and practical advice, the latest cancer news, and in some cases, online message boards. You also can use the Web to learn more about doctors and cancer centers that have expertise in ovarian cancer, access current thinking about its treatment, and even read about the latest medical meetings on this disease. You also can connect with other patients who are online and going through the same experiences at the same time you are... If you're not able to get computer access on your own, enlist the help of family members or friends who are comfortable using the Internet to do the work for you. This is a good specific

assignment to give someone who asks if there is anything they can do to help. They can always print out whatever information they find and pass it along to you.

8: TAP INTO OVARIAN CANCER ORGANIZATIONS.

There are a number of organizations that are dedicated specifically to meeting the needs of women with ovarian and other gynecologic cancers. By tapping into their resources, you'll not only be able to start educating yourself, but you'll also discover that you are not alone in this experience.

9: INFORM YOUR FAMILY, FRIENDS, AND COWORKERS.

Just a generation ago, people often felt compelled to hide the news that they had cancer—or at least to hide the real diagnosis if it involved sexual or reproductive organs such as the ovaries, cervix, uterus, or breast in women, or the testicles or prostate in men. There is good reason to suspect that many women who were said to have “stomach cancer” in the early- to mid-twentieth century actually had ovarian cancer. People are much more open about cancer today, but some are still reluctant to share the news because they have a fear of being stigmatized or pitied or even isolated by others. While it will be difficult for you to share the news of your diagnosis with relatives, friends, and colleagues, it is best to be open and honest right away, for a number of reasons. First, you'll become part of the solution in moving cancer out of the closet and promoting awareness. There is no reason for you to feel ashamed or embarrassed. Second, there is often a family connection with ovarian cancer, and your diagnosis may indicate that other family members are at increased risk—especially if there are other cases of ovarian and/or breast cancer in the family. Finally, and perhaps most importantly, you may open yourself up to sources of support that you never could have imagined. Maybe your coworker's aunt is a gynecologic oncologist or a nurse on a gynecologic oncology unit. Maybe your boss's sister-in-law or your son's friend's mother is an ovarian cancer survivor. You never know who might be a source of good information and support during this time. Also, if people know what you are going through, they often will take the initiative to help—by taking on some of your workload, stocking your freezer with prepared meals, running errands, and so forth.

10: IF YOU NEED PROFESSIONAL HELP IN ORDER TO COPE, GET IT.

Anyone who faces a cancer diagnosis experiences a certain amount of depression and anxiety. But for some people, these feelings become absolutely overwhelming: they can't eat, sleep, or function at a level that is anywhere close to normal. They feel completely helpless and simply can't find a way to turn things around. They become so depressed, so anxious, that they can't take action in any kind of a productive way. If you find yourself in this situation, don't be afraid to seek professional help. Your health care team may be able to refer you to a mental health professional who specializes in working with people who have cancer. Many women find it helpful to meet with such a professional and, if necessary, take anti-depressant or anti-anxiety medication to help them get through the most difficult early period. If therapy and/or medications are what you need to function at a level that is close to normal, you should not hesitate to seek them out. Your health care team should not be surprised to hear this request.

Excerpt from: www.oreilly.com/medical/news/ovarian_ten_things.html

This article may be reproduced as is by individuals or nonprofit groups for patient education or support groups, so long as the source of the material is cited.



The Cancer Survival Toolbox

“Full of practical tips and strategies.... Information for people at any stage of cancer survivorship — newly diagnosed, undergoing treatment, transitioning to new treatments or off treatment, and beyond.

READ THE BOOKLET ONLINE:

www.canceradvocacy.org/wp-content/uploads/2013/02/Cancer-Survival-Toolbox-Resource-Booklet.pdf

LISTEN ONLINE:

Learn from survivors as they share their experiences, skills, and resources.

www.canceradvocacy.org/resources/cancer-survival-toolbox/

EN ESPAÑOL: www.canceradvocacy.org/shop/cancer-survival-toolbox-esp/

Produced through a unique collaboration between the National Coalition for Cancer Survivorship (NCCS), the Oncology Nursing Society, and the National Association of Social Workers, with a grant from Genentech, Inc., the Toolbox encourages people with cancer and their caregivers to take a more active role in their care. The Toolbox is available in English and Spanish.”

Gynecologic Oncology



Experts at the National Comprehensive Cancer Network (NCCN) [see below] recommend that ovarian cancer surgery and staging be done by a gynecologic oncologist.**

from the NCCN Guidelines for Patients – Ovarian Cancer
www.nccn.org/patients/guidelines/ovarian/#28/z

★ *****The National Comprehensive Cancer Network® (NCCN®), is a not-for-profit alliance of 27 of the world's leading cancer centers... [that] recognizes the significance of creating clinical practice guidelines appropriate for use by patients, clinicians, and other health care decision-makers.** www.nccn.org/about/

Who is 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.

Gynecologic Oncology

According to the Society of Gynecologic Oncology (SGO)
 “A gynecologic oncologist is a physician who specializes in diagnosing and treating cancers that are located on a woman’s reproductive organs. Gynecologic oncologists have completed obstetrics and gynecology residency and then pursued subspecialty training through a gynecologic oncology fellowship. Residency takes four years to complete, while fellowship involves three to four additional years of intensive training about surgical, chemotherapeutic, radiation, and research techniques that are important to providing the best care for gynecologic cancers. Physicians who complete this training are eligible to take both the obstetrics

and gynecology board exam and the gynecologic oncology board exam. 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.”
www.sgo.org/patients-caregivers-survivors/what-is-a-gynecologic-oncologist/

Gynecologic Oncology for Ovarian Cancer

According to the Society of Gynecologic Oncology (SGO)
 “Gynecologic oncologists are trained in the comprehensive management of gynecologic cancer. As such, they coordinate care for women with ovarian cancer from diagnosis, to surgery, to chemotherapy, through survivorship and palliative care at the end of life. They serve as captain of the entire cancer care team of medical oncologists, pathologists, radiologists, physician assistants, nurse practitioners, registered nurses and genetic counselors, among others.”
www.sgo.org/ovarian-cancer

Medical Oncology

Some hospitals and healthcare systems provide a gynecologic oncologist for ovarian cancer surgery and a medical oncologist for chemotherapy treatment.
 from the National Cancer Institute (NCI)
 According to the NCI Dictionary of Cancer Terms, 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.”
www.cancer.gov/publications/dictionaries/cancer-terms?cdrid=46290

COCA may be able to help you pay for a visit to a Gyn Oncologist. See COCACares info on page 44.



Standard of Care for Ovarian Cancer - The Issue

from the Ovarian Cancer Research Fund Alliance

“In 2013, Dr. Robert Bristow from the University of California, Irvine, published a study showing that only 37.2 percent of patients actually received care that adhered to NCCN** [see above] clinical practice guidelines. NCCN guidelines dictate that women should have their surgery and staging done by a gynecological oncologist, as well as the correct chemotherapy regimen they should undergo. Women who don’t receive standard of care have a 30 percent greater risk of dying within five years of diagnosis than those who do. Typically, women who were treated at large, high-volume hospitals received standard of care, whereas those treated at low-volume hospitals did not. Additional research studies have shown that women from low-income or minority backgrounds typically have poorer survival rates. The results of this study were widely reported in the news, hopefully drawing the attention of physician’s organizations and patients to this serious issue.”

www.ovariancancer.org/what-we-do/policy-positions/standard-of-care/

Gynecologic Oncologists in Colorado



★ NCCN** experts recommend that you have a Gynecologic Oncologist perform surgery if you have been diagnosed with ovarian cancer. (see page 13)

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

www.healthgrades.com/physician/dr-kian-behbakht-2c3nh

Dr. Glenn Bigsby, D.O.

The Colorado Center for Gynecologic Oncology, Littleton, CO 303.955.7574
<http://ccgynonc.com/glenn-bigsby-iv-do/>

www.healthgrades.com/physician/dr-glenn-bigsby-xlptl

Dr. Bradley Corr, M.D.

Starting Fall 2016
University of Colorado, Aurora, CO
80045 303.724.2066

Dr. Susan A. Davidson, M.D.

Denver Health Medical Center
Denver, 80204 303.436.6000
<http://physicians.denverhealth.org/Details/1241?Index=16>
www.healthgrades.com/physician/dr-susan-davidson-2r4mm

Dr. Kevin P. Davis, M.D.

Rocky Mountain Gynecologic Oncology,
Englewood, CO 80113 303.781.9090
www.gyn-onc.org/RMGO-Providers.html
www.healthgrades.com/physician/dr-kevin-davis-x6k7k

Dr. Daniel Michael Donato, M.D.

Rocky Mountain Cancer Center
Denver, CO 80220 303.321.0302
www.rockymountaincancercenters.com/providers/daniel-donato/

www.healthgrades.com/physician/dr-daniel-donato-xwhrt

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

www.healthgrades.com/physician/dr-saketh-guntupalli-yjyf5

Dr. Ruth E. Higdon, M.D.

Grand Valley Oncology,
Grand Junction, CO 81501
970.254.3180

<http://grandvalleyoncology.com>
www.healthgrades.com/physician/dr-ruth-higdon-yn4w9

Dr. Jeffrey James, D.O.

The Colorado Center for Gynecologic Oncology, Littleton, CO 303.955.7574
<http://ccgynonc.com/jeffrey-james-do/>

www.healthgrades.com/physician/dr-jeffrey-james-y9bdp

Dr. Carolyn Lefkowitz

University of Colorado, Aurora, CO
80045 303.724.2066
www.cudoctors.com/Find_A_Doctor_Profile/23055
www.healthgrades.com/physician/dr-carolyn-lefkowitz-23wlc

Dr. Dirk Pikaart, D.O.

Southern Colorado Gynecologic Oncology, Colorado Springs, CO 80907
719.776.6222
<http://coloradogynonc.com/providers.php>
www.healthgrades.com/physician/

www.healthgrades.com/physician/dr-dirk-pikaart-3cy2x

Dr. Jennifer Rubatt, M.D.

Banner Health McKee Medical Center,
Loveland, CO 80538
970.820.5900

<http://www.bannerhealth.com/banner+medical+group/office+locations/banner+health+clinic+-+oncology+-+greeley+sterling/Our+Providers/Provider+Detail.htm?pid=1321>
www.healthgrades.com/physician/dr-jennifer-rubatt-333g6

Dr. Mary Jo Schmitz, M.D.

Rocky Mountain Gynecologic Oncology,
Englewood, CO 80113 303.781.9090
www.gyn-onc.org/RMGO-Providers.html
www.healthgrades.com/physician/dr-mary-jo-schmitz-39ln8

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

SCL Health - Lafayette & Denver CO
80303 303.318.3214
www.sclphysicians.org/find-a-doctor/s/stone-pamela-j/
www.healthgrades.com/physician/dr-pamela-stone-y9qkb

Colorado Kaiser Permanente

2045 Franklin Street, Denver, CO 80205
303.764.5530

Dr. Margrit M. Juretzka, M.D.

www.healthgrades.com/physician/dr-margrit-juretzka-2mgbk

Dr. Julia Embry-Schubert, M.D.

www.healthgrades.com/physician/dr-julia-embry-3nvwj

Dr. Sarah Whittier, M.D.

www.healthgrades.com/physician/dr-sarah-czok-ymcnq

Ovarian Cancer Facts

Ovarian Cancer Staging & Cell Types

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.

OVARIAN CANCER STAGING

by International Federation of Gynecology and Obstetrics (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

Tumor 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

Recurrent ovarian cancer

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

Ovarian Cancer Cell Types



by Cancer Research UK

Epithelial cell types

“About 9 out of 10 tumours of the ovary diagnosed (90%) are this type. Epithelial ovarian cancer means the cancer started in the **surface layer** covering the ovary. There are various types of epithelial cancers of the ovary:

- Serous
- Endometrioid
- Clear cell
- Mucinous
- Undifferentiated or unclassifiable

Serous epithelial ovarian cancer is the most common type, making up about two thirds of the cases diagnosed. Doctors now think that most high grade [see grading info below] serous ovarian cancers actually start in cells at the far end of the fallopian tube, rather than the surface of the ovary. These early cancer cells then spread to the ovary and grow.

About 1 in 10 epithelial ovarian cancers (10%) are undifferentiated or unclassifiable. These tumours have cells that are so very undeveloped that it is not possible to tell which type of cell the cancer started from.”

www.cancerresearchuk.org/about-cancer/type/ovarian-cancer/about/types-of-ovarian-cancer

Germ cell types

“Around 1 or 2 out of 100 ovarian cancers (1 to 2%) are germ cell cancers. They start from the **egg making cells** of the ovary. As well as these, there are also non cancerous (benign) forms of germ cell tumour, which doctors sometimes call dermoid cysts.

Ovarian teratoma

Ovarian teratoma is a type of germ cell tumour. Germ cell tumours are cancers that begin in egg cells in women or sperm cells in men. There are 2 main types of ovarian teratoma.

Mature teratoma - which is benign

The mature teratoma is the most common type of ovarian germ cell tumour. It is most often diagnosed in women during their reproductive years (from teens to forties). Mature teratoma is often called a dermoid cyst. It is removed with surgery and the condition is then cured.

Immature teratoma - which is cancerous

Immature teratomas are usually diagnosed in girls and young women up to their early 20s. These cancers are rare. They are called immature because the cancer cells are at a very early stage of development. Most immature teratomas of the ovary are cured, even if they are diagnosed at an advanced stage.”

<http://www.cancerresearchuk.org/about-cancer/type/rare-cancers/rare-cancers-name/what-is-teratoma-of-the-ovary>

Stromal cell types

Granulosa tumors

“Granulosa tumours are rare tumours of the ovary. They are a type of stromal tumour. The stroma is the supportive tissue of the ovary. Out of 100 women with ovarian cancer, fewer than 5 will have a granulosa tumour (5%). There are 2 main types of granulosa tumours: 1) Functioning tumours, which produce hormones, 2) Non functioning tumours, which don't produce hormones. Functioning tumours make the female hormone estrogen.

Symptoms of granulosa tumors

The symptoms of functioning tumours are usually hormone related. These symptoms include: 1) Menstrual changes (periods). If you are still having periods they may become

irregular, they may be very heavy and you may bleed between periods.2) Vaginal bleeding. If you have had your menopause the most common symptom is vaginal bleeding. This happens because the hormones the tumour produces makes the lining of the womb thicker. This means that you may also need some tests to check your womb as well. 3) Breast tenderness. You may have breast tenderness and vaginal discharge due to the hormones. Other symptoms of granulosa tumours can include: Pain in the abdomen, swelling of the abdomen, constipation, passing urine more often than usual.”

www.cancerresearchuk.org/about-cancer/type/rare-cancers/rare-cancers-name/granulosa-tumours-of-the-ovary

Borderline ovarian tumours

“Borderline ovarian tumours are different to ovarian cancer because they do not grow into the supportive tissue of the ovary (the stroma). They are also called tumours of low malignant potential. About 10 out of 100 epithelial ovarian tumours (10%) are borderline tumours. Borderline ovarian tumours grow slowly and most are diagnosed at an early stage, when the abnormal cells are still within the ovary. Abnormal cells can sometimes break away from the tumour and settle elsewhere in the body, usually the abdomen. These do not usually grow into the underlying tissue. They are called non invasive implants. Borderline ovarian tumours are treated in a different way to ovarian cancers and are usually cured with surgery alone.”

www.cancerresearchuk.org/about-cancer/type/ovarian-cancer/about/types-of-ovarian-cancer

Primary peritoneal carcinoma

“A small number of ovarian cancers are a type called primary peritoneal carcinoma. The cancer develops from cells that form the membrane around abdominal organs. The peritoneum is a layer of thin tissue that lines the abdomen and covers all of the organs within it, such as the bowel and the liver. The peritoneum protects the organs and acts as a barrier to infection....Primary peritoneal cancer (PPC) is a rare cancer of the peritoneum. It is very similar to the most common type of ovarian cancer called epithelial cancer [see above]. This is because the lining of the abdomen and the surface of the ovary come from the same tissue when we develop from embryos in the womb. Doctors now think that most high grade serous cancers actually start in the far end of the fallopian tube rather than the surface of the ovary or peritoneum. PPC is always either stage 3 or stage 4. This is an advanced cancer. PPC does sometimes affect the ovaries but to be a PPC it must only be on the surface of the ovary.”

www.cancerresearchuk.org/about-cancer/type/rare-cancers/rare-cancers-name/primary-peritoneal-carcinoma



Ovarian Cancer Grading, Surgery, Chemotherapy & Blood Tests

Soft tissue sarcomas

Soft tissue sarcomas – cancers of the supporting tissues of the body, including the muscles, nerves, fat, blood vessels and fibrous tissues – can also affect the ovary.

Ovarian Cancer Grading



Grading ovarian cancer

“The grade of a cancer means how the cells look under the microscope. The appearance of the cells gives doctors an idea of how quickly or slowly the cancer is likely to grow. There are 3 grades of ovarian cancer

- Grade 1 or well differentiated
- Grade 2 or moderately differentiated
- Grade 3 or poorly differentiated (or undifferentiated)

As a normal cell grows and matures, it becomes specialized for its role and place in the body. This is called differentiation. Cancer cells can look very like normal cells and are described as well differentiated or low grade. These cancers are more likely to grow slowly.

If the cancer cells look underdeveloped and nothing like a normal cell, they are known as undifferentiated or high grade. These cancers tend to grow and spread more quickly than low grade cancers.”

www.cancerresearchuk.org/about-cancer/type/ovarian-cancer/treatment/stages-of-ovarian-cancer#grade

Ovarian Cancer Surgery



Ovarian Cancer Surgery

By National Comprehensive Cancer Network (NCCN)

“Surgery is used as the first and main (primary) treatment for most ovarian cancers. Primary treatment is the main treatment given to rid the body of cancer. NCCN experts recommend that ovarian cancer surgery should be performed by a gynecologic oncologist. A gynecologic oncologist is a surgeon who is an expert in cancers that start in a woman’s reproductive organs. Gynecologic oncologists and medical oncologists often work closely together to plan the best treatment for ovarian cancer. A medical oncologist is a doctor who is an expert in treating cancer with chemotherapy and other drugs. There are two main goals of surgical treatment for ovarian cancer. One goal is to find out how far the cancer has spread... The other goal of surgery is to remove all or as much of the cancer from your body as possible. To do so, the tumor is removed along with other organs and tissues where cancer cells have or might have spread.”

www.nccn.org/patients/guidelines/ovarian/#36

Tumor Assays: Surgery Preparation

“It is possible to have a sample of tumor tissue sent 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. Helomics and Rational Therapeutics are labs that do this kind of testing.”

www.helomics.com

www.rational-t.com

Chemotherapy



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

American Cancer Society—A Guide to Chemotherapy

www.cancer.org/acs/groups/cid/documents/webcontent/003025-pdf.pdf

Chemotherapy For Epithelial Ovarian Cancer

by American Cancer Society

“Chemo for ovarian cancer is most often a combination of 2 or more drugs, given IV every 3- to 4-weeks. Giving combinations of drugs rather than just one drug alone seems to be more effective in the initial treatment of ovarian cancer. The standard approach is the combination of a platinum compound, such as cisplatin or carboplatin, and a taxane, such as paclitaxel (Taxol®) or docetaxel (Taxotere®). For IV chemotherapy, most doctors favor carboplatin over cisplatin because it has fewer side effects and is just as effective. The typical course of chemo for epithelial ovarian cancer involves 3 to 6 cycles. A cycle is a schedule of regular doses of a drug, followed by a rest period. Different drugs have varying cycles; your doctor will let you know what schedule planned for your chemo. Most of the time, systemic chemo uses drugs that are injected into a vein (IV) or given by mouth. For some cases of ovarian cancer, chemotherapy may also be injected through a catheter (thin tube) directly into the abdominal cavity. This is called intraperitoneal (IP) chemotherapy. Drugs given this way are also absorbed into the bloodstream, so IP chemotherapy is also a type of systemic chemo.”

www.cancer.org/cancer/ovariancancer/detailedguide/ovarian-cancer-treating-chemotherapy

Chemo Ports - IV and IP

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.

Intraperitoneal Chemotherapy (IP)

by American Cancer Society

“In intraperitoneal (IP) chemotherapy for ovarian cancer, in addition to giving the chemo drug paclitaxel IV, the drugs cisplatin and paclitaxel are injected into the abdominal cavity through a catheter (thin tube). The tube can be placed during the staging/debulking surgery, but sometimes it is placed later.... A needle can be placed through the skin and into the port to give chemo and other drugs.... Giving chemo this way gives the most concentrated dose of the drugs to the cancer cells in the abdominal cavity. This chemo also gets absorbed into the bloodstream and so can reach cancer cells outside the abdominal cavity... IP chemotherapy currently is only given to some of the women with ovarian cancer that has spread to the inside of the abdomen. It was only [originally] studied in women whose cancer had not spread outside the abdomen (stage III) and who had no tumors larger than 1 cm after surgery (optimally debulked). Also, because it can be so toxic, women must have normal kidney function and be in good overall shape for their doctor to be willing to try IP chemo. They also cannot have a lot of adhesions or scar tissue inside their abdomen because this can prevent the chemo from spreading well.”

www.cancer.org/cancer/ovariancancer/detailedguide/ovarian-cancer-treating-chemotherapy

Update on IP chemotherapy regarding study GOG

252: from Ovarian Cancer Research Fund Alliance

“Our scientific advisors don’t believe that the results of this one trial should outweigh the significant prior evidence that suggests that IP chemotherapy is beneficial. The best evidence to date suggests that the ideal treatment for women is optimal debulking followed by IP chemotherapy. At the very least, until results of ongoing trials are known, IP chemotherapy should still be offered to women who are likely to be able to tolerate the significant toxicities associated with the treatment.... OCRFA believes that like all good research, the results of GOG 252 raise more important questions for the ovarian cancer research community to tackle.”

www.ovariancancer.org/2016/04/11/ocrfa-statement-results-gog-252/

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”

There is no standardized treatment for “chemo brain.” Check with your doctor if you are experiencing serious symptoms.

by American Cancer Society

“For years people with cancer have worried about, joked about, and been frustrated by the mental cloudiness they sometimes notice before, during, and after cancer treatment. Even though its exact cause isn’t always known, and it can happen at any time during cancer, this mental fog is commonly called chemo brain. Patients have been aware of this problem for some time, but only recently have studies been done that could help to explain it.” Read more about this at the following link, and talk to your doctor about options to relieve the symptoms.

<http://www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/chemotherapyeffects/chemo-brain>

CA-125 Blood Test



CA-125 Blood Test

by the Ovarian Cancer Research Fund

“CA-125, which stands for “Cancer Antigen 125” is a protein that may be found in high amounts in the blood of patients with ovarian cancer. CA-125 is produced on the surface of cells and is released in the blood stream. This protein is elevated in more than 80 percent of women with advanced ovarian cancers, and in 50 percent of those with early-stage cancers. The CA-125 test is among the blood tests that may be ordered by a doctor if ovarian cancer is suspected. Because CA-125 misses half of early cancers and can be elevated by benign conditions, such as diverticulitis, endometriosis, liver cirrhosis, pregnancy, and uterine fibroids, the National Cancer Institute and the United States Preventive Services Task Force do not endorse using it to screen women for ovarian cancer who are at ordinary risk or in the general population. Research on new ways to use CA-125 to more accurately identify ovarian cancer is underway. CA-125, however, is approved by the Food and Drug Administration to monitor the effectiveness of treatment for ovarian cancer and for detecting disease recurrence after treatment.”

www.ocrf.org/about-ovarian-cancer/diagnosis-of-ovarian-cancer/what-is-ca125?gclid=CPqxr2X3sMCFQYJaQod4gsA1A

HE4 Blood Test



“HE4 is a novel serum biomarker that when combined with CA125™ significantly raises the level of sensitivity for the determination of risk of malignancy in patients presenting with a pelvic mass. HE4 is consistently expressed in patients with ovarian cancer, and it has demonstrated increased sensitivity and specificity over that of CA125 alone.”

www.he4test.com/row/about/index.html

Genetic Considerations

Genetics of Cancer



★ **Your genetic makeup may have an effect on treatment options available to you for ovarian cancer. And, understanding hereditary cancer can help increase awareness of risk factors in your family.**

Definition: Gene

from *National Institutes of Health (NIH)*

“Gene: The functional and physical unit of heredity passed from parent to offspring. Genes are pieces of DNA, and most genes contain the information for making a specific protein.”

www.cancer.gov/publications/dictionaries/cancer-terms?search=gene

Definition: Gene Mutation

from *Genetics Home Reference, National Library of Medicine (NLM), National Institutes of Health (NIH)*

“A gene mutation is a permanent alteration in the DNA sequence that makes up a gene, such that the sequence differs from what is found in most people. Mutations range in size; they can affect anywhere from a single DNA building block (base pair) to a large segment of a chromosome that includes multiple genes.

Gene mutations can be classified in two major ways:

- **Hereditary mutations** are inherited from a parent and are present throughout a person’s life in virtually every cell in the body. These mutations are also called germline mutations because they are present in the parent’s egg or sperm cells, which are also called germ cells. When an egg and a sperm cell unite, the resulting fertilized egg cell receives DNA from both parents. If this DNA has a mutation, the child that grows from the fertilized egg will have the mutation in each of his or her cells.
- **Acquired (or somatic) mutations** occur at some time during a person’s life and are present only in certain cells, not in every cell in the body. These changes can be caused by environmental factors such as ultraviolet radiation from the sun, or can occur if a mistake is made as DNA copies itself during cell division. Acquired mutations in somatic cells (cells other than sperm and egg cells) cannot be passed on to the next generation.”

<https://ghr.nlm.nih.gov/handbook/mutationsand-disorders/genemutation>

from *Cleveland Clinic Genomic Medicine Institute*

Overview

“Cancer arises from the uncontrolled growth of cells. Cells are the units that make up our tissues and organs (for example, our skin, lungs and brain), which in turn make up our entire body. When cells are doing their job well, they know when to grow and when to stop growing. Cells contain

genes. Genes are the instructions that tell cells how to function properly, like when to grow and when to stop growing. Cancer is caused by harmful changes in genes, called mutations. These mutations cause the cell to grow without control, and eventually become a cancer.

Sporadic Cancer

Most cancers are sporadic – they are not inherited and cannot be passed to your children. Because cancer is common, some families may have a few members affected with sporadic cancers just by chance. Sporadic cancers may be the result of environmental exposures. Sporadic cancer may also be due to mutations that occur in genes by chance when a cell divides. Since these mutations occur only in the cancer cells, they cannot be passed on.

Familial Risk

Sometimes cancers cluster in families. In these cases, more cancers are occurring than would be expected by chance, yet they do not appear to be clearly hereditary (able to be passed on within the family). It is possible that interactions are occurring between genes and the environment or among several genes that contribute to the development of these cancers. This type of moderately increased cancer risk can be called a “familial” risk.

Hereditary Cancer

About 5-10% of cancers are believed to be hereditary. Hereditary susceptibility to cancer can be inherited and passed on within a family. Individuals who inherit a mutation in a cancer susceptibility gene have a much greater chance for developing cancer. However, not everyone with a cancer susceptibility gene mutation will develop cancer.

Cancer susceptibility gene mutations can be inherited from, and passed on to, men as well as women. Almost all genes come in pairs. One gene copy of each pair is inherited from the father and the other gene copy is inherited from the mother. Therefore, if a parent has a gene mutation associated with cancer susceptibility, each of his/her children has a 50% (1 in 2) chance of inheriting the gene mutation. Each child also has a 50% chance of inheriting the working copy of the gene, in which case his/her cancer risk would be no higher than that of the general population.

Features suggesting hereditary cancer include:

- early ages of cancer diagnoses (i.e. breast cancer before age 50)
- two or more relatives with the same type of cancer, on the same side of the family
- several generations affected by cancer
- multiple primary cancers in one individual (including breast and ovarian cancer or bilateral breast cancer)
- male breast cancer
- clustering of cancers which are known to be genetically related (such as breast and ovarian cancer, or colon and uterine cancer)
- the presence of certain features which are known to be associated with hereditary cancer (such as moles and melanoma, or polyps and colon cancer).”

https://my.clevelandclinic.org/ccf/media/Files/genomics/Hereditary%20Cancer_Background%20Information.pdf?la=en

Inherited Ovarian Cancer Risk Factors



HEREDITARY BREAST AND OVARIAN CANCER SYNDROME (HBOC)

from National Cancer Institute (NCI)

“An inherited disorder in which the risk of breast cancer (especially before the age of 50) and ovarian cancer is higher than normal. Most cases of HBOC syndrome are caused by certain mutations (changes) in the BRCA1 or the BRCA2 gene. People with HBOC syndrome may also have an increased risk of other types of cancer, including pancreatic cancer, prostate cancer, and melanoma. Also called hereditary breast and ovarian cancer syndrome.”

www.cancer.gov/publications/dictionaries/cancer-terms?cdrid=751863

LYNCH SYNDROME

from Genetics Home Reference, National Library of Medicine (NLM), National Institutes of Health (NIH)

“Lynch syndrome, often called hereditary nonpolyposis colorectal cancer (HNPCC), is an inherited disorder that increases the risk of many types of cancer, particularly cancers of the colon (large intestine) and rectum, which are collectively referred to as colorectal cancer. People with Lynch syndrome also have an increased risk of cancers of the stomach, small intestine, liver, gallbladder ducts, upper urinary tract, brain, and skin. Additionally, women with this disorder have a high risk of cancer of the ovaries and lining of the uterus (the endometrium).”

<https://ghr.nlm.nih.gov/condition/lynch-syndrome>

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, [Sharsharet] can help.” “...Recent studies show that Sephardic Jewish (Jews from Spain, Portugal, or the Middle East) women may also be genetically predisposed to hereditary breast cancer and ovarian cancer.” See Sharsharet below for more information.

www.sharsheret.org/how-we-help/women-all-ages/at-risk-brca-positive

www.sharsheret.org/how-we-help/women-all-ages/at-risk-or-brca-sephardic

HISPANAS AND THE 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 for more information. <http://jeffwheelwright.com/book.htm>
www.smithsonianmag.com/science-nature/the-secret-jews-of-san-luis-valley-11765512/

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

Sharsheret – Support for Jewish Women Living with Ovarian Cancer

“Whether you are living with early or later stage ovarian cancer, we provide specialized support for Jewish women and families. Connect to our ovarian cancer community in the way that feels most comfortable to you.”

www.sharsheret.org/how-we-help/women-all-ages/living-ovarian-cancer

FORCE - Facing Our Risk of Cancer Empowered

“FORCE is the only national nonprofit organization devoted to hereditary breast and ovarian cancer. Our mission includes support, education, advocacy, awareness, and research specific to hereditary breast and ovarian cancer. Our programs serve anyone with a BRCA mutation or a family history of cancer.” www.facingourrisk.org

Dr. Jaime Arruda, M.D. - University of Colorado, Aurora, CO 80045 303.724.2066

Dr. Arruda works with BRCA-positive patients to determine the best tracking and prevention options going forward.

<https://cancer.coloradowomenshealth.com/about/doctors/jaime-arruda-md/>

Genetic Counseling



★ **It is recommended that you speak with a trained Genetic Counselor to determine the need for and direction of genetic testing.**

Who are Genetic Counselors?

(By the National Society of Genetic Counselors, Inc. 1983)

“Genetic counselors are health professionals with specialized graduate degrees and experience in the areas of medical genetics and counseling. Most enter the field from a variety of disciplines, including biology, genetics, nursing, psychology, public health, and social work. Genetic counselors work as members of a health care team, providing information and support to families who have members with birth defects or genetic disorders and to families who may be at risk for a variety of inherited conditions. They identify families at risk, investigate the problem present in the family, interpret information about the disorder, analyze inheritance patterns and risks of recurrence and review available options with the family. Genetic counselors also provide supportive counseling to families, serve as patient advocates and refer individuals and families to community or state support services. They serve as educators and resource people for other health care professionals and for the general public. Some counselors also work in administrative capacities. Many engage in research activities related to the field of medical genetics and genetic counseling.”

<http://nsgc.org/p/cm/ld/fid=386>

Genetic Counseling and Test Results

from National Cancer Institute (NCI)

It is strongly recommended that a person who is considering genetic testing speak with a professional trained in genetics before deciding whether to be tested.... Genetic counseling can help people consider the risks, benefits, and limitations of genetic testing in their particular situation. Sometimes the genetic professional finds that testing is not needed. Genetic counseling includes a detailed review of the individual's personal and family medical history related to possible cancer risk. Counseling also includes discussions about such issues as: 1) Whether genetic testing is appropriate, which specific test(s) might be used, and the technical accuracy of the test(s); 2) The medical implications of a positive or a negative test result; 3) The possibility that a test result might not be informative—that is, that the information may not

be useful in making health care decisions; 4) The psychological risks and benefits of learning one's genetic test results; 5) The risk of passing a genetic mutation (if one is present in a parent) to children.”

www.cancer.gov/about-cancer/causes-prevention/genetics/genetic-testing-fact-sheet

Will Insurance Cover My Genetic Testing & Genetic Counseling?

“New Affordable Care Act guidance says women with ovarian cancer can receive free genetic counseling, testing.”

“...The U.S. Department of Health and Human Services, Labor and Treasury issued new guidance to clarify services and coverage available under the Affordable Care Act. Before... only women with a family history of ovarian and breast cancer were eligible for genetic testing and counseling free from additional out-of-pocket expense... Guidance will now allow women diagnosed with ovarian cancer to also access this counseling and testing as part of their [insurance] coverage.”

www.ovariancancer.org/2015/05/12/new-affordable-care-act-guidance-says-women-with-ovarian-cancer-can-receive-free-genetic-counseling-testing/

Privacy of Genetic Information

from National Cancer Institute (NCI)

“...People considering genetic testing must understand that their results may become known to other people or organizations that have legitimate, legal access to their medical records, such as their insurance company or employer, if their employer provides the patient's health insurance as a benefit. However, legal protections are in place to prevent genetic discrimination, which would occur if insurance companies or employers were to treat people differently because they have a gene mutation that increases their risk of a disease such as cancer or because they have a strong family history of a disease such as cancer. In 2008, the Genetic Information Nondiscrimination Act (GINA) became federal law for all U.S. residents. GINA prohibits discrimination based on genetic information in determining health insurance eligibility or rates and suitability for employment.”

www.cancer.gov/about-cancer/causes-prevention/genetics/genetic-testing-fact-sheet

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.” ~ Courtesy: National Human Genome Research Institute

From: www.genome.gov/10002077 Also see: www.ginahelp.org

Genetic Testing



What is Genetic Testing?

from *Genetics Home Reference, National Library of Medicine (NLM), National Institutes of Health (NIH)*

“Genetic testing is a type of medical test that identifies changes in chromosomes, genes, or proteins. The results of a genetic test can confirm or rule out a suspected genetic condition or help determine a person’s chance of developing or passing on a genetic disorder. More than 1,000 genetic tests are currently in use, and more are being developed.

Several methods can be used for genetic testing:

- Molecular genetic tests (or gene tests) study single genes or short lengths of DNA to identify variations or mutations that lead to a genetic disorder.
- Chromosomal genetic tests analyze whole chromosomes or long lengths of DNA to see if there are large genetic changes, such as an extra copy of a chromosome, that cause a genetic condition.
- Biochemical genetic tests study the amount or activity level of proteins; abnormalities in either can indicate changes to the DNA that result in a genetic disorder.

Genetic testing is voluntary. Because testing has benefits as well as limitations and risks, the decision about whether to be tested is a personal and complex one. A geneticist or genetic counselor can help by providing information about the pros and cons of the test and discussing the social and emotional aspects of testing.”

<https://ghr.nlm.nih.gov/handbook/testing?show=all>

Genetic Testing

from *National Cancer Institute (NCI)*

“Genetic testing looks for specific inherited changes (mutations) in a person’s chromosomes, genes, or proteins. Genetic mutations can have harmful, beneficial, neutral (no effect), or uncertain effects on health. Mutations that are harmful may increase a person’s chance, or risk, of developing a disease such as cancer. Overall, inherited mutations are thought to play a role in about 5 to 10 percent of all cancers.

Cancer can sometimes appear to “run in families” even if it is not caused by an inherited mutation. For example, a shared environment or lifestyle, such as tobacco use, can cause similar cancers to develop among family members. However, certain patterns—such as the types of cancer that develop, other non-cancer conditions that are seen, and the ages at which cancer typically develops—may suggest the presence of a hereditary cancer syndrome.

The genetic mutations that cause many of the known hereditary cancer syndromes have been identified, and genetic testing can confirm whether a condition is, indeed, the result of an inherited syndrome. Genetic testing is also done to determine whether family members without obvious illness have inherited the same mutation as a family member who is known to carry a cancer-associated mutation.

Inherited genetic mutations can increase a person’s risk of developing cancer through a variety of mechanisms, depending on the function of the gene. Mutations in genes that control cell growth and the repair of damaged DNA are particularly

likely to be associated with increased cancer risk.

Genetic testing of tumor samples can also be performed...”

www.cancer.gov/about-cancer/causes-prevention/genetics/genetic-testing-fact-sheet#q1

Statement On Risk Assessment For Inherited Gynecologic Cancer Predispositions

from *Society of Gynecologic Oncology*

Johnathan M. Lancaster, C.Bethan Powell, Lee-may Chen, Debra L. Richardson, on behalf of the SGO Clinical Practice Committee: a. H. Lee Moffitt Cancer Center and Research Institute, Tampa, FL, USA, b. Permanente Medical Group San Francisco, CA, USA, c. UCSF Helen Diller Family Comprehensive Cancer Center, San Francisco, CA, USA, d. The University of Texas Southwestern Medical Center, Dallas, TX, USA

“Women with germline mutations in the cancer susceptibility genes, BRCA1 or BRCA2, associated with Hereditary Breast & Ovarian Cancer syndrome, have up to an 85% lifetime risk of breast cancer and up to a 46% lifetime risk of ovarian, tubal, and peritoneal cancers. Similarly, women with mutations in the DNA mismatch repair genes, MLH1, MSH2, MSH6, or PMS2, associated with the Lynch/Hereditary Non-Polyposis Colorectal Cancer (HNPCC) syndrome, have up to a 40 – 60% lifetime risk of both endometrial and colorectal cancers as well as a 9 – 12% life-time risk of ovarian cancer. Mutations in other genes including TP53, PTEN, and STK11 are responsible for hereditary syndromes associated with gynecologic, breast, and other cancers. **Evaluation of the likelihood of a patient having one of these gynecologic cancer predisposition syndromes enables physicians to provide individualized assessments of cancer risk, as well as the opportunity to provide tailored screening and prevention strategies such as surveillance, chemoprevention, and prophylactic surgery that may reduce the morbidity and mortality associated with these syndromes.**

Evaluation for the presence of a hereditary cancer syndrome is a process that includes assessment of clinical and tumor characteristics, education and counseling conducted by a provider with expertise in cancer genetics, and may include genetic testing after appropriate consent is obtained. This commentary provides guidance on identification of patients who may benefit from assessment for the presence of a hereditary breast and/or gynecologic cancer syndrome.”

www.sgo.org/wp-content/uploads/2012/11/SGO-Position-Statement-Genetics.pdf

Definition: Germline Mutation

from *National Cancer Institute (NCI)*

“A gene change in a body’s reproductive cell (egg or sperm) that becomes incorporated into the DNA of every cell in the body of the offspring. Germline mutations are passed on from parents to offspring. Also called hereditary mutation.”

www.cancer.gov/publications/dictionaries/cancer-terms?cdrid=46384

Genetic Counselors in Colorado



GREATER METRO DENVER

University of Colorado - Hereditary Cancer Clinic

Aurora 720.848.5944

www.uchealth.org/Pages/Services/Genetic-Testing-and-Counseling.aspx

Porter Adventist Hospital - Genetic Counseling

Denver 303.765.6500

www.porterhospital.org/poh/specialties/genetic-counseling/our-genetic-counselor/

St Anthony Hospital - Genetic Counseling

Denver 720.321.0400

www.stanthonyhosp.org/sah/specialties/cancer/genetic-counseling/

St Joseph's Hospital - Genetic Counseling

Denver 303.318.3478

<http://www.saintjosephdenver.org/services-and-departments/cancer-centers-of-colorado/cancer-treatment-and-services/genetic-counseling/>

Swedish Medical Center - Genetic Counseling

Englewood 303.788.4668

swedishhospital.prod.ehc.com/service/cancer-care-genetic-counseling

Invision Sally Jobe - Genetic Counseling

Greenwood Village - Golden - Parker. 720.493.3700

www.riainvision.com/counseling/genetic_counselor.aspx

Littleton Adventist Hospital - Genetic Counseling

Littleton 303.734.2035

www.mylittletonhospital.org/mlh/specialties/cancer-care/genetic-counseling%281%29/

Lutheran Hospital - Genetic Counseling

Wheat Ridge 303.425.8191

www.lutheranmedicalcenter.org/services-and-departments/comprehensive-cancer-center/cancer-screenings/genetic-counseling/

Parker Adventist Hospital - Genetic Counseling

Parker 303.269.4975

www.parkerhospital.org/pah/specialties/genetic-counseling/

Good Samaritan Medical Center - Genetic Counseling

Lafayette 303.673.1944

www.goodsamaritancolorado.org/services-and-departments/cancer-centers-of-colorado/

Rocky Mountain Cancer Centers- Genetic Counseling

1.888.259.7622

www.rockymountaincancer-centers.com/cancer-treatments/genetic-testing/

Kaiser Permanente Insurance Group Genetic Counseling

Englewood, Lafayette. 303.788.1220

COLORADO SPRINGS Penrose Cancer Center - Genetic Counseling

719.776.5279

www.penrosecancercenter.org/pcc/cancer-treatment/other-services/genetic-counseling

University of Colorado Health - Memorial Hospital Genetic Counseling

719.365.9867

www.uchealth.org/Pages/Services/Genetic-Testing-and-Counseling.aspx

PUEBLO

St. Mary Corwin-Dorcy Cancer Center

Hereditary Cancer Services 719.557.4252

www.stmarycorwin.org/stc/specialties/cancer-center/genetic-counseling

ASPEN

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

720.493.3226

www.aspenvalleyhospital.org

EDWARDS

Shaw Regional Cancer Center - Genetic Counseling

970.569.7626

www.shawcancercenter.com/diagnostics-treatments/hereditary-cancer-service.aspx

FRISCO

St. Anthony Summit Medical Center Genetic Counseling

720.321.0400

www.summitmedicalcenter.org/smc/specialties/breast-center/genetic-counseling

GLENWOOD SPRINGS

Valley View Hospital Calaway Young Cancer Center - Genetic Counseling

970.384.7570

www.vvh.org/calaway-young-cancer-center/treatment-healing/genetic-counseling/

GRAND JUNCTION

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

970.298.7956

www.stmarygj.org/services-and-departments/cancer-care

NATIONAL - Genetic Counseling Services

InformedDNA

Personalized Genetic Counseling by phone

Toll Free: 1.800.975.4819

www.informeddna.com/for-patients

Precision Medicine

Molecular Profiling



Definition: Precision or Personalized Medicine

from National Cancer Institute (NCI)

“A form of medicine that uses information about a person’s genes, proteins, and environment to prevent, diagnose, and treat disease. **In cancer, precision medicine uses specific information about a person’s tumor** to help diagnose, plan treatment, find out how well treatment is working, or make a prognosis... Also called personalized medicine.”

www.cancer.gov/publications/dictionaries/cancer-terms?cdrid=741769

Definition: Targeted Cancer Therapies

from National Cancer Institute (NCI)

“Targeted cancer therapies are drugs or other substances that block the growth and spread of cancer by interfering with specific molecules (“molecular targets”) that are involved in the growth, progression, and spread of cancer. Targeted cancer therapies are sometimes called “molecularly targeted drugs,” “molecularly targeted therapies,” “precision medicines,” or similar names. Targeted therapies differ from standard chemotherapy in several ways:

- Targeted therapies act on specific molecular targets that are associated with cancer, whereas most standard chemotherapies act on all rapidly dividing normal and cancerous cells.
- Targeted therapies are deliberately chosen or designed to interact with their target, whereas many standard chemotherapies were identified because they kill cells.
- Targeted therapies are often cytostatic (that is, they block tumor cell proliferation), whereas standard chemotherapy agents are cytotoxic (that is, they kill tumor cells).
- Targeted therapies are currently the focus of much anticancer drug development. They are a cornerstone of precision medicine, a form of medicine that uses information about a person’s genes and proteins to prevent, diagnose, and treat disease.

Many targeted cancer therapies have been approved by the Food and Drug Administration (FDA) to treat specific types of cancer. Others are being studied in clinical trials (research studies with people), and many more are in preclinical testing (research studies with animals).”

www.cancer.gov/about-cancer/treatment/types/targeted-therapies/targeted-therapies-fact-sheet

Definition: Biomarkers

from National Institutes of Health (NIH)

“A biological molecule found in blood, other body fluids, or tissues that is a sign of a normal or abnormal process, or of a condition or disease. A biomarker may be used to see how well the body responds to a treatment for a disease or condition. Also called molecular marker and signature molecule.”

www.cancer.gov/publications/dictionaries/cancer-terms?cdrid=45618

Molecular Profiling of Tumor

from U.S. National Library of Medicine

Deanna Cross, PhD and James K. Burmester, PhD

The Promise of Molecular Profiling for Cancer Identification and Treatment

“The completion of the human genome sequence, in conjunction with newer, cheaper, and more reliable methods of gene expression analysis has the potential to revolutionize cancer diagnosis and treatment. By providing a molecular portrait of an individual cancer, this technology will allow clinicians to determine the origin of the cancer, its potential for metastasis, its specific drug responsiveness, and the probability of its recurrence....”

www.ncbi.nlm.nih.gov/pmc/articles/PMC1069086/

★ COCA can connect you with a survivor who has done molecular profiling with The Clarity Foundation for recurrent ovarian cancer. Clarity pays for the lab testing if your insurance won’t.

The Clarity Foundation – Molecular Profiling for Recurrent Ovarian Cancer

4365 Executive Drive, Suite 1500 San Diego, CA 92121

858.657.0282 info@clarityfoundation.org

“A tumor blueprint provides a detailed profile of the molecular characteristics of a tumor. It is generated by measuring a panel of protein biomarkers and testing for molecular changes in over 300 genes. Your Tumor Blueprint interpretative report suggests drug treatments that match and therefore may be more likely to be effective for you if you have a recurrence of your cancer. Some of those drugs may be available through clinical trials for which you may be eligible. Clarity’s team of scientists survey the medical literature on an ongoing basis to identify and update the connections between protein biomarkers and genetic changes in the tumor and responsiveness to specific drugs that are used to treat cancer.... Initial treatment for ovarian cancer typically includes surgery followed by chemotherapy drugs such as Carboplatin and Taxol. This treatment is effective in the majority of women, but, unfortunately, the cancer frequently comes back and a new treatment is required. Recurrent cancer is likely to require different treatment because tumors turn on other pathways and become resistant to some chemotherapies.... As a non-profit organization, Clarity Foundation provides its patient support services free of charge. Our services include molecular testing coordination, reporting and interpretation of results, and identification of clinical trials for which you may be eligible. The cost of the molecular testing will vary depending on your insurance.” Also see page 57.

www.clarityfoundation.org/tumor-blueprints/what-is-a-tumor-blueprint/

Molecular Tumor Analysis / Molecular Profiling**“Could your doctor use new technologies to better predict which treatments will work for your unique cancer?”**

“The oncology community has made great strides in identifying unique genes, proteins and other molecules called cancer biomarkers that can provide clues about how your cancer functions and which treatment options have been linked to these biomarkers. Although not standard protocol, advanced genetic and molecular tumor analysis (often called molecular profiling) can create a comprehensive cancer biomarker profile that may help identify potential treatment options. Molecular profiling to create a comprehensive biomarker profile is an important new option for patients in several situations: Standard or first-line treatment options aren't working. Your doctor is choosing between multiple recommended treatments. Your cancer is particularly aggressive or rare or has limited treatment options for other reasons. Biomarker testing has become standard of care before treatment for some cancer types including certain types of lung, stomach, colon, skin and breast cancers. But for most cancer types, this type of upfront testing is not yet standard. The cancer biomarkers identified through comprehensive molecular profiling won't help everyone, but this type of testing has the potential to help some patients evaluate possible treatment options. Biomarker analysis may help you find potential treatment paths, but only your doctor can advise you on which treatment paths to consider. Talk to your doctor about your treatment options.”

www.mycancer.com/ovarian-cancer

Chemo Sensitivity Testing

**Definition: Chemo Sensitivity Assay**

from National Cancer Institute (NCI)

“A laboratory test that measures the number of tumor cells that are killed by a cancer drug. The test is done after the tumor cells are removed from the body. A chemosensitivity assay may help in choosing the best drug or drugs for the cancer being treated.”

www.cancer.gov/publications/dictionaries/cancer-terms?cdrid=45990

Helomics®**ChemoFx® Therapeutic Selection Marker**

“Physicians have more than 20 standard of care therapies from which to choose that effectively treat gynecologic cancer. What they don't have is a way to confirm which one will provide the best results for their individual patients. ChemoFx provides essential information that helps physicians determine the best treatment course for their patients based on personal tumor information: Proven to identify treatments that extend survival for patients with gynecologic cancer; Tests multiple chemotherapies on a patient's cancer cells before treatment; Quantifies an individual's probable tumor response to treatment; Identifies information on both sensitivity and resistance.

BioSpeciFx® Molecular Markers

BioSpeciFx assesses solid tumors at a molecular level using a select group of clinically relevant and validated cancer-related biomarker tests. When used in conjunction with ChemoFx to create a comprehensive tumor profile, physicians can confidently define and assess which of the multiple equivalent therapies has the highest potential for success...”

www.helomics.com/product-services/next-generation/comprehensive-tumor-profiling

Rational Therapeutics

750 E. 29th Street, Long Beach, CA 90806 562.989.6455, 800.542.HELP (4357)

“When facing a diagnosis of cancer, there are many questions to be answered. Do I need chemotherapy or a targeted agent? What drugs or combinations are going to be best for me? How does my oncologist choose? For over 20 years, Rational Therapeutics has helped answer these important questions. Using 3D functional profiling to analyze each patient's living cancer cells, our Ex Vivo Analysis of Programmed Cell Death (EVA-PCD®) selects from amongst many comparable choices those drugs or combinations most likely to work for you. This “real-time” analysis with results available within 7 days can provide potentially life-saving information. Our results have been shown to double response rates and can improve time-to-progression and survival. With these results, you and your oncologist will be equipped to make the most informed decision to treat YOUR cancer.”

www.rational-t.com/

Weisenthal Cancer Group

16512 Burke Lane Huntington Beach, CA 92647 714.596.2100
mail@weisenthalcancer.com

“Increasingly, cancer physicians are turning away from the one-size-fits-all approach to chemotherapy drug selection. It has become apparent to physicians and researchers worldwide that better results can be achieved if cancer treatments are personalized, based upon specific biologic factors. These factors occur at the cellular level and are unique to each patient. The two main approaches to what is called “personalized medicine” are cytometric profiling (performed by Weisenthal Cancer Group and, in other forms, by a very small number of other labs scattered throughout the world) and gene, or “molecular,” testing (available in some form from hundreds of large and small labs located virtually everywhere). Important differences in the two main approaches relate to precisely which biologic factors are tested, what technologies are used, and how expertly the technologies are applied. It is highly probable that even your physician is not fully-aware of the differences which exist and how these differences dramatically affect the accuracy and usefulness of the information provided by the different tests.”

http://weisenthalcancer.com/Contact_Us.html

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 include 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

Clinical Trials and Ovarian Cancer



★ WHY AND WHEN TO ENTER A CLINICAL TRIAL?

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.

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.

University of Colorado Cancer Center National Cancer Institute (NCI)-Designated Cancer Center

Phone: 720.848.0300

"The University of Colorado Cancer Center in Denver is one of just 45 elite Comprehensive Cancer Centers in the entire country and the only one in Colorado. We're known worldwide for developing and setting new standards in the treatment of many types of cancer. Our 5-year cancer outcomes far outpace state averages as well as those of many other cancer centers in the U.S."

www.uhealth.org/pages/services/colorado-cancer-center.aspx

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

www.uhealth.org/Pages/Clinical-Trials.aspx

Sarah Cannon Research Institutes

Phone: 303.253.3225

asksarah@sarahcannon.com

"Sarah Cannon and the HealthONE Fam-

ily of Hospitals in Denver, Colo. are joining cancer together to offer patients cutting-edge clinical research alongside integrated cancer services from discovery to recovery. "

North Suburban Medical Center,
303-451-7800

Presbyterian/St. Luke's Medical Center -
303-839-6000

Red Rocks Cancer Center - 303-945-2960

Rose Medical Center - 303-320-2121

Sarah Cannon Research Institute at HealthONE - 720-754-2610

Sky Ridge Medical Center - 720-225-1000

Swedish Medical Center - 303-788-5000

The Medical Center of Aurora -
303-695-2600

<http://sarahcannon.com/locations/markets/denver/>

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

U. S. National Institutes of Health (NIH)

"The goal of clinical trials is to determine if a new test or treatment works and is safe. Clinical trials can also look at other aspects of care, such as improving the quality of life for people with chronic illnesses." Information about clinical trials can be found at:

www.nih.gov/health/clinicaltrials/index.htm

EmergingMed Navigator

1.877.601.8601, 9:00am-5:00pm ET (M-F)

"EmergingMed's Clinical Trial Navigators provide concierge support to patients and physicians searching for clinical trial opportunities that match a patient's specific diagnosis, symptoms or stage, and treatment history."

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 44.

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/>

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).

www.n2physicaltherapy.com/

Smooth Move Tea

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

www.traditionalmedicinals.com/products/smooth-move/

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.colorado-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

NIH Booklet Chemotherapy and You

“Chemotherapy and You is written for you—someone who is about to receive or is now receiving chemotherapy for cancer. Your family, friends, and others close to you may also want to read this book. This book is a guide you can refer to throughout your chemotherapy treatment. It includes facts about chemotherapy and its side effects and also highlights ways you can care for yourself before, during, and after treatment.”

www.cancer.gov/publications/patient-education/chemotherapy-and-you.pdf

Chemotherapy.com

“Whether you’re preparing for your chemotherapy journey or managing the side effects, we have the information you need...every step of the way.”

www.chemotherapy.com/

Chemocare.com

“Find the latest information about chemotherapy drugs including how they work, their potential side effects, and self care tips while on these therapies.”

www.chemocare.com/

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!

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 affect 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.

★ PALLIATIVE CARE - after surgery & during treatment

The Inpatient Palliative Care Program at Univ. of Colorado Health

by Univ. of Colorado Health - Metro Denver and Ft. Collins

“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.

UCHealth - Metro Denver: 720.848.6799

UC Health - Northern Colorado-Ft. Collins: 970.495.8369

www.uchealth.org/services/palliative-care/



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.

www.rapunzelproject.org/ColdCaps.aspx or <https://penguincold-caps.com/>

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

<http://pantene.com/en-us/experience-main-section2/beautiful-lengths>

Hana’s Designs Wig Studio and Hair Salon

229 West Littleton Blvd., Littleton, CO, 80120. 303.799.4262, 866.799.4262
Info@HanaDesigns.com

Hana’s specialty with wigs grew out of her work with the oncology departments of numerous Denver area hospitals.

www.hanadesigns.com/cancer-wigs.html

Linda’s Boutique

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

Call for Appointment & Walk In Policy
Wigs, turbans, hats, hair secrets, bangs and hair accessories of all kinds. Call for appointment.

www.knowcancer.com/prosthetics-wigs-and-accessories/colorado/denver/linda039s-boutique/

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

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)

See ACS wig program locations on the previous page or call 303.758.2030 for more information.

ACS produces the “TLC - Tender Loving Care” catalog that features many wigs, hats and caps at reasonable prices - See below and www.tlcdirect.org

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 and lookgoodfeelbetter.org

Headcovers Unlimited

“We are here to empower cancer patients and individuals with hair loss by providing quality products that allow individuals to feel like themselves again.”

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



“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. 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! To find more info go to: <http://lookgoodfeelbetter.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 to 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 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 Univ. of Colorado Cancer Center.

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.

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.

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



Homewatch Caregivers – After Surgery Care

303.758.5111, 800.777.9770

7100 E Belleview Ave. Suite 101, Greenwood Village, CO 80111

Serving: Applewood, north Denver, Golden, Wheat Ridge, Littleton, Lakewood, Highlands Ranch, Longmont, Lafayette, Louisville Greeley, Loveland, Fort Morgan, Woodland Park, Castle Rock and Monument.

“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

Serving the Greater Denver Metro Area including: Aspen Park, Aurora, Black Hawk, Buffalo Creek, Castle Rock, Centennial, Cherry Creek, Commerce City, Denver, Englewood, Evergreen, Franktown, Golden, Highlands Ranch, Idledale, Indian Hills, Kittridge, Larkspur, Littleton, Lone Tree, Louviers, Morrison, Parker, Pine, Sedalia, Watkins, Wheatridge, Adams County, Arapahoe County, Denver County, Douglas County, Jefferson County, Boulder County, Broomfield County, Bennet, Westminster, Lakewood, Arvada, Thornton, Brighton and surrounding areas, Greater Colorado Springs and El Paso County, Monument, Palmer Lake, Black Forest, Gleneagle, Air Force Academy, Fort Collins, Loveland, Greeley, Windsor, Wellington, Timnath, Severance, Pierce, Ault, Eaton, Berthoud, Johnstown, Milliken, LaSalle, Platteville, Gilcrest, Nunn, Pierce.

“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

“On 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 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.

Colorado Springs Office: 620 S. Cascade Ave, Ste 100. Colo.Springs, CO 80903. 719.323.0084

“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

Finding Support

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.

“While not everyone wants or needs support beyond that offered by family and friends, you may find it helpful to turn to others outside your immediate circle. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. A support group shouldn't replace your standard medical care, but it can be a valuable resource to help you cope.... Support groups are not the same as group therapy sessions. Group therapy is a formal type of mental health treatment that brings together several people with similar conditions under the guidance of a trained mental health provider.... Members of a support group usually share their personal experiences and offer one another emotional comfort and moral support. They may also offer practical advice and tips to help you cope with your situation. Benefits of participating in support groups may include:

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.”

www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/support-groups/art-20044655

Nicki's Circle Ovarian Cancer Information & Support Groups



Nicki's Circle Ovarian Cancer Info & Support Groups

Sponsored by COCA

720.519.3122, susan@colo-ovariancancer.org

- Nicki's Circle Ovarian Cancer Information & Support Groups have served hundreds of women monthly in Colorado since 2005.
- The groups are open to anyone who has battled this disease and to their caregivers. At meetings, information is exchanged about ovarian cancer, current medical research, and how women can effectively advocate for obtaining the best health care possible
- This is also a place to share the emotional ups and downs of living with a diagnosis of ovarian cancer.
- Nicki's Circle support groups meet monthly in person and by phone, reaching survivors across Colorado.
- The telephone groups are designed especially for those who cannot make it to a support group in person or who live outside the Denver area.
- All groups are free of charge and are facilitated by a healthcare professional.
- Please contact Susan Hess, MA, LPC before attending a group for the first time: 720-519-3122, susan@colo-ovariancancer.org

See page 34 for group locations. Please be sure and check our website for the most up-to-date information.

www.colo-ovariancancer.org/nickiscircle

Nicki's Circle 1-1 Peer Mentor Support Program



Nicki's Circle 1-to-1 Peer Mentor Support Program

Sponsored by COCA

720.519.3122, susan@colo-ovariancancer.org

- The Nicki's Circle 1-to-1 Support Program matches a woman with a new or recurrent diagnosis of ovarian cancer seeking 1-to-1 support with an ovarian cancer survivor from Nicki's Circle support group.
- Through this program, Colorado women seeking 1-to-1 support can find a safe peer mentor relationship with a volunteer who understands the experience of an ovarian cancer diagnosis.
- Volunteer mentors are recruited for this program through Nicki's Circle Support Groups. The volunteer participation of women who have attended Nicki's Circle is key to this program. They bring a foundation of knowledge and familiarity with both the ovarian cancer experience and COCA programs.
- Contact Susan for more information on being matched with a volunteer peer mentor.

For more information:

www.colo-ovariancancer.org/ncmentors

Ovarian Cancer Info & Support Groups



Please contact Susan Hess, MA, LPC, program coordinator, before attending group for the first time: 720-519-3122, susan@colo-ovariancancer.org.

Nicki's Circle Central

St. John's Cathedral in central Denver
First Monday of the month, 11:30 am - 1:00 pm.
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-central

Nicki's Circle South

Sky Ridge Medical Center in Lone Tree
Second Wednesday of the month, 11:30 am - 1:00 pm.
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-south

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 licensed professional counselor
www.color-ovariancancer.org/nc-boulder

Nicki's Circle Northern Colorado

Univ. of Colo. Health Cancer Center, Ft. Collins
Third Thursday of the month, 12:00 pm - 1:30 pm.
Facilitated by licensed clinical social worker
www.color-ovariancancer.org/nc-noco

Nicki's Circle Southern Colorado - Telephone

with Southern Colorado Gynecologic Oncology
Third Wednesday of the month, 6:30 pm - 8:00 pm
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-soco-telephone

Nicki's Circle Tele-Support

Telephone support group
First Wednesday of the month, 6:30 pm-8:00 pm.
Facilitated by licensed professional counselor
www.color-ovariancancer.org/nc-telesupport

Colorado Cancer Support Groups

Colo. Springs Support Group for Women with Gyn Cancers at Penrose Cancer Center,

Last Wednesday of the month at 11:30 a.m. (except November & December)
Complimentary Lunch
Location: Penrose Cancer Center Conference Room A
*Register online or for more information contact:
Facilitator, Sherry Martin, LCSW, Oncology Social Worker/
Counselor at 719.776.5311*
<https://www.penrosecancercenter.org/pccf-for-patients/support-groups/>

Spanish-Speaking Support Group – for Patients, Caregivers & Children

(quarterly, next group meets 3-24-16)
Denver Health, 2nd floor, Child Life Zone
Pavilion C, 777 Bannock St, Denver
Register 720-519-8752, Elizabeth (Español)

General Cancer Support Group

Swedish Hosp - 2nd Floor Conf Room
799 E. Hampden Ave - Englewood
Register 303-788-3993

General Cancer Support Group for patients and families

Lutheran Hospital – Rad Onc waiting area
8300 W. 38th Avenue - Wheat Ridge
Register 303-403-3608

www.lutheranmedicalcenter.org/services-and-departments/comprehensive-cancer-center/resources-support/

Coping with Cancer Support Group for Patients, Family and Caregivers

St. Joseph's Hospital Cancer Centers of Colorado
1st Floor Conference Room
Register 303-318-3449

www.saintjosephdenver.org/services-and-departments/cancer-centers-of-colorado/education-and-resources/support-groups-and-classes/

Cancer Survivorship 101 Support Group (for people who completed active treatment for cancer)

Kaiser Permanente – Franklin Building
2045 Franklin, Denver, Basement - Reimers A
Register 303-764-5047, Dennis

Coping with Cancer Support Group for Patients & Caregivers

Good Samaritan Cancer Center, 2nd Floor
Rm 3, 340 Exempla Cr, Lafayette
Register 303-673-1620, Ben Gaibel

www.goodsamaritancolorado.org/calendar/cancer-support-services/coping-with-cancer/

Telephone Support



COCA provides monthly ovarian cancer information & support groups by telephone to reach women throughout Colorado. These groups are designed especially for those who do not live near a group, or who do not feel up to driving and attending a group in person. Whether you live in Colorado or in a surrounding state, you are welcome to join the call. We use a conference call platform, managed online by the facilitator. Each person has a chance to check in during the call and ask questions, and everyone shares experiences, information hopes and concerns. Please contact COCA for conference line phone number and PIN before attending the first time. See info below.

Nicki's Circle Tele-Support Group - All State

Sponsored by Colorado Ovarian Cancer Alliance
First (1st) Wednesdays of the month, 6:30 to 8:00 pm.
 Contact for phone# and PIN for call
 Facilitated by Susan Hess, MA, LPC 720.519.3122
susan@colo-ovariancancer.org
www.colo-ovariancancer.org/nc-telesupport

Nicki's Circle Tele-Support Group - Southern Colo.

Sponsored by Colorado Ovarian Cancer Alliance
Third (3rd) Wednesdays of the month, 6:30 to 8:00 pm.
 Contact for phone# and PIN for call
 Facilitated by Susan Hess, MA, LPC 720.519.3122.
susan@colo-ovariancancer.org
www.colo-ovariancancer.org/nc-soco-telephone

Share Cancer Helpline - 866.537.4273 / 844.275.7427

Share: Self Help for Women with Breast or Ovarian Cancer

165 West 46th Street, Suite 712
 New York, NY 10036
 866.537.4273 / 844.275.7427

"We can help you face the emotional and practical issues that come with breast or ovarian cancers. These are things like handling treatment side effects, talking to friends and family, dealing with insurance companies, or feeling weaker as chemotherapy progresses. We can help you consider your options and give you advice about talking to your doctor. And we can give you support . . . based on our experience as survivors."

www.sharecancersupport.org

CancerCare® 1.800.813.HOPE (4673)

275 Seventh Ave., New York, NY 10001.
 1.800.813.HOPE (4673). 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

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

1050 17th Street, NW, Suite 500 Washington, DC 20036.
 202.659.9709 / 1.888.793.9355 Mon.-Fri., 9 am- 8 pm ET
help@cancersupportcommunity.org

"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

Livestrong Foundation - 1-855-220-7777

Toll-free at 1-855-220-7777
 Mon -Thurs: 8:30 a.m.-5:00 p.m. EST, Fri: 8:30 a.m.-4:00 p.m. EST, Closed Holidays

"FREE SUPPORT: We provide free one-on-one support in English and Spanish—whether you have cancer or are a loved one, friend, health care professional or caregiver of someone diagnosed."

<https://www.livestrong.org/we-can-help>

Online Support



HysterSisters Hysterectomy Support from GYN Diagnosis to Treatment to Surgery Recovery

“Hysterectomy support from HysterSisters - diagnosis to surgery through recovery and beyond. Covering: pre-op, post-op, gynecologic treatment options, surgical procedures, fibroids, endometriosis, menopause, hormonal issues, pelvic floor, GYN cancer, oophorectomy, sexual dysfunction, and a step-by-step guide through the weeks before and after hysterectomy - the surgical removal of the uterus.”

www.hystersisters.com/

Cancer Support Community

888.793.9355

“We provide emotional and educational services for all people affected by cancer. ‘The Living Room’ provides a place where anyone impacted by cancer can find support, education and hope. The Cancer Support Community offers a way to connect with others through real-time professionally-led support groups, the ability to keep family and friends up-to-date on personal web pages, more than 20 discussion boards and a special space for teens impacted by cancer.”

www.cancersupportcommunity.org/online-support

I Can Cope® Online Classes – American Cancer Society

“I Can Cope® is a free online educational program for people facing cancer and their families and friends. The program is comprised of self-paced classes that can be taken any time, day or night. Take as few or as many classes as you like. Many topics are offered such as information about cancer, managing treatments and side effects, healthy eating during and after treatment, communicating with family and friends, finding resources, and more. No registration is required. Just click on any title from the list.”

www.cancer.org/treatment/supportprogramsservices/onlinecommunities/participateinacancereducationclass/icancopeonline/index

Cancer Survivor Network – American Cancer Society

“The CSN discussion boards and chatroom are excellent ways to meet your CSN “neighbors” and develop friendships, exchange practical information, and support one another. The CSN community is full of knowledgeable, kind, and caring people you will want to get to know. You must be a registered member and logged in to enter our chatrooms or to post to the discussion boards.”

<http://csn.cancer.org/>

Wordpress Blog & Yahoo Group for MMT

These sites are about Gynecological Carcinosarcoma which is also known as MMT which stands for Malignant Mixed Mesodermal (or Mullerian) Tumor.

“This [Yahoo] group is dedicated to patients and their families who have been diagnosed with uterine carcinosarcoma (or MMT) or any of its cousins including ovarian MMT and adenocarcinoma or other sarcoma-based gynecologic cancers. MMT and its cousins are rare cancers that have both carcinoma and sarcoma components. My hope is to create a community where we can share information and provide support to one another as we travel this seemingly desolate road.”

<https://groups.yahoo.com/neo/groups/UterineMMMT/info>

“The Heart of this site is the Facts Page... about MMT.”

<https://gynommt.wordpress.com/>

Smart Patients Ovarian Cancer Community

“Learn from other patients, research the latest treatments, share your story, find clinical trials. The Smart Patients Ovarian Cancer community is an online support group where members dealing with ovarian cancer share advice and support with other patients and caregivers.”

www.smartpatients.com/communities/ovarian-cancer

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



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.org

OCNA's Inspire Ovarian Cancer Online Support Community

1101 14th Street NW, Washington, DC 20005 866.399.6262 (OCNA), 800.945.0381 (Inspire)

"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.ovariancancer.org/just-diagnosed/ovarian-cancer-community/

www.inspire.com/groups/ovarian-cancer-national-alliance/?section=topic&topic-72=1

CancerCare®

15-Week Online Ovarian Cancer Support Group

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

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/support_groups/51-ovarian_cancer_patient_support_group

Reimagine

Pillars4Life, Inc., 6380 Wilshire, Suite 900, Los Angeles, CA 90048 (844) PILLARS support@reimagine.me

"If you are feeling afraid, confused, overwhelmed or disconnected, you are not alone. Cancer is a traumatic experience and few people know how to cope with such a life-changing event. However, there are skills and strategies you can learn to regain a sense of control amidst the chaos and start feeling like yourself again. Our Core Program is proven in multiple studies with researchers from the Duke Cancer Institute to help people overcome the distress, anxiety, depression, and PTSD that often accompany a cancer diagnosis and to empower them to feel more confident making decisions and taking care of themselves. In other words, they feel better. The Core Program consists of 10 self-paced online modules with videos, activities, and live sessions for \$14.99/month. Try a free live Core Program session to experience it first hand. Whether you are a patient, survivor, friend or family member, The Core Program can help you navigate the challenges of cancer and reengage in life. It's easy, anonymous, and affordable."

<https://reimagine.me/>

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

Family and Medical Leave Act (FMLA)

“The FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave. Eligible employees are entitled to.... to care for the employee’s spouse, child, or parent who has a serious health condition; a serious health condition that makes the employee unable to perform the essential functions of his or her job...”

www.dol.gov/whd/fmla/

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

Caregiver Tips

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

1. tell friends and family members that your loved one may need to scale back on holidays and parties during treatment;
2. use a website to manage communications (see mylifeline.org on page 36);
3. take a break and plan time for yourself.

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
- 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



ONLINE CAREGIVER SUPPORT

CancerCare® - 12-week Telephone Group for Caregivers

275 Seventh Ave., New York, NY 10001 - 1.800.813.HOPE (4673) info@cancercares.org

“CancerCare® is a national nonprofit organization that provides free, professional support services to anyone affected by cancer... CancerCare® offers a 12-week telephone group for people who have a loved one diagnosed with cancer.”

www.cancercares.org/support_groups

Frankly Speaking About Cancer: Ten Tips for Caregivers booklet

“A cancer caregiver is anyone who provides physical, emotional, financial, spiritual or logistical support to a loved one with cancer.”

www.cancersupportcommunity.org/sites/default/files/uploads/living-with-cancer/topics/resource/fsac_ten_tips_for_caregivers.pdf

Caring for the Caregiver - Cancer Survival Toolbox® Special Topics

“Caring for the Caregiver was developed specifically to provide resources and support for cancer caregivers to help them address the issues they face on an ongoing basis.”

www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/caring-for-the-caregiver/

Cancer.net – Caring for a Loved One

Information on topics including: “...How Caregivers Can Take Care of Themselves, Exploring New Caregiver Options, Sharing Responsibilities, Caregiving at the Hospital, Providing Care at Home, Long-Distance Caregiving, Parenting While Caring for a Parent With Cancer, Young Adults Caring for a Parent With Cancer...”

www.cancer.net/coping-with-cancer/caring-loved-one

Support for Caregivers



★ NCI Guidebook for People Helping Someone with Cancer

“This booklet is for you if you’re helping your loved one get through cancer treatment. You are a ‘caregiver.’ You may not think of yourself as a caregiver. You may see what you’re doing as something natural—taking care of someone you love. There are different types of caregivers. Some are family members, while others are friends. Every situation is different. So there are different ways to give care. There isn’t one way that works best.” There are additional resources listed in this useful booklet.

www.cancer.gov/publications/patient-education/when-someone-you-love-is-treated.pdf

Nicki’s Circle Ovarian Cancer Info & Support Groups

Caregivers are welcome to accompany their loved ones to any of the **Nicki’s Circle Support Groups** sponsored by COCA (see pages 33-34). Contact Susan Hess, MA, LPC, for more info: 720-519-3122, susan@colo-ovariancancer.org.

www.color-ovariancancer.org/nickiscircle

Cancer Caregiver Support Group - Kaiser Permanente (open to all)

Kaiser Permanente Franklin Building, 2045 Franklin, Denver CO, 80205.

Basement level – Heyer Room – Call Dennis to register 303.764.5047

3rd Wednesdays of every month, 6:00-7:30 pm. (no July or August groups)

“Discussion group focusing on the struggles and anxiety that can come with being a caregiver – those affected family, friends and significant others - of people living with cancer. Being a caregiver can sometimes mean: fear and uncertainty, relationship stress, difficult decisions, financial strain, feeling alone.” Open to the community. Facilitated by Dennis Heffern, LCSW, Oncology Social Worker, 303.764.5047.

dennis.heffern@kp.org

Circle of Support for Caregivers - Exempla Lutheran Hospital

Lutheran Hospital, Collier Center, 8300 W. 38th Avenue, Wheat Ridge, CO, 80033
303.425.8000

“A support group for all those caring for a person who is chronically or seriously ill. Meets the first Tuesday of each month from 5:30 – 7 p.m. Please call 303-425-8000 at Collier Hospice Center.”

www.lutheranmedicalcenter.org/services-and-departments/comprehensive-cancer-center/resources-support/ (click on Circle of Support link)

Coping with Cancer Support Group - St. Joseph Hospital

Saint Joseph Hospital, Cancer Centers of Colorado, 1825 Marion St., Denver, CO 80218, First Floor Conference Room. To register for the Coping with Cancer Support Group, please call 303-318-3449 - First Wednesday of every month, 3:00 - 4:30 p.m.

Coping with Cancer Support Group is a free community resource open to patients, survivors, caregivers and families impacted by cancer. Free of charge. _

www.saintjosephdenver.org/services-and-departments/cancer-centers-of-colorado/education-and-resources/support-groups-and-classes/

Caregivers and Loved Ones Support Group - Boulder Community Hospital

Contact facilitator Claire McCorrison to register – 303.415.7964 - CMcCorrison@bch.org

“Talk with other caregivers and loved ones who are supporting family and friends journeying through cancer. Please join us for discussion, information gathering, and support. No fee.”

CMcCorrison@bch.org

Online Article: Ovarian Cancer: Helping Caregivers Communicate and Cope

By Sandra Ray, Staff Writer
at 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

Well Spouse Association

“Supports ‘well’ individuals caring for a spouse or partner with a chronic illness or disability.”

www.wellspouse.org

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.”

www.lotsahelpinghands.com

HelpForCancerCaregivers.org

“Help for Cancer Caregivers is a unique collaboration of organizations with a shared goal of improving the health and well-being of the people who care for people with cancer.”

www.helpforcancercaregivers.org

Caregiver Action Network (CAN)

“CAN is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.”

www.caregiveraction.org

Support for Families & Children



Hope for Two - The Pregnant With Cancer Network

PO Box 253, Amherst, NY 14226. 800.743.4471. info@hopefortwo.org

“Hope for Two...The Pregnant with Cancer Network offers free support for women diagnosed with cancer while pregnant. We connect women who are currently pregnant with cancer with other women who have experienced a similar cancer diagnosis.”

www.hopefortwo.org/

KIDS ALIVE – Support for Children of Parents with Cancer at Porter Hospital

2525 South Downing Street, Denver, Colorado 80210

For more info contact one of the group facilitators:

Lorraine Hart, PhD, Co-Director, 303.985.4585, lhart7355@gmail.com

Julie Guy, Co-Director, 303.765.3811, julieguy@centura.org

“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. Goals & Objectives: to provide a safe, helpful environment for children of cancer patients to express their feelings; to create a place for a child to be a child... to experience fun, support and continuity of life... apart from catastrophic illness; to facilitate a better relationship between cancer patients and their families, reducing guilt and anxiety in children; to help parents interpret their children’s behavior as adaptive to the trauma in the family and improve communication in the family; to develop awareness of resources for both parents and children.”

www.kidsalivcolorado.org

CLIMB® - The Children’s Treehouse Foundation

“The CLIMB® - Children’s Lives Include Moments of Bravery - program is based on principles of mental health promotion, not psychotherapy. Intended for children ages 6-11, the aim is to build upon the child’s strengths and increase his/her ability to cope with stress associated with the parent’s illness. In the course of one night per week for six weeks, the children have cancer demystified, lose a sense of isolation, learn to communicate their feelings with others, and learn how to cope with feelings such as sadness, anger and confusion... Mission: To ensure that every child whose parent is diagnosed with cancer is given the early tools and emotional support to cope. Our Vision: We envision a world where preventing the inevitable psychosocial impact on children whose parents have cancer is taken as seriously as finding a cure for cancer itself.”

<http://childrenstreehousefdn.org/who-we-are>

Classes available at the following Colorado locations:

Dorcy Cancer Center, St. Mary-Corwin Medical Center, Pueblo – CLIMB program

www.stmarycorwin.org/stc/specialties/cancer-center/support-services/

University of Colorado Cancer Center, Denver – CLIMB program, 720-848-0316

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=129

University of Colorado Health-Memorial Hospital, Colorado Springs – CLIMB program

(The CLIMB® group in Colorado Springs meets on the third Saturday of each month in 2016)

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=26

Camp Kessem

cuboulder@campkesem.org

“Kesem is a nationwide community, driven by passionate college student leaders, that supports children through and beyond their parent’s cancer. We are the only national organization dedicated to this unique population – supporting children with innovative, fun-filled programs that foster a lasting community. Camp Kesem operates free summer camps for children who have been touched by a parent’s cancer. Founded at Stanford University in 2000, Camp Kesem has since expanded to over 70 chapters in 34 states across the country.” See the Camp Kesem program at the University of Colorado, Boulder.

<http://campkesem.org/cuboulder>

Young Survivors



Young Survivors Cancer Support Group – Denver area

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

“Being diagnosed with cancer in your twenties and thirties is very different than being diagnosed in middle age and later. If you are in this age range, please consider joining us for our monthly meetings and/or monthly social events. Meeting and social event times and locations vary. The group is facilitated by Centura Oncology Support Services staff and focuses on education, perspective and support. Note: There is no fee or registration, and you do not have to be a patient of a Centura facility to attend meetings or belong to this group. Please contact Melissa Gilstrap at the information below to be added to the distribution list for meeting announcements.” Note: COCA co-sponsors this group every three months.

Melissa Gilstrap at 303-269-4348 or melissagilstrap@centura.org

First Descents - Denver area

3001 Brighton Blvd Suite 623, Denver, CO 80216

303.945.2490 info@firstdescents.org

“First Descents provides life-changing outdoor adventures for young adults (age 18-39) impacted by cancer... First Descents offers young adult cancer fighters and survivors a free outdoor adventure experience designed to empower them to climb, paddle and surf beyond their diagnosis, defy their cancer, reclaim their lives and connect with others doing the same.”

www.firstdescents.org

2Young- 4Gyn-Cancer - Online

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

Young Empowered Survivors - (YES!) - Online & Denver area

youngempoweredurvivors@gmail.com

“Young Empowered Survivors is primarily an online resource. We have an active message board for members to share questions, ideas and helpful resources. We encourage new members to get together with other members of the group. How To Join: Please send an email to us at youngempoweredurvivors@gmail.com List your type of cancer, age at diagnosis and where you live.

[Facebook Group https://www.facebook.com/groups/44226150198/](https://www.facebook.com/groups/44226150198/)

[Yahoo Group: https://groups.yahoo.com/neo/groups/YES_CO/info](https://groups.yahoo.com/neo/groups/YES_CO/info)
www.youngempowered.org/

Stupid Cancer - Online (& Denver-based national conference)

“Our mission is to empower those affected by young adult cancer by: building community, improving quality of life, providing meaningful survivorship. Our vision is no survivor alone. Our charter is to ensure that no one affected by young adult cancer go unaware of the age-appropriate support resources they are entitled to so they can get busy living... Stupid Cancer proudly supports a global network of patients, survivors, caregivers, providers and advocates to ensure that no one affected by young adult cancer go unaware of the age-appropriate resources they are entitled to so they can get busy living.” Programs include:

CancerCon - <http://cancercon.org/> (Denver-based conference)

Instapeer - <http://instapeer.org/>

The OMG! Cancer Summit for Young Adults - <http://omgsummit.org/>

Stupid Cancer Road Trip - <http://stupidcancerroadtrip.org/#home>

Stupid Cancer Store - <http://stupidcancerstore.org/>

<http://stupidcancer.org/>

Fertility Support

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

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

The University of Colorado (UC) Advanced Reproductive Medicine Centers

Denver Clinic:

3055 Roslyn St., Room 230, Denver, CO 80238
303.724.8089

Colo. Springs Clinic:

4125 Briargate Parkway, #350, Colo. Springs, CO 80920
719.314.3333

“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.” Please call 303-724-8089 to speak to a member of the Oncofertility team.”

<https://arm.coloradowomenshealth.com/services/cancer/>

Transportation, Travel & Lodging Support



TRANSPORTATION & TRAVEL

The American Cancer Society 'Road to Recovery' Program

Contact an American Cancer Society Patient Navigator at 1.800.227.2345

"...Provides transportation to and from treatment for people who have cancer but do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars... Patients must have a cancer diagnosis and be travelling for a cancer-related medical appointment. A 4 business day advance notice is required; not including the date transportation is needed."

www.cancer.org/treatment/supportprogramsservices/road-to-recovery

CarShare.org

Offices: 1536 Wynkoop Street, Suite 101, Denver, CO 80202 303.720.1185, info@carshare.org

"Your local non-profit carsharing organization, serving the Denver-Boulder metro area....CarSharing is a type of car rental designed to be convenient for people who want to use cars for relatively short periods of times (as little as 15 minutes, usually a few hours, up to multiple days) and only pay for their usage (your costs depend on how long you have a car and miles driven)...We have cars located throughout neighborhoods and business districts of Boulder, Denver and Longmont – you pick up at and return your car to its specific (designated) parking location."

<http://carshare.org/what-is-car-sharing/>

Angel Flight West

888.426.2643, info@angelflightwest.org

"Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs... We fly patients to and from scheduled medical treatment. ... Because our flights are free of charge, financial need is verified. We take in

all new requests for possible flights through a doctor's office, a nurse, or a social worker or case manager."

www.angelflightwest.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

National Patient Travel Center

1.800.296.1217,

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

LODGING

American Cancer Society (ACS) Patient Lodging Program

Contact ACS at 1-800-227-2345

"The American Cancer Society, in a cooperative effort with hotels across the country, provides overnight accommodations to cancer patients who must travel for outpatient treatment and need assistance with lodging. The program is open to cancer patients of all ages..."

www.cancer.org/treatment/supportprogramsservices/patient-lodging/index

University of Colorado Cancer Center – Lodging info

A list of lodging facilities are located within 10 miles of University of Colorado Hospital.

www.uchealth.org/metrodenver/Pages/Patients-and-Visitors/Visitor-Information/Travel-and-Lodging.aspx

Here to Help of Vail

970.949.4248

"...The Vail Valley is a destination area

and there are a myriad of local lodging options for cancer treatment patients.

www.visitvailvalley.com

Vail Valley

Jack's Place, "A Cancer Caring House" at Shaw Cancer Center

322 Beard Creek Road | Edwards, CO 81632 970.569.7429

"Patients traveling to Shaw for cancer treatment are invited to stay with their family and/or caregiver at Jack's Place, A Cancer Caring House. Named after Dr. Jack Eck, a longtime and beloved Vail-area doctor, and supported by the Shaw Outreach Team, Jack's Place offers a haven of tranquility and well-being for patients who need day and night lodging during cancer treatment.... With a pay-what-you-can philosophy, guests are invited to take respite at Jack's for the day or overnight, for as long as they need."

<https://www.shawcancercenter.com/patient-resources/lodging-for-cancer-treatment-jack's-place.aspx>

Joe's House

Please call our toll free line at 877-563-7468, info@joeshouse.org

"You focus on beating cancer, we'll find you a place to stay. Joe's House is a non-profit organization providing an online nation-wide list of places to stay to assist cancer patients and their families find lodging near treatment centers.... Joe's House lists various types of lodging throughout the United States that are near to hospitals and treatment centers."

www.joeshouse.org/

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

Additional Colorado Cancer Support



Colorado Pathfinders

Pitkin, Garfield, Eagle and Mesa counties of Colorado
P.O. Box 11799, Aspen, Colorado
81612, 970.925.1226

“Pathfinders is a Colorado non-profit, psychosocial support program for cancer and chronically ill patients, caregivers, family members and the community. By focusing on the social, emotional and spiritual issues that accompany a diagnosis, this program fosters healing and personal growth at all stages of treatment — from diagnosis into survivorship, end-of-life, and grief and loss... Our services are offered to anyone in need — regardless of ability to pay, socio-economic status, race or creed.... Our Patient Scholarship Fund, created by generous donors and grantors, has made it possible to provide our programs at no or low cost to anyone in need. Some of Pathfinders many services include: One-on-one counseling & skills training; Navigation, advocacy and resource referral; Support groups; Grief & loss counseling; Palliative care and end-of-life planning; The Angel Volunteer program; The Survivor-to-Survivor program; Emergency financial aid.”

www.pathfindersforcancer.org/

Living Journeys

Gunnison county
P.O. Box 2024, Crested Butte, CO
81224, 970.349.2777.
info@livingjourneys.org

“Living Journeys supports Gunnison County residents living with cancer by providing financial assistance, emotional support, and enrichment programs. Call 970-349-2777 to speak to someone. Financial grants help offset lost wages and costs associate with cancer treatment. Support groups and private therapy provide emotional support. Enrichment programs allow individuals and families to experience adventures together, recharge, adapt and enjoy life. Resources connect cancer patients and their caregivers and families to professionals and services that can help ease their burden.”

www.livingjourneys.org

Orchard of Hope

Fremont county
111 N Orchard Ave, Cañon City, CO
81212. 719.275.0089.
fremont@orchardofhope.org

“The Orchard of Hope Foundation provides financial and emotional support to cancer champions in Fremont County Colorado... Our mission is to improve the quality of life for cancer champions and their families by providing financial and emotional support as well as offering assistance to local agencies and organizations that support cancer support and education.”

www.orchardofhope.org

Callaway Young Cancer Center Valley View Hospital

1906 Blake Ave, Glenwood Springs, CO
81601 970.945.6535

“Coffee, Walk and Talk – Improve your physical and mental well-being through walking. This informal group offers patients past or present, family members and friends an opportunity to come together. We will walk outside, enjoy conversation and return to the cancer center chapel for coffee, lattes or tea. Thursdays at 10 am, Calaway Young Cancer Center Chapel, free, varied abilities welcome.”

www.vvh.org/calaway-young-cancer-center/integrated-therapies/support-groups-2/

Shaw Regional Cancer Center Vail Valley Medical Center

Margaret Brammer, LCSW, margaret.brammer@vvmc.com
970.569.7606

“At Shaw Regional Cancer Center, patients are not alone on their journey. Our support services address the issues of cancer treatment and help patients, families, and loved ones understand and better cope with the challenges of the disease. Shaw sponsors a number of cancer support groups to help patients: Summit Cancer Support Group- this support group features speakers on health-related topics and serves as a support system for patients and family members; Cancer Support Group at Jack’s Place-all patients, fam-

ily and friends are welcome to attend; Conversations with Caregivers- connect with other caregivers in a safe and supportive environment; Shaw Regional Cancer Center Education Support Group- cancer patients, survivors, caregivers and loved ones are encouraged to attend- Patient workshops and various conferences, retreats and events throughout the year. Home Care & Hospice of the Valley grief group. Oncology social workers are Master’s level, licensed clinical social workers who specialize in helping people whose lives have been impacted by cancer. This is a free service for all Shaw patients and survivors. To speak to our social worker, Margaret Brammer, call (970) 569-7606 or email margaret.brammer@vvmc.com.”

www.shawcancercenter.com/patient-resources/survivorship/support.aspx

Univ. of Colorado Health Northern Colorado

Serving clinics in Fort Collins, Greeley and Loveland
2121 E. Harmony Road, Fort Collins, Colorado 80528 970.237.7700

“Oncology nurse navigators are here to work with patients, family members and physicians to overcome any confusion or barriers to individualized, quality, cancer care. Patient navigators provide a personalized plan for understanding treatment options and finding access to resources during cancer. This free program matches cancer patients with one of our five, specially-trained nurse navigators, all experts in cancer treatment and our local and national cancer care systems. Because cancer care is so complex, navigators are dedicated to you, lessening the burden of cancer for you and your loved ones. You can call a patient navigator at any point in your cancer journey – whether you’re newly diagnosed or already in treatment. cancer.”

www.uhealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=208

Financial Assistance

COCA.Cares Financial Assistance Program

COCA's Assistance for those in need

303.506.7014 Contact Jeanene Smith, Program Manager: jeanene@colo-ovariancancer.org



COCA.Cares 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.colo-ovariancancer.org/cocacares

Colorado Assistance



Sue's Gift – Financial Assistance in Southern Colorado

Sue DiNapoli Ovarian Cancer Society

Contact Susan DiNapoli Guyton for more info: susan@beovaryaware.org 719.229.4114

“The Sue’s Gift financial aid program supplies grant money to women in Southern Colorado with ovarian cancer. The grant money pays for medical expenses, prescriptions and health insurance deductibles- this program pays bills and does not give money directly to individuals.”

www.beovaryaware.org

Rocky Mountain Cancer Assistance (RMCA)

720.229.0303.

“Assistance from RMCA is for a patient’s basic needs, and can include rent or mortgage, utilities, car payments and car insurance, health insurance and COBRA, and help with other day-to-day expenses. Our focus is on providing assistance to our local community by serving low-income Colorado cancer patients across the state.”

www.rockymountaincancerassistance.org

Ray of Hope Cancer Foundation

720.300.2095 (grant-related inquiries)

“...We respond to the urgent needs of Coloradans with cancer by providing financial assistance with dignity and humanity. By giving unrestricted cash grants directly to cancer patients in treatment, we give them the freedom to use the gift however they see fit...we impose zero restrictions.”

<http://rayofhopecolorado.org/>

The Seton Women’s Clinic at St. Joseph’s

1960 Ogden Street, Suite 340, Denver, CO 80205 303.318.3830

M-F 8:30am -12:00pm & 1:30 -4:30pm

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

www.saintjosephdenver.org/services-and-departments/community-clinics/seton-womens-clinic/

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

National Assistance



Good Days (formally known as the Chronic Disease Fund)

877.968.7233

“Good Days... exists to improve the health and quality of life of patients with chronic disease, cancer, or other life-altering conditions. We help patients suffering from chronic medical conditions who have limited financial means get access to the medications they need. Our program helps qualified patients pay their insurance co-pays so they can get immediate access to prescription medications that will give them relief from pain and suffering.”

www.gooddaysfromcdf.org/

Patient Advocate Foundation – Co-Pay Relief Fund

Check frequently asked questions first: www.copays.org/faq
1.866.512.3861

“...Provides financial assistance to financially and medically qualified patients, including those insured through federally administered health plans such as Medicare, for co-payments, co-insurance and deductibles required by a patient’s insurer for pharmaceutical treatments and/or prescription medications prescribed to treat and/or manage his/her disease.”

www.copays.org/diseases/ovarian-cancer

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

Patient Access Network

866.316.7263, contact@panfoundation.org

“To help underinsured people with life-threatening, chronic and rare diseases get the medications and treatment they need by paying for their out-of-pocket costs and advocating for improved access and affordability. We envision a nation in which everyone can get the health care they need.”

www.panfoundation.org/ovarian-cancer

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.”

www.hungerfreecolorado.org/initiatives/hunger-free-hotline.html

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

www.ssa.gov/pgm/ssi.htm

Centers For Medicare & Medicaid Services

1.800.MEDICARE

www.medicare.gov/

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

Colorado Medicaid Program

1.800.221.3943

“Colorado Medicaid is public health insurance for low-income Coloradans who qualify.”

www.colorado.gov/pacific/hcpf/colorado-medicaid

Services by county (locations)

<https://sites.google.com/a/state.co.us/humanservices/home/services-by-county>

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. SHIP’s 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.”

1. <http://cdn.colorado.gov/cs/Satellite/DORA-HealthIns/CBON/DORA/1251623077142>

2. www.shiptacenter.org/allstate/co/

3. www.colorado.gov/dora/senior-healthcare-medicare

Insurance, Legal Assistance & Workplace Issues

Insurance



Colorado Division of Insurance

303.894.7490, toll-free 800.930.3745 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.”

1. www.cms.gov/CCIIO/Resources/Consumer-Assistance-Grants/co.html

2. www.healthcare.gov/using-insurance/managing/consumer-help/co.html

Connect For Health Colorado

“Connect for Health Colorado is Colorado’s Health Insurance Marketplace, the only place to lower the cost of your health insurance and get access to our statewide network of free, in-person assistance.” You cannot be denied due to pre-existing condition.

<http://connectforhealthco.com>

Legal Assistance



Cancer Legal Resource Center (CLRC)

866.843.2572

“Cancer Legal Resource Center (CLRC) provides information and education about cancer-related legal issues to the public through its national telephone assistance line. The CLRC also conducts national education and outreach programs for community groups, employers and healthcare professionals and is actively involved in community activities to raise public awareness of cancer-related legal and public policy issues.”

<https://disabilityrightslegalcenter.org/cancer-legal-resource-center>

Patient Advocate Foundation

1.800.532.5274. help@patientadvocate.org

“Patient Advocate Foundation offers assistance to patients with specific issues they are facing with their insurer, employer and/or creditor regarding insurance, job retention and/or debt crisis matters relative to their diagnosis of life threatening or debilitating diseases.”

www.patientadvocate.org

Colorado Legal Services (CLS)

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

CLS Office Information

“... A quick summary of the Colorado Legal Services’ offices, the counties each office serves and contact information. Call the office nearest you before visiting as each office has different hours. Many of our offices have Spanish-speaking receptionists and others on staff who speak Spanish. Scroll down for the city nearest you: Alamosa, Boulder, Colorado Springs, Denver, Durango, Ft. Collins, Frisco, Grand Junction, Greeley, Hayden, La Junta, Leadville, Migrant Farmworker Division, Pueblo, Salida.”

<https://clsofficeinformation.wordpress.com/cls-office-information/>

Workplace Issues



Family & Medical Leave Act

National: 1.866.4USWAGE (1-866-487-9243) Monday-Friday 8 a.m. to 5 p.m.

Colorado: 720.264.3250

“The FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave. Among items that eligible employees are entitled to are: twelve workweeks of leave in a 12-month period for a serious health condition that makes the employee unable to perform the essential functions of his or her job...”

www.dol.gov/whd/fmla/

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

Triage Cancer

“Triage Cancer helps survivors, caregivers, health care professionals, and advocates to navigate cancer survivorship through educational events, a national Speakers Bureau, and online tools and resources.”

<http://triagecancer.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)

<https://nccih.nih.gov/health/integrative-health>

National Cancer Institute (NCI)
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

Complementary Therapies

Integrative Care



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

3055 Roslyn Street Suite 250 Aurora, CO, 80238 720.553.2750

“The Center for Integrative Medicine (TCFIM) at University of Colorado Hospital in metro Denver offers physician-managed care that emphasizes the wellness and healing of the entire person. The professional practitioners at TCFIM will partner with each other, your other health care providers at UHealth (physicians, nurse practitioners, physical therapists, and other members of your health care team), and any outside providers to help you get the most out of both Complementary and Alternative Medicine (CAM) and conventional care.” Services include: Oncology Massage and Acupuncture, Chiropractic Care, Chronic Pain, Herb and Supplement Consultations, Massage Therapy, Mind-Body Therapy, Nutritional Counseling, Spiritual Counseling.

www.uch.edu/integrativemed

www.uhealth.org/metrodenver/Documents/file-pdf/INT-About-TCFIM-for-physicians.pdf

University of Colorado Health (UCH) – additional locations

UHealth provides cancer care in Estes Park, Greeley, Loveland, the eastern plains and southern Wyoming, as well as in metro Denver and Colorado Springs. Check your zip code on this web page to find additional UCH integrative services in your area.

www.uhealth.org/Pages/Services/Integrative-Medicine.aspx

www.uhealth.org/Pages/Services/ServicesDetail.aspx?ServiceId=12

Bridges Integrative Health Services at Lutheran Medical Center

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

“Our massage, chiropractic and acupuncture services can be helpful for a variety of health conditions. Whether you are feeling excess stress, muscle or joint pain, or any number of other ailments, the holistic therapies offered at Bridges can help to treat or manage your condition. These therapies are highly versatile and focus on healing the whole person, not just the illness.” Classes also include Stress Relief and Aromatherapy.

www.lutheranmedicalcenter.org/services-and-departments/bridges-health-and-wellness/

Progressive Health Center

Partnerships with: Swedish Medical Center, Rose Medical Center, Presbyterian/St. Luke's Medical Center, Rocky Mountain Cancer Centers

Main office: 1601 E. 19th Ave. Suite 3025, Denver, CO 80218

Contact to make an appointment:

progressivehealthcenterinfo@gmail.com 303.788.9399

“Our complementary and alternative therapies are designed to heal and strengthen the mind, body, spirit and emotions of individuals who are living with neurological disorders, chronic illnesses or other day-to-day challenges. Personalized treatment plans are developed for each individual, based on their particular health needs, challenges and goals, as well as the recommendations of referring physicians. All services and treatments are provided by experienced, qualified practitioners, who work together to monitor each individual's progress and to refine treatment plans as needed to ensure the best possible outcome and results. With our clients' consent, information and progress reports are shared with referring physicians. Therapies offered include: Acupuncture, Craniosacral Therapy, Reflexology, Therapeutic Massage, Yoga, Tai Yi, Nutrition, Meditation, Personal Training, Emotional Counseling, and Pain Management.”

www.progressivehealthcenter.org

Center for Integrative Care at Boulder Community Hospital - Foothills Campus

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

For an appointment call the Patient Services Coordinator at: 303.415.7292

“The Center for Integrative Care, located in the Tebo Family Medical Building on the Foothills Medical Campus, provide... care for the person with cancer during and after active cancer treatment... Additionally, our complementary care treatments... are available for the benefit of family members and other caregivers of those with cancer. Massage, reflexology and healing touch are also offered in the chemo infusion area. Our staff consists of experienced, oncology-trained, certified and licensed practitioners, trained in safe, evidence-based complementary care practices but also having thorough knowledge of conventional cancer treatment. We can bill your insurance company if you have any of these treatments as a covered benefit. “

www.bch.org/cancer-care-services/integrative-care.aspx

Integrative Therapies Program at Penrose Hospital - Colorado Springs

2222 N. Nevada Avenue, Colorado Springs, CO 80907

Contact: Sherry Martin, Oncology Social Worker/Counselor 719.776.5311 sharonmartin@centura.org

“For patients undergoing treatment at Penrose Cancer Center, our Integrative Therapies program takes into account the whole person, body, mind, and spirit, with the goal of improving the cancer treatment experience... our Integrative Therapies program is designed to provide exposure to a wide range of techniques and tools that can reduce stress and allow the patient or caregiver to experience modalities that will be helpful not only during the cancer experience but in the days to come... Integrative Therapies classes are held every Tuesday from 4:30 p.m. - 5:20 p.m. in the Pavilion at Penrose Cancer Center and are free of charge... Patients going through treatment, those who have completed treatment, as well as caregivers, are invited to attend.”

www.penrosecancercenter.org/pcc/health-andwellness/health-library/integrative-therapies

The Wellness Place at UC Health – Ft. Collins

2121 E. Harmony Road, Suite 150 Fort Collins, Colorado 80528 970.237.7700

“Our well-rounded cancer program does more than treat the disease inside your body. We understand that cancer affects every area of your life. The Wellness Place provides options that can help during all stages of cancer, from prevention to active treatment to palliative care to survivorship. Care is provided by certified oncology experts... The services offered at The Wellness Place are available to anyone receiving cancer care with UCHealth.”

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=476

Wellness Services at Shaw Regional Cancer Center – Edwards, CO (near Vail)

322 Beard Creek Rd, Edwards, CO 81632 970.569.7645 or 970.569.7429

“As part of Shaw’s commitment to treating the body, as well as the mind and spirit, our integrative services are designed to help patients cope with the cancer experience and improve their overall sense of well-being.”

www.shawcancercenter.com/patient-resources/survivorship/wellness-services.aspx

Integrative Therapies & Classes at St. Mary’s Medical Center – Grand Junction

2635 North 7th Street Grand Junction, Colorado 81501 970-298-CARE (2273) 1-800-458-3888

“Being well is about more than keeping our bodies healthy or undergoing clinical treatment for our illnesses. Because we believe we must care for the entire person, St. Mary’s Regional Cancer Center offers a variety of support and educational programs for people living with cancer and those who love them. Supportive programs have been shown to help reduce fatigue, worry, and sleeplessness, so you can return to wellness sooner.” LIVESTRONG® Survivorship Center of Excellence.

www.stmarygj.org/services-and-departments/cancer-care/star-program-and-survivorship-center/

SEE ADDITIONAL COMPLEMENTARY & INTEGRATIVE CARE OPTIONS IN COLORADO - pages 67-73.

NATIONAL**The Chopra Center – Integrative Oncology**

To schedule an appointment or learn more, call: 760-494-1686.

“If you have been diagnosed with cancer, an Integrative Oncology consultation can help you approach your condition and treatment from an integrative, holistic point of view. An integrative consultation is intended for patients who are currently under the care of an allopathic cancer treatment team and want the added support of a medical doctor who is an expert in Integrative Oncology. A 60-minute Integrative Oncology Consultation is \$395.”

www.chopra.com/our-services/medical-consultations/integrative-oncology

Nutrition



Colleen Gill, MS, RD, CSO - Nutritional Foundations

4770 East Iliff Ave., Suite 104, Denver, CO 80222

303.810.8612 colleen@nutrition-foundations.com

“Colleen Gill is a registered dietitian nutritionist, speaker and author with 25 years experience working at the University of Colorado Hospital... Since 2002, she has combined work at the NCI accredited University of Colorado Cancer Center with her private practice... Colleen attends conferences across the country each year to stay current with the latest nutritional research and therapies for cancer.”

www.nutrition-foundations.com

At Univ. of Colorado: The Center for Integrative Medicine

Colleen's Nutrition Classes: A Part Of Your Treatment You Can Control

Anschutz Outpatient Pavilion, 1635 Aurora Court, 5th Floor, Aurora, CO 80045

720-848-0464 colleen.gill@uchealth.org

www.uchealth.org/event/a-part-of-your-treatment-you-can-control

Cheryl Rojic, INHC, AADP - Intentional Health

303.921.2103 cheryl@intentionalhealthcoach.com

“Cheryl is board certified by the American Association of Drugless Practitioners (AADP) as a holistic health and nutrition coach. After years of being a personal chef for clients with chronic health issues, and having beaten cancer twice herself, she knows the importance of the connection between nutrition, healing and health... Her specialty is assisting and guiding cancer patients in all stages toward their health and life intentions.” As an “Integrative Nutrition Health Coach” (INHC), Cheryl works in private practice through “Intentional Health” and offers cooking & nutrition classes at “Red Rocks Cancer Center” in the Radiation Oncology Kitchen.

www.intentionalhealthcoach.com

At Red Rocks Cancer Center - Cheryl's Nutrition Classes: Healthful Habits

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

<http://redrockscancercenter.org/supplemental-services/>

NATIONAL

Jeanne Wallace, PhD, CNC - Nutritional Solutions

1697 East 3450 North, North Logan, Utah 84341 435.563.0053

“Jeanne M. Wallace, PhD, CNC (certified nutritional consultant) is widely regarded as one of the nation's most prominent experts in nutritional oncology. She is the founder and director of Nutritional Solutions which provides consulting to cancer patients throughout the U.S. and abroad about evidence-based dietary, nutritional and botanical support to complement conventional cancer care.”

www.nutritional-solutions.net/

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

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 leaf tea during her recovery. Her message is simple and powerful: tea in its freshest form renders...unmatched health benefits.”

<https://theteaspot.com>

Door to Door Organics

1215 Rock Creek Cir., Lafayette CO 80026.

877.711.3636.

colorado@doortodoororganics.com

“For close to 20 years, Door to Door Organics has been passionate about making it easier... to eat healthy by delivering organic, fresh fruits & vegetables & natural, local groceries to your door.”

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.

ACCUPUNCTURE - 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

Naturopathy



Oncology Association of Naturopathic Physicians, Inc. (OncANP)

"Naturopathic Doctors (ND's) are trained at accredited naturopathic medical schools in modern scientific nature cure. Please refer to the AANP (American Association of Naturopathic Physicians) at www.naturopathic.org for more information on the education and training of naturopathic doctors.

Many people with cancer choose complementary and alternative medicine in their fight against cancer and in seeking to improve quality of life while undergoing treatment for cancer. They utilize therapies including meditation, prayer, acupuncture, herbal, botanical, nutritional diets, homeopathic, and other holistic practices seeking benefit. Naturopathic doctors specializing in oncology serve as capable guides for patients interested in exploring alternative medicine.

Naturopathic oncology is the application of the art and science of naturopathic medicine to the field of cancer care and treatment. Naturopathic oncologists work both in hospital oncology settings and in private practices, bringing their wisdom, perspective and experience to aid oncology treatment teams that seek the best positive outcomes for their patients. Naturopathic doctors (ND) support people with cancer to use natural therapies safely and seek to maximally support overall health, fight disease processes, and prevent or reduce side effects of standard cancer treatment regimens for patients who utilize them. ND's promote and teach health related behaviors and may recommend specific supplements or nutritional programs in an individualized treatment approach.

Naturopathic doctors who specialize in naturopathic oncology understand both the standard treatments employed by medical oncologists and how best to work in a collaborative model of cancer co-treatment. They often help patients maintain their oncology treatment regimens and provide vital support for reducing side effects of those treatments. Naturopathic doctors are well aware of the multitude of 'alternative therapies' promoted to cure cancer and work to educate patients on evidence based treatment modalities."

<https://oncanp.org/what-is-naturopathic-oncology>

Find ND's in Colorado who belong to OncANP:

<https://oncanp.org/find-nd/#co>

Namaste Health Center

1800 E 3rd Ave #112, Durango, CO 81301, 970.247.2043

"Providing patients and their families with a fully integrated medical approach for achieving true health through specialized preventative care options, and innovative oncology treatment strategies." Kirsten West, N.D. practices integrative/naturopathic oncology on site and by phone. Andrea Rossi specializes in nutrition for oncology clients.

www.namastehealthcenter.com/home#namaste

Optimal Terrain Consulting

10 Town Plaza, Ste #455 Durango, CO 81301 970.403.5409

support@optimalterrainconsulting.com

"We are your resource for all things related to integrative oncology in treatment, prevention, and support for the cancer journey and beyond."

www.optimalterrainconsulting.com

Exercise



CancerFit Program for Cancer Survivors – Colorado Parks & Recreation

Programs are available at recreation centers in: Centennial, Durango, Fruita, Lakewood, Littleton, Parker & Wheat Ridge.

303.231.0943 or ashleyp@cpra-web.org

"The Cancer Fitness Institute has been providing exercise programs to cancer survivors for over twelve years, helping over 1,600 cancer survivors regain strength and confidence through exercise. Our focus is on providing a program that is "health" rather than "hospital" oriented, to give our participants the opportunity to exercise in their own community and to incorporate exercise as a lifelong habit. The three month CancerFit exercise program is open to adults 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, balance, cardiovascular and strength training. The program is currently offered through 13 recreation facilities across Colorado..."

www.cpra-web.org/?CancerFit

For more information on CancerFit sites, see:

www.cpra-web.org/page/CancerFitSites

Some scholarships are available:

www.cpra-web.org/page/CancerFitScholarship

Exercise to Improve Cancer Survivorship – at Univ. of Colorado Anschutz Health & Wellness Center

12348 E Montview Blvd. Aurora, CO 80045 Fitness Center:

303-724-WELL (9355), Wellness Clinic: 303-724-9030

info@anschutzwellness.com

"Learn the best exercise methods to improve survivorship by taking advantage of a joint initiative between the Anschutz Health and Wellness Center, the University of Colorado Cancer Center and the University of Colorado Hospital. This program is designed to help you decrease fatigue, improve strength and balance, and establish lifelong positive behavior changes. Our Cancer Exercise Program includes: Comprehensive pre- and post- assessment which includes a Wellness Report, providing insight into six dimensions of wellness; A cancer exercise specialist to guide you through a personalized exercise prescription; Access to our Fitness Center: Monday-Friday, 8am-4pm, full access Saturday & Sunday. Enrollment is limited, so sign up today!"

<http://anschutzwellness.com/community-programs/>

The Cancer Exercise Program - at Rose Medical Center

Rose Medical Center, 4567 E. 9th Ave. Denver, CO 80220
303.320.2121

“The Cancer Exercise Program at Rose is designed to meet the individual needs of the patient who has just been diagnosed with, is being treated for, or is in remission from, any form of cancer... Each patient has their own unique set of needs and goals, and our gradually progressive exercise plan is created to meet and achieve them. The goal of the program is to improve quality of life by reducing cancer-related fatigue and improving the ability to cope with treatment related symptoms....The program, and each session, is led by a qualified Exercise Physiologist, certified as a Cancer Exercise Specialist, and is held in the Physical Therapy gym (all equipment is cleaned regularly)... These sessions are held Monday, Wednesday, and Friday between 3:30 - 6:30 pm, and Tuesday & Thursday between 9:15 - 11:30 am. The sessions last one hour in duration, and are done in a group setting. Our program is self-pay, as most insurances do not currently cover the service. Cost for participation is only \$60.00 per month, and \$60.00 for the initial assessment. Aside from this, physician referral is all that is required to join.”

<http://rosemed.com/service/cancer-care-exercise>

Avanti Therapy - Boulder Cancer Survivorship Program

5350 Manhattan Circle, Suite 100, Boulder, CO 80303
303.543.1201

“Treatment for cancer and recovery from the effects of treatment present many challenges. We focus on specialized strategies to promote optimal health, longevity and fitness during and after cancer treatment. We are dedicated to promoting physical fitness and healthy lifestyle choices as essential parts of cancer management and recovery. We work closely with survivors and their healthcare team to promote optimal recovery, rehabilitation, and longevity for all persons affected by cancer. Our program empowers cancer survivors to make a positive impact on their overall health and prognosis. We provide a safe haven for cancer recovery.”

www.avantitherapy.com/services/boulder-cancer-survivorship-program/

Rocky Mountain Cancer Rehab Institute – at Univ. of Northern Colorado

Call to schedule an appointment at (970) 351-1876.

“The Rocky Mountain Cancer Rehabilitation Institute (RMCRI) is the only comprehensive cancer rehabilitation facility of its kind. The Institute provides individualized prescriptive exercise in the recovery of cancer treatment-related symptoms...Each program is individualized to fit our clients’ needs and goals. Following an initial assessment at RMCRI, clients will be assigned to a specific Phase of Rehabilitation based on their treatment status and their placement on the cancer continuum. A referral is required from either your oncologist or primary care physician. “

www.unco.edu/rmcri/potential_clients.html

The “Survivor Fit” Cancer Exercise Program – at Penrose Cancer Center

Penrose Cancer Center, 2222 N. Nevada Avenue Colorado Springs, CO 80907

Register by calling 719.776.7983

“Survivor Fit” is designed to develop and support quality exercise programs for survivors in a healthy and positive community environment. This program provides cancer survivors with an individualized exercise program to assist them in their recovery. Survivor Fit is open to men and women who have had any type of cancer, are currently in treatment or post-treatment, regardless of their fitness level. The cost is \$25 for 3 months... You can register by calling 719-776-7983 or by filling out our online form. Once your form has been submitted we will follow up to schedule your first session and payment.”

www.penrosecancercenter.org/pcc/health-and-wellness/survivor-fit/

Feisty Fit Females

Connie Carson, 720.635.3823 concarson@aol.com

1341 West Caley Avenue, Littleton, CO 80120.

“Feisty Fit Females, a free exercise group for women cancer survivors, meets the final Thursday of most months from 6:30 to 8:30 pm. We’re dedicated to helping women with cancer be more physically fit and well. Each session is not always an actual work-out; rather, speakers present diversified topics that pertain to wellness and health. ”

www.feistyfitfemales.org

Acupuncture



Colorado School of Traditional Chinese Medicine

1441 York Street [Colfax & York] Suites C&D, 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 \$30 in cash or check only. “

<http://www.cstcm.edu/advanced-student-clinic>

“Practitioners in our Grad Care clinic are graduates of CSTCM and are licensed practitioners through NCCAOM. They join us each week to treat patients who cannot be seen in our busy student clinic. \$40 fee, cash or checks only - all treatments are 1 hour sessions.“

www.cstcm.edu/grad-care-clinic-0

Denver Community Acupuncture

2530 West 29th Ave. Denver, CO, 80211

720.855.3160 info@denveracu.com

“Denver Community Acupuncture is a fully licensed and board certified holistic health center conveniently located of I-25 and Speer Blvd in the Highlands neighborhood of Denver. Our mission is to provide affordable acupuncture, Chinese herbal medicine and complementary healing services to everyone in our community. We work together with our patients and other practitioners in and out of our office

to formulate individualized wellness plans that utilize our knowledge of healthy living for a healthy community.”

www.denvercommunityacupuncture.com

Yao Clinic

1305 S. Washington St., Denver, CO 80210

303-777-7891 patient@yaoclinic.com

“YAO clinic has been in business since 1997 and continues to bring to its patients new and creative ways of practicing traditional Chinese Medicine backed with western internal medical analyses allowing for truth in diagnosis and purity in treatment... Our doctors are well studied in reading western medical blood chemistry and fuse the information of blood chemistry analysis with their Chinese Medical background. Due to our breadth of study and experience, our practitioners are quickly able to not only know and see what is imbalanced, but to also understand and hear what will realistically work with each person.”

www.yaoclinic.com/

Massage Therapy



★ **Have a massage with an oncology-trained massage therapist only during and after chemo treatment. See info below.**

Society for Oncology Massage

info@s4om.org

“Oncology massage is the adaptation of massage techniques to safely nurture the body of someone affected by cancer or its treatments..... Massage can make your cancer journey easier...but not just any massage: an oncology massage. Many of the body’s responses to cancer and cancer treatment require changes to massage therapy. A properly trained therapist should be able to tell you why and how...If you are currently receiving treatment or have ever received treatment for cancer in your life the safest way for you to get massage is to find a massage therapist who has had appropriate training in the specifics of cancer and cancer treatment and how to use a knowledge of those specifics to provide safely adapted massage therapy for people at all stages of the cancer journey.... An oncology massage is a client-specific, customized massage session designed to meet the unique and changing needs of someone in treatment for cancer or with a history of cancer treatment. A safe massage plan generally revolves around the side effects (both short- and long-term) of chemotherapy, radiation and surgery.... S4OM is a non-profit organization that offers a searchable index of oncology massage therapists who have the necessary specialized training and who subscribe to the S4OM Standards of Practice. Currently, the Society for Oncology Massage is the only entity that requires proof of training and competency for listing in its locator service.”

s4om.org/clients-and-patients/clients-patients-faq

Medicine Hands of Colorado

Cheryl A. Johnson, CMT & Cindi S. Vogt, LMT

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 and rehabilitation sites and for private physician groups throughout the Denver metro area. The Medicine Hands Referral Network is a program designed to connect patients and their caregivers to highly skilled and credentialed medical massage therapists throughout Colorado. If you or your loved one are facing the many challenges of treatment, massage can be your ally.”

www.medicinehandsofco.com

Yoga



Iyengar Yoga Center of Denver - Yoga for Cancer Survivors Class

770 S. Broadway, Denver, CO 80209. 720.570.9642

“Free restorative class for people in treatment, survivors, and family members. 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.”

<http://iyengaryogacenter.com/index.php?section=class-descriptions>

Laura Kupperman – Yoga for Survivors®

“If you are currently going through cancer treatment or know someone who is still trying to get their life (and body!) back after treatment has ended, you’ve come to the right place... The Yoga for Survivors® program ... mission is to share the healing path of yoga with cancer survivors worldwide by providing safe, accessible classes to survivors of any type of cancer, at any stage of recovery.” See website for list of teachers in various Colorado locations.

<https://laurakupperman.com/yoga-for-survivors-teacher-list/>

YogaDuragno

Michele 970.946.8961, Sheryl 970.769.6875

info@yogadurango.com

“Yoga therapy adapts the practice of Yoga to the needs of people with specific or persistent health problems not usually addressed in a regular group class. Yoga therapy can assist with many problems, including: addressing long-standing muscle tension and chronic pain; recovering from injury; dealing with depression and anxiety; transforming grief; recovering from cancer and cancer treatments; managing stress, including PTSD.”

<http://yogadurango.com/yoga-therapy.html>

Meditation



The Center for Courageous Living – Mindfulness Based Stress Reduction (MBSR)

Janet Solyntjes, MA, CYT, Boulder, CO

“During times of transition, personal loss, intense emotional or physical pain, or any of the numerous circumstances that send our life out of balance, it can be helpful to have support on the journey towards greater calm and a deeper sense of well-being... MBSR (Mindfulness Based Stress Reduction) began in 1979 as the Stress Reduction Program at the University of Massachusetts Medical School by Jon Kabat-Zinn, Ph.D. The program was featured in the Bill Moyer’s PBS documentary *Healing and the Mind* and is the subject of Jon Kabat-Zinn’s best selling book, *Full Catastrophe Living: Using the Wisdom of the Body and Mind to Face Stress*. MBSR has been shown to: reduce depression and anxiety; increase focus and mental clarity; enhance and improve personal health; improve communication with others; calm the wildness of the “monkey mind”; foster courage in difficult situations; bring unconditional joy to daily life. The MBSR foundation course includes 8 weekly sessions and a one-day silent retreat. Various mindfulness tools are learned and practiced in a group context with an emphasis on personal journey. The Center offers a variety of programs and retreats during the year.” *Janet completed a professional training in MBSR with Jon Kabat-Zinn and Saki Santorelli in 2002 and an MBSR Teacher Development Intensive at the Center for Mindfulness at the University of Massachusetts Medical School in 2005. Check website for schedule and locations.*

<http://thecenterforcourageousliving.com/workshops.html>

MB-Well™ Mentoring - Janet Solyntjes, MA, CYT

Boulder Office - 1634 Walnut, Suite 221, or via Skype
303.415.2766 janet@thecenterforcourageousliving.com

“Individual wellness mentoring, using the tools of MBSR is the inspiration and outgrowth of years of work with the MBSR Foundation Course. Working with a mentor can help you tap the well of inner resource that allows for a genuine, artful and fearless approach to life. The mentoring journey can be limited to a single session or can be ongoing.” The MB-Well mentoring program is offered in person or by Skype. *Janet completed a professional training in MBSR with Jon Kabat-Zinn and Saki Santorelli in 2002 and an MBSR Teacher Development Intensive at the Center for Mindfulness at the University of Massachusetts Medical School in 2005.*

Cost: An introductory 30-minute session by phone or Skype is currently available for \$35. Three 1-hour sessions for \$250 (or \$100 hour)

<http://thecenterforcourageousliving.com/workshops.html>

Palouse Mindfulness - Online Mindfulness-Based Stress Reduction (MBSR)

Dave Potter - 1009 Tolo Trail, Moscow, Idaho 83843

palousemindfulness@gmail.com

“This online MBSR training course is 100% free, created by Dave Potter, a fully certified MBSR instructor, and is modeled on the program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School. Here you will find a complete eight-week MBSR course, designed for people who are not able to take a live MBSR course for financial or logistical reasons. All of the materials used in the live course, including guided meditations, articles, and videos are freely available here. A live, in-person Mindfulness-Based Stress Reduction (MBSR) class is still the best way to learn mindfulness, because it is more likely that you will complete the course, due to the live interaction and group support. But doing an in-person course is not always possible, for financial and logistical reasons. This online course uses precisely the same course curriculum and resources that are used in my local in-person course, and if you follow the suggestions and practices for each of the eight weeks of the course, the learning can be just as deep and profound.”

“Dave Potter is a certified Mindfulness-Based Stress Reduction instructor and received his training through University of Massachusetts Medical School where Jon Kabat-Zinn founded the Center for Mindfulness.”

<http://palousemindfulness.com/index.html>

Calm.com

“Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life. With 7 *Days of Calm*, learn the basics of mindfulness meditation.”

www.calm.com/

Energy Therapies



Lifespark Cancer Resources

303.425.5670.

“LifeSpark Cancer Resources is a non-profit volunteer service organization focused on the use of energy therapies to provide support and care for individuals with cancer at approved medical and educational facilities. LifeSpark is dedicated to serving individuals and the oncology medical community through education, training, advocacy and delivery of hands-on sessions. “ Sessions are offered in Arvada, Aurora, Boulder, Centennial, Colorado Springs, Conifer, Denver, Highlands Ranch, Lakewood, Littleton, Longmont, and Parker.

www.lifesparknow.org/patients-find-a-lifespark-location/

Spring in Winter QiGong

Margaretta Gilboy

303.781.5460. margilboy@gmail.com

“QiGong Therapy is a highly therapeutic type of bodywork which uses acupressure 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

Mind-Body Therapies



HealthJourneys.com

800.800.8661 info@healthjourneys.com

"Over the past 40 years, the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance. We now know that in many instances even 10 minutes of imagery can reduce blood pressure, lower cholesterol and glucose levels in the blood, and heighten short-term immune cell activity. It can reduce blood loss during surgery and morphine use after it. It lessens headaches and pain.... and reduces anxiety; and it has been shown, again and again, to reduce the aversive effects of chemotherapy and radiation therapy, especially nausea, depression, soreness and fatigue.... Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the Health Journeys guided imagery audio series... nearly 2000 hospitals and recovery centers distribute her guided imagery recordings, in many instances free of charge to recipients."

www.healthjourneys.com/Store/Cancer/33

HeartMath® Institute

800.711.6221 info@heartmath.org

(This program is offered in "Cancer Treatment Centers of America" locations across the U.S.)

"HeartMath® provides tools that connect us with the heart of "who we truly are" for living healthier, fulfilling lives and building a brighter future. Since 1991, the HeartMath Institute has researched and developed reliable, scientifically based tools to help people bridge the connection between their hearts and minds, and deepen their connection with the hearts of others. Use our in-depth Stress & Well-Being Survey to monitor your mental, emotional and physical well-being."

www.heartmath.org/resources/

Simonton Cancer Center

PO Box 6607, Malibu, CA 90264 (800) 459-3424 simontoncancercenter@msn.com

"For over 40 years, the Simonton Cancer Center has been a leader in the scientifically proven mind-body approach for treating cancer patients. The Center's integrated program was the first of its kind in the world, and was pioneered by the physician most often considered "father of mind-body medicine for cancer patients," Dr. O. Carl Simonton, MD. The Simonton method focuses on interactions between the mind and the body—how beliefs, attitudes, lifestyle choices,

spiritual and psychological perspectives can dramatically affect our health, the course of our disease, and our overall well-being. At the heart of the Center's mission is the Getting Well Again Program, a five-day retreat based on Dr. Simonton's successful model for emotional intervention, patient education, and support."

<https://simontoncenter.com/>

Intimacy



M.D. Anderson - Sexuality and Cancer

Speak with a M.D. Anderson Health Information Specialist at 1.877.632.6789

"Cancer treatment can cause a variety of sexual changes. Even though the causes may be different – surgery, chemotherapy, hormone treatment or radiation – the resulting changes are often similar. Some patients experience changes in all areas (desire, arousal, orgasm, resolution), but others experience none. The most common sexual change for cancer patients is an overall loss of desire.... For women, vaginal dryness and pain with sexual activity are frequent. Most men and women are still able to have an orgasm even if cancer treatment interferes with erections or vaginal lubrication, or involves removing some parts of the pelvic organs. It is common for patients to need more time or stimulation to reach orgasm. While medications are available to treat many of these symptoms, some of these same drugs can decrease sexual desire or make it harder to reach orgasm. It is usually safe to have sex during cancer treatment unless your doctor tells you not to. Talk with your doctor before participating in sexual activities. Coping with Sexual Changes: When sexual changes do occur, they typically do not improve right away. Finding the most helpful remedy may take time and patience because sexual changes can be caused by both psychological and physical factors. Treatment-related sexual changes may be long-term or permanent. Talk with your health care team before treatment to learn about what to sexual changes to expect from your cancer or cancer treatment. By knowing what may happen, you may be better prepared and more knowledgeable about possible changes. If problems occur, discuss them with your team and find out how to get help. If you are having sex during chemotherapy, you may wish to use barrier protection, such as condoms or dental dams (for oral sex), since chemotherapy chemicals can be found in semen or vaginal fluid. Patients in their childbearing years should be aware that a pregnancy during or just after chemotherapy can be complicated by birth defects. Radiation therapy from an external machine does not make you radioactive or endanger your partner in any way. If you are undergoing brachytherapy, which implants radioactive seeds in your body, you may have to stop sexual activity briefly until the strongest radiation has left the body. Sex can be a problem if you have bleeding in the genital area following a recent surgery or if your immune system is very weakened." You can speak with a Health Information Specialist at 1.877.632.6789. See next page

www.mdanderson.org/patients-family/diagnosis-treatment/emotional-physical-effects/sexuality-cancer.html

Boulder Sex Therapy

Tara Galeano, MA, LPC, Certified Sex Therapist
 954 North Street, Suite 306, Boulder, Colorado 80304
 tara@bouldersextherapy.com 303.544.1400
 "The benefits of counseling at Boulder Sex Therapy include more intimacy, clearer communication, greater self-awareness, and better relationship. It takes couple's counseling to a more intimate level by discussing the oft overlooked, but very important, issue of sex in a relationship. You may also experience clearer and more effective emotional expression and a better understanding of the intra-psychic causes of sexual dysfunction including both the relational and medical aspects. In your work with me, you will benefit by: expanding your awareness of your body's innate wisdom; reclaiming your sexuality; enhancing your understanding of how past sexual experiences impacted your sexual identity." Tara Galeano is "...a licensed professional counselor, certified in marriage and family therapy, board certified in sexology, an AASECT certified sex therapist, and a Level I TRE Practitioner. I specialize in working with adult individuals, couples, and groups focusing on sex therapy and relational counseling."

www.bouldersextherapy.com/

Counseling



★ Check with the Licensed Clinical Social Worker (LCSW) at your hospital about scheduling a private counseling session. Most major hospitals have LCSW's on staff.

Laura Melton, PhD

Clinical Health Psychologist
 University of Colorado Cancer Center – 720.848.0300
 "Dr. Melton works at the University of Colorado Cancer Center as a Clinical Health Psychologist in Medical Oncology. Her specialties include: "Living with Cancer... Anxiety, Bereavement, Depression, Panic Disorder, Seasonal Affective Disorder, Stress and Stress Management." She is also an Assistant Professor in the Medicine-Medical Oncology Dept. at the University of Colorado. Call for info about making an appointment for a session with her or another Clinical Health Psychologist at the UC Cancer Center."

www.cudoctors.com/Find_A_Doctor/Profile/22857

Heather O'Neil, LCSW

Licensed Clinical Social Worker, & Certified Yoga Instructor
 1890 Gaylord Street, Denver, CO 80206
 720.363.5793 heather@oneil.net
 "Uptown Counseling specializes in helping individuals and

couples gain self-awareness to create healing and growth. My therapy style is informed by many years of social work practice in the non-profit arena, and through my experience as a certified yoga instructor with an emphasis on the mind/body connection. I am a graduate of the University of Denver Masters of Social Work program, and have over 17 years of professional experience. My practice is also informed by CBT (cognitive behavioral therapy), sensorimotor psychotherapy, and EMDR (eye movement desensitization reprocessing)." Note: Heather has worked with Colorado Ovarian Cancer Alliance and is familiar with issues involved with an ovarian cancer diagnosis. See her website at:

www.uptowncounselingandcoaching.com/

People House

People House (Main)
 3035 West 25th Avenue, Denver, CO 80211, 303.480.5130
 People House East
 13693 E. Iliff Ave., Ste 112, Aurora, CO 80014, 303.480.5130
 "People House has a successful 40-year history of responding to the community's need for personal and spiritual growth and emotional healing. We serve people who are in crisis, life transition and/or who are motivated to develop themselves physically, psychologically, and spiritually. We offer affordable counseling on a sliding scale. Therapy should be something accessible to everyone regardless of income level. That is why we strive to offer low cost high quality counseling." People House provides the Affordable Counseling Intern Program, and a selection of many Private Practitioners.

www.peoplehouse.org

Professional Psychology Center at University of Denver (DU)

Located within the Graduate School of Professional Psychology
 2450 S. Vine Street, Denver, CO 80208 303.871.3626
 M-Th: 8:30 AM - 8:30 PM F: 8:30 AM - 3:00 PM
 "The Professional Psychology Clinic (PPC) is the training center for the Graduate School of Professional Psychology at the University of Denver. The PPC has provided low cost, high quality psychological services to Denver's community for over 30 years... Staffed by doctoral students under the supervision of licensed mental health professionals, we offer a broad range of confidential mental health care... The university setting enhances our ability to provide services that are innovative, cutting edge, GLBT affirming, and culturally sensitive. Services are provided by doctoral level students who are supervised by licensed professionals. At the PPC, we carefully tailor our services to meet each client's individual needs. Fees for services are on a sliding scale, and are based on your income and financial circumstances."

www.du.edu/gsppp/services/ppc.html

Maria Droste Counseling Center

1355 South Colorado Blvd., Suite C-100, Denver, Colorado 80222-3305 Phone: 303-756-9052 - Free 2 hour parking is

available behind the building.

“Chronic & Long Term Illness Program - It can be quite disconcerting to learn that you or your loved one has been diagnosed with a chronic illness. Maria Droste Counseling Center has been formed out of the understanding that people need access to counseling regardless of their ability to pay. We are committed to serving others with enthusiasm, empathy and humility as we assist in creating a place of peace, love and harmony within others, ourselves and our community. We embrace and honor diversity in all its forms.”

www.mariadroste.org/what-we-do/trauma-and-illness/chroniclong-term-illness/

Southwest Counseling Associates

303-730-1717, sca@southwestcounseling.org

Littleton Office: 141 West Davies Avenue, Littleton, CO 80120.

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

Aurora Office: Aurora near Chambers and Iliff

“Southwest Counseling Associates offers a full spectrum of psychotherapeutic services for individuals, couples and families throughout their life span... All our therapists are trained and licensed at the master’s or doctorate level.... We emphasize time-efficient strategies that empower our clients to set positive goals and tap their unique strengths to meet them. Founded on the essential concepts and principles of evangelical Christianity, SCA remains faithful to those convictions. Though we take care not to impose our beliefs on others, all our staff members share a statement of faith. Based in the suburbs of Littleton, Colorado, SCA maintains a north office in Westminster, and a southeast office in Aurora. We handle all appointments and business transactions through our Littleton office.”

www.southwestcounseling.org

Jewish Family Services – Counseling

3201 S. Tamarac Drive, Denver, CO 80231, 303.597.5000

jfs@jewishfamilyservice.org

“Jewish Family Service Mental Health Specialists is your resource for quality therapy. We assist people at all stages of life—from age 5 to 105—with caring, compassionate, and confidential counseling. Our four therapists have a combined 120 years of clinical experience, making Jewish Family Service Mental Health Specialists one of the most qualified counseling centers in Denver. These are masters-degreed professionals who are licensed in a variety of specialties. Jewish Family Service Mental Health Specialists serve all people, regardless of their ability to pay full price for services. We offer a discounted sliding-fee schedule for those with limited financial resources.”

www.jewishfamilyservice.org/services/Mental-Health-Specialists

Regina Caeli Clinical Ministry

8 W. Dry Creek Circle, Ste. 206, Littleton, CO 80120

720.377.1359

“At different moments in your life, you may find the need for additional guidance and support. Our staff is eager to help you by offering high quality mental health services that are faithful to the teachings of the Catholic Church. The family is a community of life and love, but you may find that differences in personality and/or communication styles, wounds from the past and present, or other difficulties place a strain on your family relationships. Our staff is eager to help your family work through these difficulties to find peace and healing.”

www.rccsdenver.org/ReginaCaeli/index.php/clinical-ministry.htm

Managing Fear, Anxiety, Depression & Grief



Managing Fear, Anxiety, depression, grief

from *The National Cancer Institute - 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....

Patients who show a high level of distress usually find it helpful to talk about their concerns with a social worker, mental health professional, palliative care specialist, or pastoral counselor.”

www.cancer.gov/about-cancer/coping/feelings/anxiety-distress-pdq#section/all

Arts for Healing



Journal Therapy

“Writing in a journal is an effective way to handle... emotions that living with cancer has triggered. Often people facing a serious illness find it difficult to express their feelings to others. Some aren’t used to revealing their emotions. Others feel a need to be strong for the sake of the people around them... Journal writing empowers us to express our difficult feelings in a safe and private way. It allows you to come to terms with cancer at your own pace and in your own way. Your journal is always there to receive your thoughts and feelings.”

From: www.friendsofsuzanne.com/id46.html

Also: <http://journaltherapy.com/>

Storytelling

“There are so many reasons and many ways to tell your story about your life with cancer, if you choose to. For our parts, we have found it to be an important part of our healing...”

[www.ovariancancer.org/wp-content/uploads/Storytelling-Handout.Dern .pdf](http://www.ovariancancer.org/wp-content/uploads/Storytelling-Handout.Dern.pdf)

Also: www.ebbflowstory.com/

Art4Healing®

“Art4Healing® Online courses bring the Art4Healing® workshops to you and into the privacy of your home. Online Courses are taught by Laurie Zagon, Founder and Executive Director of Art & Creativity for Healing Inc. Easy pricing

and convenient online courses means you can experience the Art4Healing® abstract art exercises at your own pace, whenever you like.”

www.art4healing.org/online-classes/

Music Therapy

“Music therapy is defined by the American Music Therapy Association as ‘...the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional...’

<http://maitrimusictherapy.com/music-therapy/>

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

“A unique band of six gynecologic oncology surgeons from across the country... N.E.D. or ‘No Evidence of Disease’, are the words every cancer patient wants to hear... Their songs are designed to empower women, give them hope and to break the silence surrounding gynecologic cancers.”

www.nedtheband.com

Lily Oncology on Canvas

“In 2004, Lilly Oncology, the National Coalition for Cancer Survivorship (NCCS), and members of the global cancer community came together to launch Oncology on Canvas®, an art competition that gives people living with cancer—and those who care for them—a way to tell their stories through creativity and bring comfort and support to others by sharing their cancer journeys.”

www.lillyoncologyoncanvas.com

Retreats & Outdoor Experiences for Cancer Survivors



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

“Cancer is one of life’s greatest challenges... By integrating body, mind and spirit, we will discover ways to meet the totality of our experience directly and courageously. Please join us in this transformative journey. 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.”

www.cwfl.org

Live by Living

Dan Miller, 4975 Stuart St., Denver CO, 80212 303.808.2339

dsm@livebyliving.org

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

www.livebyliving.org

Epic Experience

8795 Ralston Rd. Suite 108, Arvada, CO 80002 1.855.650.9907

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

Domus Pacis Family Respite

“Domus Pacis Family Respite encourages cancer patients, their

families and friends to escape to the beauty of the Colorado 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

www.domuspacis.org

Camp Mak-A-Dream

Missoula, Montana 406.549.5987

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

Survivorship

What Does “Survivorship” Mean?



“This [NCI] booklet uses the term “cancer survivor” to include anyone who has been diagnosed with cancer, from the time of diagnosis through the rest of his or her life. Family members, friends, and caregivers are also part of the survivorship experience. You may not like the word, or you may feel that it does not apply to you, but the word “survivor” helps many people think about embracing their lives beyond their illness.”

www.cancer.gov/publications/patient-education/life-after-treatment.pdf

National Coalition of Cancer Survivorship

“In 1986, the founders of NCCS [National Coalition of Cancer Survivorship] saw a need for language that truly told the story of life after a cancer diagnosis. At the time, there were a growing number of people living beyond their cancer diagnosis and treatment. Many of them were experiencing an array of health issues related to their treatment, as well as late and long-term effects. They also faced psychological, financial, emotional, spiritual, and social challenges. The phrase “cancer survivorship” was created to describe this broad experience on the cancer continuum — living with, through, and beyond a cancer diagnosis.... Many continue to struggle with how to define “survivor,” or whether to use it at all. We recognize that the term “cancer survivor” may be seen differently by people based on their own experiences.”

www.canceradvocacy.org/news/defining-cancer-survivorship/

Once Treatment Ends...



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.

ting back to normal” as it is finding out what’s normal for you now. People often say that life has new meaning or that they look at things differently.”

www.cancer.gov/about-cancer/coping/survivorship/new-normal

A New Normal



“The end of cancer treatment is often a time to rejoice. Most likely you’re relieved to be finished with the demands of treatment. You may be ready to put the experience behind you and have life return to the way it used to be. Yet at the same time, you may feel sad and worried. It can take time to recover. And it’s very common to be thinking about whether the cancer will come back and what happens now. Often this time is called adjusting to a “new normal.” You will have many different feelings during this time. One of the hardest things after treatment is not knowing what happens next. Those who have gone through cancer treatment describe the first few months as a time of change. It’s not so much “get-

“Chemo Brain”



“For years people with cancer have worried about, joked about, and been frustrated by the mental cloudiness they sometimes notice before, during, and after cancer treatment. Even though its exact cause isn’t always known, and it can happen at any time during cancer, this mental fog is commonly called chemo brain. Patients have been aware of this problem for some time, but only recently have studies been done that could help to explain it.”

www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/chemotherapyeffects/chemo-brain

“Though patients and survivors often complain of chemo brain during and after treatment for cancer, a growing body of research shows that there are multiple causes behind the cognitive decline many survivors experience.”

www.curetoday.com/articles/more-than-chemo-brain-several-factors-contribute-to-cognitive-decline-after-cancer?p=1

A Cancer Survivorship Plan

LIVESTRONG® Survivorship Center of Excellence at University of Colorado Cancer Centers

University of Colorado Cancer Center, UCHealth locations at St. Mary's Regional Cancer Center in Grand Junction and St. Mary-Corwin Medical Center in Pueblo—and across the Rocky Mountain region.

720-848-0316 uch-survivorship@uch.edu

“The University of Colorado survivorship program is one of seven LIVESTRONG® Survivorship Centers of Excellence supported by the LIVESTRONG® Foundation. Through UCHealth, the CU Cancer Center, and our extensive network of partnerships, we offer resources, support, and information to cancer survivors in Colorado—including our community-based centers at St. Mary's Regional Cancer Center in Grand Junction and St. Mary-Corwin Medical Center in Pueblo—and across the Rocky Mountain region. Our comprehensive cancer survivorship program includes: Support groups and educational classes; Ongoing cancer survivorship needs assessment; Clinical programs for cancer survivors; Cancer survivor research and distribution.”

www.uchealth.org/Pages/Services/Cancer-Care/Support-and-Education/Survivorship-Clinics.aspx

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.

720.848.0300, 720-848-0316 uch-survivorship@uch.edu

“If you've recently completed cancer treatment and you're wondering what is next, the WIN program at UCHealth can help you find answers. Through WIN, you can join one of our groups to participate in a series of up to six clinic visits led by health care professionals with cancer-specific clinical experience. Although most insurance plans cover this program, each session requires a co-pay. To gain the full benefit, you'll want to commit to attending all sessions. WIN clinic visits are designed to: Help you identify your cancer survivorship health care needs; Learn about symptom management; Receive the most recent information about how to keep yourself healthy; Develop a personalized wellness plan; Assist you in creating a partnership with your medical team; Link you to appropriate resources and referrals; Help you understand how treatment summary and care documents can be useful for your future health care needs; UCHealth specialty providers who lead our WIN clinic visits include: Physicians, Physical therapists, Dietitians, Exercise specialists, Health psychologists.”

www.uchealth.org/Pages/Services/Cancer-Care/Support-and-Education/Survivorship-Clinics.aspx

- click on Cancer Survivorship Clinical Programs link.

Cancer Survivorship Care Plans

“A treatment summary and survivorship care plan is a report of your medical history created for both you and your

health care providers to help ensure you receive appropriate follow-up care. The plan includes a recap of all treatments you've received, as well as follow-up care instructions and important information needed to monitor for late- and long-term effects of your cancer treatment... You and your health care team are the best source for creating treatment summaries and survivorship care plans. To help you start the discussion, check out these tools:”

www.uchealth.org/Pages/Services/Cancer-Care/Support-and-Education/Survivorship-Clinics.aspx

LIVESTRONG® Care Plan:

<http://livestrongcareplan.org/>

ASCO Cancer Treatment Summaries:

www.cancer.net/survivorship/asco-cancer-treatment-summaries

Journey Forward Survivorship Care Plan:

www.journeyforward.org/what-is-cancer-survivorship-care-planning

NATIONAL

NCCS Cancer Survivor Toolbox® - Living Beyond Cancer

“Surviving cancer is more complicated than simply being sick or well, having cancer or being cancer free. Instead, it is a continual process that is constantly changing. There may be times when the joy you feel about survival far outweighs any anxieties you may have. Then, there will be times when your fears and uncertainties seem to take over your life, and you wonder if you will ever feel normal again... This program will introduce you to skills to help you adapt to your life after cancer. The goal is to help you, a cancer survivor, be as healthy as possible within your personal circumstances.”

The Toolbox program is available for listening online in both English and Spanish.

www.canceradvocacy.org/resources/cancer-survival-toolbox/special-topics/living-beyond-cancer/

ASCO Answers – Cancer Survivorship booklet

“As you finish cancer treatment, you might be wondering: What happens next? The answer is different for every person. Some people return to the lives they were leading before their diagnosis, while the lives of others are significantly changed by their cancer experience. The challenge for every survivor is figuring out how to return to everyday life while adjusting to the effects of the disease and its treatment.” See this booklet from the American Society of Clinical Oncology at Cancer.net. for more information.

www.cancer.net/sites/cancer.net/files/cancer_survivorship.pdf

Nutrition and Physical Activity Guidelines for Cancer Survivors - American Cancer Society

www.cancer.org/healthy/informationforhealth-careprofessionals/acsguidelines/nupaguidelinesforcancersurvivors/

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 mutations are present in the cancer (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 more about Genetic Considerations and Clinical Trials on pages 19-26.

“Learning that you have recurrent ovarian cancer brings on many new fears, concerns and questions. You may feel similar to how you felt when you were newly diagnosed, however, some women say they feel more uncertain following a recurrence... The National Ovarian Cancer Coalition hopes this booklet will help you to make informed decisions about your treatment for recurrence and be proactive in managing your health.”

www.ovariancancertogether.org/documents/resourceguiderecurrentovariancancer.pdf

Tumor Blueprint / Molecular Profile For Recurrent Ovarian Cancer The Clarity Foundation

4365 Executive Drive, Suite 1500, San Diego, CA 92121
858.657.0282 info@clarityfoundation.org

“The Clarity Foundation strives to help ovarian cancer patients and their physicians make better-informed treatment decisions based on molecular profiling of tumors. Our goal is to help women with recurrent ovarian cancer live longer, healthier lives... The Clarity Foundation provides you with a personalized Tumor Blueprint designed to help inform therapy selection. We provide insights based on key features of your tumor at the molecular level. The Tumor Blueprint is generated by measuring a panel of protein biomarkers and detecting genetic changes in your tumor. Your Tumor Blueprint interpretative report suggests drug treatments that match and therefore may be more likely to be effective for you. Some of those drugs may be available through clinical trials for which you may be eligible. Cost of the Tumor Blueprint: As a non-profit organization, Clarity Foundation provides its patient support services **free of charge**. Our services include molecular testing coordination, reporting and interpretation of results, and identification of clinical trials for which you may be eligible. The cost of the molecular testing will vary depending on your insurance. Feel free to contact Clarity at 858.657.0282 with questions or concerns.”

www.clarityfoundation.org/find-treatment-options/get-a-tumor-blueprint/

Charles W. Nutting, D.O., FSIR – Liver specialist
RIA Endovascular 8200 E Belleview Ave, Suite 600E,

Greenwood Village, CO 80111 720.493.3406

“Dr. Nutting is a board-certified, fellowship-trained interventional radiologist specializing in performing minimally invasive image-guided procedures to treat liver cancer and vein disorders... World Renown for Interventional Treatment of Liver Cancer: Charles Nutting offers leading-edge procedures including chemoembolization, radiofrequency ablation and selective internal radiation therapy (SIRT). When not in the office, he treats endovascular disease, vein disorders and cancer in local and regional hospitals throughout the Rocky Mountain region. He is Chief of Interventional Radiology at Sky Ridge Medical Center. Dr. Nutting was the first physician in the United States to do liver radioembolization with Sir-Sphere®. He has since performed more than 900 radioembolization procedures, and teaches this SIRT procedure using Y90 internal radiation beads nationwide... “Best Doctor” designation: Charles Nutting has been recognized as a “Best Doctor” in the Denver Business Journal’s August 7-13, 2015 edition.”

www.riaendovascular.com/our-physicians/interventional-radiologists/nutting/

Bruckner Oncology – Traditional and Alternative Cancer Treatment

2330 Eastchester Road, Bronx, NY 10469 718.732.4050

“Traditional Cancer Treatment: Traditional chemotherapy treatment uses chemical drugs in an effort to stop cancer cells from growing and hopefully eradicate the cancer. For many of our patients, chemotherapy represents an effective way to treat, and hopefully, eliminate cancer. At Bruckner Oncology, we provide a specific treatment plan and schedule to each patient comprised of agreed upon cancer fighting drugs to work toward fighting the cancer, as well as seeing the treatment through to support the entire process.

Alternative Cancer Treatment: A specialized, innovative treatment methodology for cancers that respond poorly to traditional approaches or have failed conventional therapy. Understanding Drug Resistance: Unfortunately, not all tumors are receptive to traditional chemotherapeutic regimens... Bruckner Oncology is a pioneer in this area, leading the way in research and experience to allow physicians worldwide to better understand the what, why and how of chemotherapeutic drug combinations to enable the best arsenal of treatment options in the fight against all types of cancers.”

www.bruckneroncology.com/

DirectLabs.com

“DirectLabs.com provides direct access laboratory testing for those who want to take charge of their own health and personally monitor their own wellness. We assist in the prevention or early detection of disease by providing discounted, high quality online blood and laboratory testing services directly and confidentially to consumers.”

www.directlabs.com

Palliative Care



★ Palliative care is not the same as hospice. It is care aimed at relieving symptoms of surgery & chemo and can be used from the very beginning of a cancer diagnosis. Palliative care can also be supportive for the caregiver, as a team is provided to address many aspects of the experience. Check with your insurance provider first to see if they cover the cost of a palliative care team.

What Is Palliative Care?

“Palliative Care (pronounced PAL-lee-uh-tiv) is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. Palliative care is appropriate at any age and at any stage in a serious illness. Unlike hospice care, palliative care can be provided together with curative treatment. It is especially appropriate for patients suffering from conditions like... cancer. Palliative care focuses on managing symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping and depression. It also helps you gain the strength to carry on with daily life. It improves your ability to tolerate medical treatments. And it helps you have more control over your care by improving communication so that you can better understand your choices for treatment.

Palliative care is typically provided by a team including a physician, nurse, and other specialists who work with you, your family, and your other healthcare providers to provide an extra layer of support.... Defining features of a palliative care program, however, include:

- The affirmation of life and regard for dying as a normal process
- The intent to neither hasten nor postpone death
- Care throughout the continuum of illness in conjunction with curative therapies
- Availability of interventions early in the course of illness to assist with symptom management or advance care planning
- The use of an interdisciplinary team approach to address the comprehensive needs of patients and families including:
- An assessment and management of patient’s pain and other distressing symptoms
- Integration of the psychological and spiritual aspects of patient and family care
- Offering a support system to help patients live as fully as possible
- Offering a support system to help the family cope during the patient’s illness and in their bereavement.”

Life Quality Institute

61 Inverness Drive East, Suite 210 Englewood, CO 80112
“Our mission is simple ... by educating healthcare profes-

sionals and the public, Life Quality Institute advances the understanding and quality of palliative care.”

<http://lifequalityinstitute.org/about-palliative-care/what-is-palliative-care/>

GetPalliativeCare.org: Patient Perspectives Christine’s Palliative Care Story

“In this podcast, we hear from Christine Buehlmann, a California woman whose life changed dramatically after she was diagnosed with ovarian cancer and began receiving chemotherapy. Christine discusses how the physical and emotional symptoms of her disease and its treatment were hindering her quality of life, until she received palliative care.”

<https://getpalliativecare.org/whatis/disease-types/ovariancancer/>

Palliative Care Providers In Colorado

“A number of hospice organizations in Colorado offer palliative care services [at home] distinct from hospice services, not requiring a terminal diagnosis or six-month prognosis. These services vary in scope and frequency—who visits patients and how often. Some are primarily focused on helping patients and families discern goals and others primarily on symptom management. If you are interested in palliative home care, contact your local hospice agency and ask what services they provide and whether they might be covered by insurance or require payment. The following [list of] organizations may be able to assist you...” Another

<http://lifequalityinstitute.org/about-palliative-care/what-is-palliative-care/palliative-care-at-home/>

Another link to providers in Colorado:

<http://lifequalityinstitute.org/wp-content/uploads/2014/09/REVISED-Directory-of-Colorado-Palliative-Care-Providers-09-11-4.pdf>

Optio Health Services

Optio Palliative Care at Home 501 S. Cherry St., #700
Denver, CO 80246 303.321.2929 info@care4denver.org

“We offer physical and emotional support for our patients and their families facing serious disease. We are a consultative service that works directly with the physician team to ensure coordinated care. We 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
- RN telephonic care management
- After hours phone support provided by our medical staff

We serve anyone with serious or advanced disease including those with cancer...”

www.optiohealth.org/OurServices/Pages/Optio-Palliative-Care-at-Home.aspx

Transitions

End of Life



The Conversation Project

“The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care... We believe that the place for this to begin is at the kitchen table—not in the intensive care unit—with the people we love, before it’s too late... Together we can make these difficult conversations easier. We can make sure that our own wishes and those of our loved ones are expressed and respected.”

<http://theconversationproject.org/>

★ 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’ aids, 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.

Hospice & Palliative Care Association of the Rockies – Find a Provider

303-848-2522 info@coloradohospice.org

“Welcome to the Colorado Center for Hospice & Palliative Care’s Find-a-Provider page. Here you can find a provider that’s right for you, whether you or your loved one lives in Denver or Durango, Craig or Lamar — or some other part of our state. Our member providers are committed to offering the highest quality care at all levels of need. You can find anything from assisted living care to community bereavement support programs. Click on the map to search by county. You may also search by services, certifications and licenses by using the table...”

www.coloradohospice.org/patients/find-a-provider/

The Denver Hospice

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

“The Denver Hospice has a reputation as the most trusted and comprehensive hospice and palliative care provider serving the Denver-metro area.... Through our clinical staff, Inpatient Care Center at Lowry, and health care partnerships, The Denver Hospice serves a nine-county metro area. No matter where you reside, we have a team of hospice specialists nearby.”

www.thedenverhospice.org

Grief Support



The Heartlight Center

11150 E. Dartmouth Avenue, Denver, CO 80014

720.748.9908 info@heartlightcenter.org

“HeartLight Center provides affordable grief support and education for adults in our community who are experiencing the pain and sorrow following the death of a loved one. Offered in group sessions, our work provides participants with the community and insight to gain the strength and peace they need to effectively move forward with their lives.”

www.heartlightcenter.org

Open To Hope

“Open to Hope Foundation® is a non-profit foundation with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion. We have helped over 2,000,000 people in 26 countries find hope after the death of a loved one.”

www.opentohope.com/

National Widowers Association

“The National Widowers’ Organization is a virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition... As new and continuing research shows, there’s one loss that men could use a little help from their friends to cope with. That’s the loss of a spouse or a lover or a parent or a child or a lifelong friend... Those of us who have been where you now may find yourself (or lost yourself), after losing the love of your life, have gained a little information, have put together a kit of coping tools that belong in your garage right about now.”

www.nationalwidowers.org/

Judi’s House - for grieving children

1741 Gaylord St., Denver CO, 80206 720.941.0331

“The mission of Judi’s House is to help children and families grieving a death find connection and healing. Our vision is that no child should be alone in grief. Since 2002, Judi’s House has supported more than 7,000 youth, ages 3-25, and their caregivers, toward our vision that no child should be alone in grief. We believe that investing in these vulnerable children will help them build resilience and the coping skills they need to adjust to their loss, and handle future challenges.”

www.judishouse.org

Camp Comfort - for grieving children

“Camp Comfort is a weekend camp offered twice each summer by Mt. Evans Home Health & Hospice to address the special needs of grieving children ages 6 to 12.”

www.mtevans.org/camp-comfort/about-camp-comfort/

COCA honors losses in our community:

www.colorado-ovariancancer.org/weremember

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

Multicultural Resources

African-American



The Center for African-American Health

3601 Martin Luther King Blvd., Denver, CO 80205.

303.355.3423 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

Native American



Native American Cancer Research Corps.

3022 South Nova Road, Pine, CO 80470

303.838.9359/800.537.8295

This website contains useful information from the Native American Cancer Information for Survivors program.

Survivor Circle Meetings

(Contact any of the women listed below for information about local and national Survivor Circle meetings)

Lisa Harjo	lisah@natamcancer.org
Audrey Marshall	audreym@natamcancer.org
Denise Lindstrom	denisel@natamcancer.org
Corrie Santos	cjsantos11@hotmail.com

<http://natamcancer.org/naces.html>

www.natamcancerinitiatives.org/

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

“The American Indian / Alaska Native Cancer Information Resource Center and Learning Exchange (Native CIRCLE) exists to stimulate, develop, maintain, and disseminate culturally appropriate cancer information materials for American Indian / Alaska Native educators, healthcare leaders, and students.”

www.nativeamericanprograms.net/

Asian Pacific



The Asian Pacific Development Center of Colorado

APDC Headquarters

1537 Alton St, Aurora, CO 80010

303-923-2920 info@apdc.org

APDC Colorado Springs

719.459.3947

“The mission of APDC is “to advance the well-being of the Asian American Pacific Islander community by providing culturally appropriate and integrated medical, behavioral and related services.”

<http://apdc.org>

LGBTQ



The GLBT Community Center of Colorado

1301 E. Colfax Avenue, Denver, CO 80218

303.733.7743

“The Center works with doctors, hospitals, health care practices, and the community to instill greater knowledge of and sensitivity toward the unique health care needs of the LGBT community, and to ensure higher-quality health care for all gay, lesbian, bisexual, and transgender people in Colorado.”

www.glbtcolorado.org/

The Alexander Foundation

PO Box 1995, Denver, CO 80201-1995

303.331.7733 TheAlexanderFoundation@yahoo.com

“Financial assistance for LGBT individuals who reside in Colorado and have been diagnosed with cancer.”

<http://thealexanderfoundation.org>

The ATL Foundation

PO Box 1195, Eastlake, CO 80614-1195

Becky Brinkman 303.450.7311 brinkburd@comcast.net

“The ATL Foundation provides assistance to self-identified lesbians, living in Colorado, in need of financial assistance as a result of ill health.”

www.atlfoundation.org

www.atlfoundation.org/request-assistance/

Spanish-Speaking



Resources for the Spanish-Speaking community can be found on Page 6 of this guide.

En Español



Los recursos para la comunidad - Español Hablando se pueden encontrar en la página 6 de esta guía .

Statewide Cancer Centers & Clinics

Southern Colorado



GYNECOLOGIC ONCOLOGISTS

Southern Colorado Gynecologic Oncology / Penrose
Dr. Dirk Pikaart, D.O.

See page 14

★ **Sue DiNapoli Ovarian Cancer Society**
 Providing financial assistance and hope for women in Southern Colorado. Be Ovary Aware 5k Run 3k Walk – Annual September Event, Colo Springs.
www.beovaryaware.org

South Central



Rocky Mountain Cancer Center - Castle Rock

1189 S. Perry St. Suite 230, Castle Rock, CO 80104
 303.925.0700

www.rockymountaincancercenters.com/locations/castle-rock

Penrose Hospital - Gyn Cancer - Colorado Springs

2222 N. Nevada Avenue, Colorado Springs, CO 80907
 719.776.5281

www.penrosecancercenter.org/pcc/oncology-specialties/gyn-cancer/

Gynecologic Oncologists

Dr. Dirk Pikaart, D.O. - See Page 14

Genetic Counseling

See Page 21

Integrative/Complementary Therapies

See Page 47

Memorial Hospital -University of Colorado Health - Colorado Springs

525 Foote Avenue, Colorado Springs, CO 80909
 719.365.5800 Cancer Center - 844.362.0400

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=26

Genetic Counseling

See Page 21

Rocky Mountain Cancer Center - Colorado Springs

2312 N. Nevada Avenue, Suite 400, Colorado Springs, CO 80907 719.577.2555

www.rockymountaincancercenters.com/locations/colorado-springs

St. Francis Medical Center - Colorado Springs

6001 E. Woodmen Road, Colorado Springs, CO 80923
 719.571.1000

www.penrosestfrancis.org

St. Mary-Corwin Medical Center - Pueblo

1008 Minnequa Avenue, Pueblo, CO 81004
 719.557.4000; 800.228.4039

www.stmarycorwin.org/cancer

Genetic Counseling

See Page 21

Integrative/Complementary Therapies

LIVESTRONG® Survivorship Center of Excellence

“Healing Arts classes aim to bridge the gap between traditional medicine and holistic health. Our goal is to improve the cancer treatment experience. Classes offered may include meditation, tai chi, low-impact aerobics, journaling and more. For patients undergoing treatment at the Dorcy Cancer Center, our Healing Arts program takes into account the whole person, body, mind, and spirit.”

Brenda Galassini - 719-557-4548 Healing Arts Classes

Lorraine Hoyle - 719-557-5423 Emotional Support Services and Support Group

www.stmarycorwin.org/stc/specialties/cancer-center/support-services

Rocky Mountain Cancer Center - Pueblo: Dorcy

2004 Lake Avenue, Suite CC-110, Pueblo, CO 81004
 719.296.6000

www.rockymountaincancercenters.com/locations/pueblo-dorcy/

Rocky Mountain Cancer Center - Pueblo

3676 Parker Blvd Suite 350, Pueblo, CO 81008
 719.296.6000

www.rockymountaincancercenters.com/locations/pueblo/

Parkview Medical Center - Pueblo

400 West 16th St. Pueblo, CO 81003 719.584.4000

www.parkviewmc.com/care-treatment/cancer

Rocky Mountain Cancer Center - Cañon City

109 Latigo Lane, Suite E, Cañon City, CO 81212
 719.296.6000

www.rockymountaincancercenters.com/locations/canon-city/

St. Thomas More Hospital -- Canon City

1338 Phay Avenue, Canon City, CO 81212 719.285.2000
www.stmhospital.org/cancer

Arkansas Valley Regional Medical Center - La Junta

1100 Carson Avenue, La Junta, CO 81050 719.384.5412
www.avrmc.org

Statewide Cancer Centers & Clinics

★ Orchard of Hope

111 N Orchard Avenue, Cañon City, CO 81212

719.275.0089 fremont@orchardofhope.org

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

www.orchardofhope.org

Southeast

Rocky Mountain Cancer Center - La Junta

1100 Carson Avenue Suite 201, La Junta, CO 81050

719.383-6378

www.rockymountaincancercenters.com/locations/la-junta/

Prowers Medical Center - Lamar

401 Kendall Drive, Lamar, CO 81052 719.336.4343

www.prowersmedical.com

Southwest

San Luis Valley Regional Medical Center

106 Blanca Avenue, Alamosa, CO 81101 719.589.2511

www.sanluisvalleyhealth.org/

Mercy Regional Medical Center - Durango

1010 Three Springs Blvd., Durango, CO 81301

Durango Cancer Center - 970.385.4746

www.mercydurango.org/cancer-care

Southwest Memorial Hospital - Cortez

1311 North Mildred Road, Cortez, CO 81321 970.565.6666

www.swhealth.org

Gunnison Valley Health - Gunnison

711 North Taylor Street, Gunnison, CO 81230 970.641.1456

www.gvh-colorado.org

San Juan Cancer Center - Montrose at Montrose Memorial Hospital

600 S. 5th Street, Montrose, CO 81401

Radiation Oncology – 970-497.8000

Medical Oncology - 970.240.7242

www.montrosehospital.com/medical-services/san-juan-cancer-center

Delta County Memorial Hospital - Delta

1501 E. 3rd Street, Delta, CO 81416 970.874.7681

www.deltahospital.org

Mountains & West

GYNECOLOGIC ONCOLOGISTS

Community Hospital - Grand Valley Oncology Center

Dr. Ruth Higdon, M.D.

See page 14

Mountains

St. Anthony Summit Medical Center - Frisco

340 Peak One Drive Frisco, CO 80443 970-668-3300

www.summitmedicalcenter.org/smc/home/

Genetic Counseling

See Page 21

Shaw Regional Cancer Center - Edwards (near Vail)

322 Beard Creek Road, Edwards, CO 81632

970.569.7429

www.shawcancercenter.com

Genetic Counseling

See Page 21

Integrative/Complementary Therapies

Support Programs at Jack's Place - See Page 43

Valley View Hospital - Glenwood Springs Calaway Young Cancer Center

1906 Blake Avenue, Glenwood Springs, CO 81601

970.945.6535

www.vvh.org/calaway-young-cancer-center/

Genetic Counseling

See Page 21

Integrative/Complementary Therapies

Walk & talk support group - See page 43

Aspen Valley Hospital - Aspen

0401 Castle Creek Road, Aspen, CO 81611

970.925.1120

www.aspenvalleyhospital.org

Genetic Counseling

See Page 20

Integrative/Complementary Therapies

Colorado Pathfinders - See Page 43

★ Living Journeys

“Supports Gunnison County residents living with cancer by providing support in a variety of ways.”

P.O. Box 2024, Crested Butte, CO 81224

970.349.2777 info@livingjourneys.org

www.livingjourneys.org

Statewide Cancer Centers & Clinics

Central West



St. Mary's Regional Medical Center - Grand Junction

750 Wellington Avenue, Grand Junction, CO 81501
970.298.7500

www.stmarygj.com/cancer-care

Genetic Counseling

See Page 21

Integrative/Complementary Therapies

LIVESTRONG® Survivorship Center of Excellence

See Page 48

Community Hospital - Grand Junction

2021 N. 12th Street, Grand Junction, CO 81501
970.242.0920

www.yourcommunityhospital.com/

Gynecologic Oncologists

Dr. Ruth Higdon, MD, - See Page 14

Northern Colorado



GYNECOLOGIC ONCOLOGISTS

Banner Health - McKee Medical Center - Loveland

Dr. Jennifer Rubatt, MD

See page 14

SCL Physicians Gynecologic Oncology - Lafayette

Pamela J. Stone, MD

See page 14

North Central



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

4715 Arapahoe Ave, Boulder, CO 80303 720.854.7293

www.bch.org/cancer-care-services/tebo.aspx

Rocky Mountain Cancer Center - Boulder

4715 Arapahoe Avenue, Boulder, CO 80303 303.385.2000

www.rockymountaincancercenters.com/locations/boulder/

Exempla Good Samaritan Medical Center - Lafayette Comprehensive Cancer Center

200 Exempla Circle, Lafayette, CO 80026 303.689.4000

www.goodsamaritancolorado.org/

Gynecologic Oncologists

Dr. Pamela Stone, MD. - See Page 14

Genetic Counseling - See Page 21

Salud Family Clinic - Commerce City

6255 N. Quebec Parkway, Commerce City, CO, 80022
303.286.8900

www.saludclinic.org/#!/commerce-city/c1sjf

Platte Valley Medical Center - Oncology - Brighton

1600 Prairie Center Parkway, Suite 270, Brighton, CO 80601
303.498.2200

www.pvmc.org/services/oncology

Salud Family Clinic - Brighton

1860 Egbert Street, Brighton, CO 80601
303.659.4000

www.saludclinic.org/#!/brighton/c16lx

Rocky Mountain Cancer Center - Longmont

2030 Mountain View Drive, Suite 210, Longmont, CO
80501 303.684.1900

www.rockymountaincancercenters.com/locations/longmont/

Longmont United Hospital Hope Cancer Care Center

1950 Mountain View Avenue, Longmont, CO 80501
303.651.5252

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

Univ. of Colorado Health – Medical Center of the Rockies Cancer Care - Loveland

2500 Rocky Mountain Avenue, North Medical Office Bldg.,
Loveland, CO 80538 970.237.7700

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=299

Banner Health - McKee Medical Center - Loveland

2000 Boise Ave., Loveland, CO 80538 970.820.4640

www.bannerhealth.com/Locations/Colorado/McKee+Medical+Center/McKee+Medical+Center+Home.htm#tabContent2

Gynecologic Oncologists

Dr. Jennifer Rubatt, MD. - See Page 14

Univ. of Colorado Health Cancer Center - Ft. Collins Poudre Valley Hospital

2121 E. Harmony Road, Suite 170, Ft. Collins, CO 80528
970.237.7700

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=223

Integrative/Complementary Therapies

The Wellness Place - See Page 48

Statewide Cancer Centers & Clinics

Univ. of Colorado Health - Ft. Collins Oncology Outpatient Infusion

1024 South Lemay Avenue, 3rd Floor, Ft. Collins, CO 80524
970-495-8385; Admitting Unit 970-495-1117

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=8

Salud Family Clinic - Ft. Collins

1635 Blue Spruce Drive, Fort Collins, CO 80524
970.494.4040

www.saludclinic.org/#!/fort-collins/c12y0Greeley

Banner Health - Fort Collins Medical Center

4700 Lady Moon Dr., Fort Collins, CO 80528
970.821.4000 Patient Relations 970.821.4559

www.bannerhealth.com/Locations/Colorado/Banner+Fort+Collins+Medical+Center/Banner+Fort+Collins+Medical+Center+home+page.htm

Univ. of Colorado Health – Cancer Care – Greeley

1675 18th Avenue, Suite 3 Greeley, Colorado 80631
970.237.7700

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=300

Banner Health - North Colo Medical Center - Greeley

1801 16th St., Greeley, CO 80631 970.810.4121

www.bannerhealth.com/locations/colorado/north+colorado+medical+center/north+colorado+medical+center+home+page.htm

Northeast



Kit Carson County Memorial Hospital - Burlington

286 16th Street, Burlington, CO 80807
719.346.5311

www.kcchsd.org

Rocky Mountain Cancer Center - Burlington

286 16th Street, Burlington, CO 80807
719-346-4725, Option 1

www.rockymountaincancercenters.com/locations/burlington/

Salud Family Clinic - Fort Lupton

1115 Second Street, Fort Lupton, CO, 80621
970-484-0999

www.saludclinic.org/#!/fort-lupton/c1x7w

Univ. of Colorado Health – Ft. Morgan

Colorado Plains Medical Center Cancer Care
1000 Lincoln Street, Fort Morgan, Colorado 80701
970.237.7700

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=224

Salud Family Clinic - Fort Morgan

729 E. Railroad Avenue, Fort Morgan, CO 80701
970.867.0300

www.saludclinic.org/#!/fort-morgan/cvww

East Morgan County Hospital - Brush

2400 Edison Street, Brush, CO 80723 970.842.6200

www.bannerhealth.com/Locations/Colorado/East+Morgan+County+Hospital/East+Morgan+County+Hospital+home+page.htm#tabContent4

Banner Health - Sterling

Sterling Regional Medical Center

615 Fairhurst Street, Sterling, CO 80751 970.522.0122

www.bannerhealth.com/Locations/Colorado/Sterling+Regional+MedCenter/Sterling+Regional+MedCenter+home+page.htm

Salud Family Clinic - Sterling

1410 South 7th Avenue, Sterling, CO 80751 970.526.2589

www.saludclinic.org/#!/sterling/cvbk

Univ. of Colorado Health – Holyoke

Melissa Memorial Hospital Cancer Care

1001 E. Johnson Street Holyoke, Colorado 80734
970.237.7700

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=225

Univ. of Colorado Health - Yuma

Yuma District Hospital Cancer Care

1000 W. 8th Avenue Yuma, Colorado 80759 970.237.7700

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=229

Univ of Colorado Health - Wray

Wray Community District Hospital Cancer Care

1017 W. 7th Street Wray, Colorado 80758 970.237.7700

www.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=228

Northwest



Univ. of Colorado Health – Estes Park

Estes Park Medical Center Cancer Care

555 Prospect Avenue, Estes Park, Colorado 80517
970-237-7700

<https://stage.uchealth.org/Pages/OHAM/OrgUnitDetails.aspx?OrganizationalUnitId=222>

Statewide Cancer Centers & Clinics

Rocky Mountain Cancer Center - Steamboat Springs

1024 Central Park Drive, Steamboat Springs, CO 80487
970.871.2464

www.rockymountaincancercenters.com/locations/steamboat-springs/

Middle Park Medical Center - Granby

1000 Granby Park Drive South, Granby, CO 80446
970.887.5800

www.mpmc.org
www.mpmc.org/about/locations/granby/

Middle Park Medical Center - Kremmling

214 S. 4th Street, Kremmling, CO 80459 970.724.3442

www.mpmc.org
www.mpmc.org/about/locations/kremmling/

Middle Park Medical Center - Walden

350 McKinley Street, Walden, CO 80480 970.723.4255

www.mpmc.org
www.mpmc.org/about/locations/walden/

Memorial Hospital at Craig - Craig

750 Hospital Loop, Craig, CO 81625 970.824.9411

<http://thememorialhospital.com/services/oncology>

Denver Metro Area



GYNECOLOGIC ONCOLOGISTS

See page 14

Dr. Kian Behbakht, MD
Dr. Glenn Bigsby, D.O.
Dr. Bradley Corr, MD (starting Fall 2016)
Dr. Susan A. Davidson, MD
Dr. Kevin Davis, MD
Dr. Daniel M Donato, MD
Dr. Saketh Guntupalli, MD
Dr. Jeffrey James, D.O.
Dr. Carolyn J. Lefkowitz, MD
Dr. Mary Jo Schmitz, MD
Dr. Pamela J. Stone, MD

Denver Metro Central



Denver Health - Cancer Care

Davis Pavilion, 700 Delaware Street, 2nd floor, Denver, CO 80204 Appointment: 303.436.4949; Nurse Line: 303.739.1211; Oncology: 303.602.6061

www.denverhealth.org/medical-services/cancer-care

Gynecologic Oncologists

Dr. Susan A. Davidson, MD - See page 14

Porter Adventist Hospital - Cancer Care Center

2525 S. Downing, Denver, CO 80210
303.778.1955; 303.765.3888 oncology administration

www.porterhospital.org/cancer

Gynecologic Oncologists

Dr. Glenn Bigsby, D.O. - See page 14

Dr. Jeffrey James, D.O. - See page 14

Genetic Counseling

See Page 21

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

1719 East 19th Ave. Denver, CO 80218
303.839.6000

<http://pslmc.com/service/cancer-treatment-denver>

Gynecologic Oncologists

Dr. Glenn Bigsby, D.O. - See page 14

Dr. Jeffrey James, D.O. - See page 14

See page 14

Rocky Mountain Cancer Centers - Denver Midtown

1800 Williams St., Suite 200, Denver, CO 80218
303.388.4876

www.rockymountaincancercenters.com/locations/denver-midtown/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

Rocky Mountain Cancer Centers - Denver Rose

4700 E. Hale Parkway, Suite 400, Denver, CO 80220
303.321.0302

www.rockymountaincancercenters.com/locations/denver-rose/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

Rose Medical Center - Cancer Care

4567 E. 9th Ave. Denver, CO 80220 303.584.2273

<http://rosemed.com/campaigns/cancer-center>

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

St. Joseph Hospital - Comprehensive Cancer Center

1825 Marion Street, Denver, CO 80218 303.318.3400

www.saintjosephdenver.org/services-and-departments/cancer-centers-of-colorado/

Gynecologic Oncologists

Dr. Pamela J. Stone, MD - See page 14

Genetic Counseling

See Page 21

Statewide Cancer Centers & Clinics

Denver Metro East



Medical Center of Aurora Comprehensive Cancer Care

1501 S. Potomac Street Aurora, CO 80012
303.695.2600

<http://auroramed.com/service/cancer-care>

Mountain Blue Cancer Care Center

400 Indiana Street, Suite 270, Golden, CO 80401
303.953.7400

www.mountainbluecare.org/

Parker Adventist Hospital - Cancer Care

9395 Crown Crest Blvd, Parker, CO 80138
303.269.4000

www.parkerhospital.org/cancercare/

Gynecologic Oncologists

Dr. Glenn Bigsby, D.O. - See page 14

Dr. Jeffrey James, D.O. - See page 14

Genetic Counseling

See Page 21

Rocky Mountain Cancer Centers - Aurora

1700 So. Potomac St., Aurora, CO 80012
303.418.7600

www.rockymountcancercenters.com/locations/aurora/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

Rocky Mountain Cancer Centers - Parker

9397 Crown Crest Blvd, Suite 421, Parker, CO 80138
303.805.7744

www.rockymountcancercenters.com/locations/parker/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

University of Colorado Hospital NCI Designated Cancer Center

Anschutz Cancer Pavilion, 1665 Aurora Court, Aurora, CO
80045 303.724.2066

www.uchealth.org/pages/services/colorado-cancer-center.aspx

Gynecologic Oncologists

Dr. Kian Behbakht, MD - See page 14

Dr. Bradley Corr, MD (starting Fall 2016)

Dr. Saketh Guntupalli, MD - See page 14

Dr. Carolyn J. Lefkowitz, MD - See page 14

Genetic Counseling

See Page 21

Denver Metro West



Lutheran Medical Center Comprehensive Cancer Center

8300 West 38th Avenue, Wheat Ridge, CO 80033
303.425.4500; 303-425-8554 manger of comprehensive cancer center

www.lutheranmedicalcenter.org/services-and-departments/comprehensive-cancer-center/

Gynecologic Oncologists

Dr. Glenn Bigsby, D.O. - See page 14

Dr. Jeffrey James, D.O. - See page 14

Genetic Counseling

See Page 21

Red Rocks Cancer Center

400 Indiana St # 240, Golden, CO 80401
303.945.2960; Nurse Navigator 303.945.2966
info@redrockscancercenter.org

www.redrockscancercenter.com

Rocky Mountain Cancer Centers - Lakewood

11750 W. 2nd Place, Medical Plaza 1, Suite 150, Lakewood,
CO 80228 303.430.2700

www.rockymountcancercenters.com/locations/lakewood/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

St. Anthony Hospital - Cancer Center

11600 W. 2nd Place, Lakewood, CO 80228 720.321.0000

www.stanthonyhosp.org/cancer

Genetic Counseling

See Page 21

Denver Metro North



Rocky Mountain Cancer Centers - Thornton

8820 Huron St., Thornton, CO 80260 303.386.7622

www.rockymountcancercenters.com/locations/thornton/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

Statewide Cancer Centers & Clinics

Denver Metro South



Littleton Adventist Hospital - Cancer Care

7700 S Broadway, Littleton, CO 80122 303.730.8900

www.mylittletonhospital.org/mlh/specialties/cancer-care/

Gynecologic Oncologists

Dr. Glenn Bigsby, D.O. - See page 14

Dr. Jeffrey James, D.O. - See page 14

Genetic Counseling

See Page 21

Rocky Mountain Cancer Centers - Littleton

22 West Dry Creek Cr., Littleton, CO 80120

303.730.4700

www.rockymountaincancercenters.com/locations/littleton/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

Rocky Mountain Cancer Centers

Greenwood Village

8200 E. Belleview Ave, Suite 270, East Tower, Greenwood Village, CO 80111 303.740.8200

www.rockymountaincancercenters.com/locations/greenwood-village

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Sky Ridge Medical Center - Cancer Care

10101 Ridgeway Parkway, Lone Tree, CO 80124

720.225.1000

<http://skyridgemedcenter.com/service/cancer-care>

Gynecologic Oncologists

Dr. Glenn Bigsby, D.O. - See page 14

Dr. Jeffrey James, D.O. - See page 14

Rocky Mountain Cancer Centers

Lone Tree: Sky Ridge

10103 RidgeGate Parkway, Suite G01, Lone Tree, CO 80124

303.925.0700

www.rockymountaincancercenters.com/locations/lone-tree-sky-ridge/

Gynecologic Oncologists

Dr. Daniel M Donato, MD - See page 14

Genetic Counseling

See Page 21

Swedish Medical Center - Cancer Care Center

501 E. Hampden Ave. Englewood, CO 80113

303.788.5000

<http://swedishhospital.com/service/cancer-care>

Gynecologic Oncologists

Dr. Mary Jo Schmitz, MD - See page 14

Dr. Kevin Davis, MD - See page 14

Genetic Counseling

See Page 21

Kaiser Insurance Group



Kaiser Permanente Colorado

Complete cancer care treatment and support programs for patients with Kaiser Permanente insurance coverage. See pages 14 and 34.

National Ovarian Cancer Resources



American Cancer Society

Leading the way to transform cancer from deadly to preventable.
800.227.2345

www.cancer.org

Bright Pink

Provides education and support for women who are at a high risk for breast and ovarian cancer.

312.787.4412

brightpink@brightpink.org

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

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

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

Eyes On The Prize

Provides information and emotional support from the survivors' perspective to women with gynecologic cancers, their families and friends, and health-care providers.

www.eyesonthepize.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

Foundation for Women's Cancer

Provides awareness, research and education about women's gynecologic cancers.

312.578.1439

www.foundationforwomenscancer.org

Gilda Radner Familial Ovarian Cancer Registry

Research and info on causes of familial ovarian cancer.

800.682.7426

www.ovariancancer.com

Help Keep A Sister Alive

"HKASA is a one-stop resource hub for ovarian cancer patients and caretakers to empower those dealing with ovarian cancer. Looking for information about financial resources, clinical trials or community services? You have come to right place."

<http://helpkeepasisteralive.org/>

M.D. Anderson Cancer Center

Integrated programs in cancer treatment, clinical trials, education programs and cancer prevention - second opinion resource for ovarian cancer.

877.632.6789

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

National Coalition for Cancer Survivorship

NCCS's mission is to advocate for quality cancer care for all people touched by cancer.

877.622.7937 info@canceradvocacy.org

www.canceradvocacy.org

National Comprehensive Cancer Network

"The NCCN Guidelines for Patients®, translations of the NCCN clinical guidelines, are meant to help patients with cancer talk with their physicians about the best treatment options for their disease."

<https://www.nccn.org/patients/guidelines/cancers.aspx>

National Ovarian Cancer Coalition (NOCC)

The mission of the NOCC is to save lives by fighting tirelessly to prevent and cure ovarian cancer, and to improve the quality of life for survivors.

1.888.OVARIAN/1.888.682.7426

www.ovarian.org

Ovarian Cancer Research Fund Alliance (OCRFA)

"The largest global organization dedicated to advancing ovarian cancer research while supporting women and their families." *COCA is a partner member of OCRFA.

212.268.1002, 202.331.1332

www.ocrf.org

www.ovariancancer.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."

508.655.5412 / 866-920-OFTC (6382)

www.ovationsforthecure.org

SHARE Cancer Support

Survivor-matching support services for women with breast or ovarian cancer.

866.891.2392/844.275.7427

www.sharecancersupport.org

Society of Gynecologic Oncology

Committed to improving the care, treatment and prevention of gynecologic cancers in women.

www.sgo.org



Volunteer With Us

Jodi's Race



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.org

Annual Teal Gala



Annual Teal Gala

The Annual Teal Gala is held every September-October to raise funds for COCA's programs. A lively and fun event, we invite the community to join us in celebrating survivors and enjoying an evening of dining and connection.

www.coloro-ovariancancer.org/Teal_Gala

Raise Awareness



Health Fairs and September Awareness

Contact Jeanene Smith, COCA's Volunteer Coordinator
jeanene@coloro-ovariancancer.org 720.971.9436

Raising Awareness of ovarian cancer symptoms is important year-round. In April we attend many Health Fairs, and in September, Ovarian Cancer Awareness Month, we turn up the heat! There are many ways you can help raise awareness every day and save a life: email and Facebook; at work and school; in your community; in your neighborhood; and at health fairs. If you would like to help raise awareness about the symptoms of ovarian cancer, please join our efforts to reach the community by volunteering with COCA.

www.coloro-ovariancancer.org/raise-awareness

www.coloro-ovariancancer.org/volunteernow

Share Your Story



Survivors Teaching Students:

Saving Women's Lives® (STS)

"To address the issue of early detection, the Ovarian Cancer Research Fund Alliance [OCRFA] conducts the Survivors Teaching Students: Saving Women's Lives®(STS) program. The goal of the program is to enhance health professional students' understanding of ovarian cancer symptoms and risk factors in order to facilitate earlier diagnosis and detection... STS achieves its goal by bringing ovarian cancer survivors into the classrooms of health professional students. The survivors share their stories and key information on the disease. The program is currently offered to a variety of medical and health professional students—our future diagnosticians—including medical, nurse practitioner, physician assistant and nursing students nationally. The program lasts approximately one hour, during which ovarian cancer survivors deliver crucial messages about the risks and symptoms of ovarian cancer. They also explain appropriate referrals for women suspected of having ovarian cancer."

www.ovariancancer.org/get-involved/survivors-teaching-students-sts/

Survivors Teaching Students



STS in Colorado

Contact Susan at COCA – 720-519-3122,
susan@coloro-ovariancancer.org

COCA, as a partner member of the Ovarian Cancer Research Fund Alliance (OCRFA), presents the Survivors Teaching Students: Saving Women's Lives® (STS) program at the University of Colorado School of Medicine approximately every 6 weeks. Our team of ovarian cancer survivors offers their stories to the medical students with a goal of raising awareness about ovarian cancer among new doctors in Colorado and beyond. The training involves each survivor writing down her story and learning how to present it in 7-10 minutes. COCA provides STS training, and we would love to have you join our team. 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.

www.coloro-ovariancancer.org/sts

Volunteer Opportunities



Many opportunities

If you are interested in becoming a volunteer with COCA we encourage you to join us. We are a group of dedicated individuals whose lives have been affected by ovarian cancer. We truly want to help. Our needs change frequently. If you register as a volunteer, you will receive a monthly Volunteer Newsletter that includes the latest volunteer needs. We welcome volunteers to help us with many aspects of our important cause. See the webpage for more info and to fill out a volunteer application, or contact us with questions. www.color-ovariancancer.org/volunteernow

Support 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 or to someone else who is in recurrence. 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.

Become a Mentor: 1-to-1 peer Support Program

720-519-3122 susan@color-ovariancancer.org

The Nicki's Circle 1-to-1 Support Program matches a woman with a new or recurrent diagnosis of ovarian cancer seeking 1-to-1 support with an ovarian cancer survivor from one of COCA's Nicki's Circle support groups. Through this program, Colorado women seeking 1-to-1 support can find a safe peer mentor relationship with a volunteer who understands the experience of an ovarian cancer diagnosis. Volunteer mentors are recruited for this program through Nicki's Circle Support Groups. The volunteer participation

of women who have attended Nicki's Circle is key to this program. They bring a foundation of knowledge and familiarity with both the ovarian cancer experience and COCA programs. Contact us for more information on being matched with a volunteer peer mentor." For more information contact Susan at COCA.

www.color-ovariancancer.org/ncmentors

Attend A Nicki's Circle Support Group

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.color-ovariancancer.org/nickiscircle

About COCA



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, the Nicki's Circle Peer Mentor Program, 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 3,000 participants from all over Colorado in a single year, and the Annual Teal Gala has become a successful fall event.

www.color-ovariancancer.org/Who-We-Are

Colorado Ovarian Cancer Alliance



COLORADO OVARIAN CANCER ALLIANCE (COCA)

1777 South Bellaire St., Suite 170, Denver, CO 80222. - 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 promote awareness and early detection of ovarian cancer through advocacy and education while providing support to people affected by ovarian cancer.

www.color-ovariancancer.org

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