



CONVERSATIONS!



The International Newsletter for Those Fighting Ovarian Cancer

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CELEBRATING LIFE TODAY!

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ANGEL'S NOTES: The other day I went to the French Quarter by myself for some soul searching. With everything that's been happening lately, I figured I deserved a "me" day. I parked my car and just started walking, doing a little window shopping, eating at one of my favorite restaurants, and clearing my head. After about two hours of wondering around with no agenda (and my cell phone turned off), I stopped at one of my old haunts and bought myself a coffee. There's nothing to make you enjoy life like a beautiful day.

While I was ordering the coffee, a woman got in a car wreck right outside the store. So I had to stick around for a while to give a statement to the police. Day ruined, right? That's what I thought.

While waiting on the police to arrive, I started speaking with some of the other witnesses about anything and everything. It turned out that one of the older gentlemen was in town shopping for his daughter. His wife had died of breast cancer a couple of years ago, and he was trying to bond with his 26 year old daughter.

We started sharing stories and he gave me an interesting insight. He compared life to a hand. Our hands do not work the same if we lose a finger. But we will adapt. When we lose someone we love, it takes a long time to adapt to that loss. We will never be the same, but we will figure out a way to move on and live. Although it may sound depressing at first, this analogy is quite inspiring to me. People with physical handicaps (or illnesses) achieve great things all the time. Even if the handicap is mental due to the loss of a loved one, you can still inspire others to achieve greatness. My mother did, you can. I can. We just have to learn to adapt and overcome. I wish you all the best! Love ~Angel~

DON'S NOTES: If you have tips on dealing with **NEUROPATHY** (the numbness and tingling of the extremities) and you would like to contribute something that has worked for you, please send it *now* as I am already working on that issue.

If you will be celebrating 5 years or more since diagnosis and would like to be included in **July's long term survivor celebration issue**, please send *immediately* to us your coping tips, inspiration, or message. A photo (which we can return if requested) is optional, but really adds to this issue! These Long Term Survivor issues give us all **HOPE!**



Highlights of April 2004	Page
Angel's Notes	1
Don's Notes	1
Long Term Survivor	2
Ovarian Cancer Awareness day	2
News You Can Use	2
New Resource The Fight of our Life	2
Nurses Educational Initiative(NEI)	3
Ways to Cope With Stress	3
Something just for fun	4
Resource	4
Survivor Anniversaries for April	5
Schedule of Events	6-7
The Canadian Connection	7
Celebrate Life Today	8
Has Anyone Else Had	9
Ovarian Sarcoma	9
Grand Finale	10

LONG TERM SURVIVOR: Linda L. Smith, Northeastern Ohio, 15 years, (dx 8/92, S=IIC) Smith1918@aol.com

Never in my wildest dreams did I ever think I would be doing so much writing about cancer, let alone ovarian cancer. If anything, I always thought I would have breast cancer because most of the women in my family have had the disease so I was shocked when the doctor told me I had ovarian cancer and I replied, "What is that?" I was diagnosed as a result of a PAP smear which does happens but not often. That has probably helped me to survive these 15 years.

After the hysterectomy, I had a year of chemo—cisplatin and cytoxin. These were the years where a night's hospital stay and 18 hours with an IV was the standard treatment. I had second look surgery with the doctor telling me that chemo had done the job and I was to go home. I went back to work and all was fine for eight years. Even the doctors thought I had licked it. Then, as a result of my leg swelling, a 3 cm tumor was found in the groin lymph nodes. Surgery, chemo and radiation was the treatment. Three years later, a node in my neck was discovered so I had chemo and radiation. In 2007, a PET showed a node under my left arm with ovarian cancer cells so surgery and radiation followed. Many changes have come about for the good: out patient chemo, more drug choices and better meds to help with side effects. I also love the PET scan for detection which I now have every six months.

My life is good and I am truly blessed. I am now retired and doing everything that I want. However, I look at each day with thanks. Now I advocate for ovarian cancer locally and with national organizations. I have been on the DOD peer review committee for three years and facilitate an ovarian cancer support group while being on the Board and founding member of a cancer center. This experience has helped me to meet some of the most fantastic women whom I would never have met if it had not been for ovarian cancer. Any help I can give is definitely therapy for me and, hopefully, help for them.

After knowing both Cindy and Gail personally and seeing how things have changed for the better, I am confident that there will be a cure for this disease in time. I never ever look at statistics. No one can tell you what group you are in so why waste precious time with worry? I agree with Laurel Pracht ---never lose hope and just keep living!!!!

Ovarian Cancer Awareness Day 2008 – April 12, 2008 at the East Wind Inn & Spa

The SASS Foundation for Medical Research, in conjunction with Swim Across America and the Gerry Trunz Foundation, will present its first annual Ovarian Cancer Awareness Day on Saturday, April 12th from 9 am to 2 pm at the East Wind Inn & Spa, Wading River, NY. This free educational event will include a town forum panel of doctors, topical workshops, continental breakfast, luncheon and a vendor showcase of cancer support and resource groups. A keynote speech will be given by Dr. Richard Barakat of Memorial Sloan Kettering. Valerie Smaldone, media personality and ovarian cancer survivor and advocate, will be honored for her commitment to ovarian cancer awareness. You must register to attend this free conference at www.sassfoundation.org on the Events page, or by fax at 516-869-9730.

NEWS YOU CAN USE! Note from Terry Matthews, of CA (13 year survivor)

I read with interest the article on shingles. I was surprised that you did not mention the new shingles vaccine which is now available. In California, at least, it is available from the Public Health Department. It is costly (\$150-200) but my internist's comment was: "Well worth it!" I agree. The catch is that you have to be at least 60 years old to receive the shot. You can bet I will be there to celebrate my 60th birthday! You might want to research this further. I am a long-term survivor, and I don't know if there are limits on using it for people in active therapy or if younger women at high risk are eligible for the vaccine.

Thanks Terry

NEW RESOURCE: The Fight of our Life

I would like to take this opportunity to introduce you an inspiring new movie, The Fight of our Life: Three women battle ovarian cancer. This 30-minute documentary profiles three amazing ovarian cancer survivors and discusses their coping strategies. Completed in 2007, I am distributing the movie through the website <http://www.thefightofourlife.com>, which aims to become the broadest ovarian cancer resource out there.

At <http://www.thefightofourlife.com>, women can upload their own resources and interact with other survivors. We have actually listed CONVERSATIONS!, under the organization tab as national resource!

Thank you so much for your time! Cassie Cosgrove, Director/Producer of The Fight of our Life

FOR IMMEDIATE RELEASE

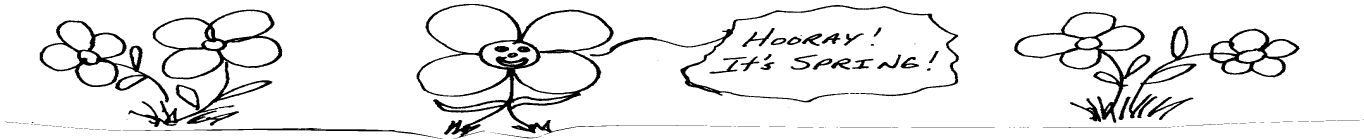
The Ovarian Cancer Alliance of Florida (OCAF) is pleased to announce a collaborative effort with the **University of Central Florida's College of Nursing**. **The Nurses Educational Initiative (NEI)** is a program designed to impact the way nursing students view ovarian cancer. Students are given the opportunity to hear first hand from trained facilitators who are also ovarian cancer survivors.

While education may bring women to the doctor, it is only a first step. A nearly universal complaint among ovarian cancer patients is that early symptoms were ignored or not recognized by healthcare providers. Nursing professionals can make necessary connections that may result in early diagnosis which greatly improves chances for long term survival. The **NEI** program uses both scientific material and actual patient accounts to train nursing students. This combination of material and delivery is an innovative step in training. **The Nurses Educational Initiative** will improve the quality of nursing care by coaching the nurses to ask the right questions. The **NEI** curriculum is offered during a single class period. Educational materials are disseminated first, followed by a facilitated dialog by trained survivors. Next a visual presentation is delivered containing the most recent statistics and scientific facts. After the survivors share their stories, an evaluation is administered to determine to program's effectiveness.

According to Dr. Jean D'Meza Leuner PhD,RN,CNE, Dean and Professor of the UCF College of Nursing, "The College of Nursing at UCF is extremely pleased to be working with the Ovarian Cancer Alliance of Florida. The College of Nursing welcomes new partnerships and opportunities to influence health outcomes and this initiative is extremely important given the fact that ovarian cancer is the fifth leading cause of death among American women."

Upon successful execution of the **NEI** program at UCF, the opportunity to expand to all nursing schools in the state is unlimited. The Ovarian Cancer Alliance of Florida plans to continue placement of the Nurses Educational Initiative program in nursing schools throughout Florida.

Contact: Carol Dierksen, Phone: 407 339-0024 or email carol.ocaf@earthlink.net



This is an old story but one worth repeating...One afternoon, two oncology doctors were comparing their success rates with each others. The first doctor used the same 4 chemotherapy drugs as the other doctor and treated the same type of patients. However, the response rate of the patients of the first doctor was fairly low while the other doctor's patients had a fairly high response rate. The first doctor complained to the other one and said that he did not understand what was different. The second doctor explained it like this, "You give your patients etoposide (E), platinum (P), oncovin (O), and hydroxyurea (H) which you abbreviate as EPOH. I give my patients hydroxyurea, oncovin, platinum, and etoposide which spells HOPE! You give your patients chemotherapy while I give my patients chemotherapy and Hope! I emphasize that we have a chance!" Whether it is *your* attitude, your family's attitude, or your health care provider's attitude, remember...

It is *not* the load that weighs us down it is the way we carry it !

Ways to Cope With Stress (From a brochure at the Barnes-Jewish Hospital Cancer Center in St. Louis titled, "101 Ways to Cope With Stress". Some of the suggestions were quite good, but. I am not going to list all of them. That would be creating stress, would it not? In my opinion, here are the top 10 which are most helpful:

- | | |
|-----------------------------------|-------------------------------|
| 1. Say "no" more often | 6. Build a support network |
| 2. Believe in yourself | 7. Talk less and listen more |
| 3. Ask a friend for a hug | 8. Look for the silver lining |
| 4. Know your limits | 9. Develop a sense of humor |
| 5. Remember stress is an attitude | 10. Avoid negative people |

SOME THINGS TO THINK ABOUT JUST FOR FUN

(a rerun from a previous issue)

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think; they don't do it very often.
3. Going to a church doesn't make you a Christian any more than standing in a garage makes you a car.
4. It isn't the jeans that make your butt look fat.
5. Artificial intelligence is no match for natural stupidity.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all your other parts feel good.
13. Eat well, stay fit, die anyway. (Just remember how lucky you were to get a free trip around the sun.)
14. Men are from earth. Women are from earth. Deal with it.
15. No man has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind and narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept for years and throw away three weeks before you need it.
20. There is always one more imbecile than you counted on.
21. Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
22. By the time you can make the ends meet, they move the ends.
23. Thou shall not weigh more than thy refrigerator.
24. Someone who thinks logically provides a nice contrast to the real world.
25. If you must choose between two evils, chose the one that you've never tried before.



RESOURCE: Support Services and Programs Offered for Breast and Ovarian Cancer

(Yorktown Heights, NY) Support Connection Inc. is a not-for-profit organization offering free and confidential breast and ovarian cancer support groups that meet on a regular basis; individual peer counseling and support; educational and wellness programs; and resource information for women and others affected by breast and ovarian cancer.

Support Connection's mission is to provide emotional, social and educational support services to women, their families and friends affected by breast and ovarian cancer. The support provided enables women to help each other and empowers them to become their own healthcare advocates. Based in Yorktown Heights and serving people throughout the country, Support Connection has provided counseling, support and educational services to thousands of women, their families and friends since opening their doors in 1996.

Support Connection's trained volunteer support group facilitators and peer counselors are survivors of breast or ovarian cancer. Support Connection is about caring. Each person that reaches out for support is given personalized attention in a warm, compassionate atmosphere.

In addition to ongoing support groups and peer counseling, Support Connection also offers yoga and meditation classes; educational forums; wellness retreats; resources and referrals; and a 24-hour hotline.

(HOTLINE # 914-962-1836; 800-532-4290.)

For dates and times of support group meetings, and for more information about other services and programs, contact Support Connection at (914)-962-6402, email info@supportconnection.org, or visit their web site at <http://www.supportconnection.org>

**CONVERSATIONS! Newsletter Subscribers Diagnosed during the Month of APRIL
SURVIVOR ANNIVERSARIES FOR 2008**

**1985: 23 Years !!!!!!!!!!!
!!!!!!!!!!!!!!**

Marilyn Weissend, NY

**1986: 22 Years !!!!!!!!!!!
!!!!!!!!!!!!!!**

Judy Fogel, CA

**1988: 20 Years !!!!!!!!!!!
!!!!!!!!!!!!!!**

Selma , MA

**1991: 17 Years !!!!!!!!!!!
!!!!!!**

Jeanette , TX
Sharon , RI

**1992: 16 Years !!!!!!!!!!!
!!!!!!**

Wendy Margelot, AZ
June Rikard, SC

**1993: 15 Years !!!!!!!!!!!
!!!!!!**

Joan Sommer, NJ

**1994: 14 Years !!!!!!!!!!!
!!!!**

Christine , NY

**1995: 13 Years !!!!!!!!!!!
!!!**

Marsha Burton, KS
Marianne De Gersdorff,
Geri Diebling, NV
Christine Goble, KY

**1996: 12 Years !!!!!!!!!!!
!!**

Janet FitzGerald, CA
Linda Hubbard, MA
Barbara Kalter, OH
Jane , FL
Beverly McFadden, TX
Marion Rosen, CA
Linda Tarver, TX

**1997: 11 Years !!!!!!!!!!!
!!**

Donna , RI
Johanna Peery, TX

1998: 10 Years !!!!!!!!!!!

Lois Brock, GA
Fran Mazzeo Peveler, CA
Danette , FL
Elaine , MI
Susan , OH
Mary , IA

1999: 9 Years !!!!!!!!!!!

Marty , TN
Anita Freilich, SC
Joyce Kandrach, OH
Sandy Lightfoot, Canada
Mary Price, IN
Ted & Adeline Romoser,
OR
Beth Salim, TX
Sue , MO
Roberta Tarquinio, ME
Marjorie Wise, PA

2000: 8 Years !!!!!!!!!!!

Joanie Bain, CA
Pam Batey, TN
Dawn Campbell, CA
Carole , IL
Margaret , NM
Judi Gordon, NY
Elizabeth , FL
Leslie , IL
Dorothy Long, VA
Anne Marchand, MA
Janis , OH
Myra , OH

2001: 7 Years !!!!!!!

June Adkins, NV
Eleanor Bernhardt, LA
Marjorie , NJ
Elaine Buechner, WI
Pamela , NY
Carole Mason, WA
Karen McGill, OH
Sherry Snyder, WA
Virginia Surcamp, MT

2002: 6 Years !!!!!!!

Evelyn, Canada
Naomi , FL
Ora Harding, TX
Helen Higman, PA
Sandra , TX
Mary Helen , TX
Helen Lowry, PA
Gail Meyer, NH
Rita , TX

2003: 5 Years !!!!!!!

Janey , TX
Judith Ellis, PA
Lola , TN
Barbara , CA
Susie , TX
Kim Medlin, TX
Stefanie Peckins, NY
Linda Reid, WA
Sharon Snyder, MT
Jane St Lawrence, SC
Troyanne Thigpen, CO
Nancy , FL
Shirley , WI
Fran Webb, GA
Kathleen , CA

2004: 4 Years !!!!

Joann Burgess, IN
Judy Chandler, SC
Karen Devore, FL
Sue Harrell, PA
Kathleen Henderson, MA
Patricia Horn, WI
Patricia , PA
Jan Newlin, ME
Christina , CA
Ina Stout, OH

2005: 3 Years !!!

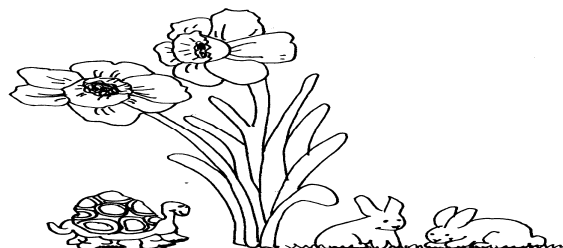
Joyce Buelman, SC
Geraldine Cousland, NY
Robin , FL
Jane , ME
Marjorie , ND
Karen , FL
Martha , GA
Sue Warner, IN

2006: 2 Years !!

Robin , NE
Kristen Hrehocik, VA
Ann , MI
Carolyn , PA
Jane , IN

2007: 1 Year !

Cathy Alewine, SC
Diane , OH
Ruth Anne , NJ



Schedule of Events...and Opportunities...for Ovarian Cancer Activists !!!

*To have your group's activities listed in the newsletter or on the CONVERSATIONS! web site <http://www.ovarian-news.org>, please call 806-355-2565, fax 806-467-9757, or e-mail ovcanews@aol.com at *least* 4-8 weeks in advance.

Special note: If anyone would like to summarize what they learned at a program or during a telephone conference, your help would be greatly appreciated. However, to avoid duplication, please contact the office as listed above.

The following events are also listed in the "Events & Opportunities" section of our CONVERSATIONS! Web site.

*Please check for accuracy. *

*The sponsors of the following events would be most grateful for sponsorship, team building, volunteers, and support! *

APRIL 2004

1- Naples, FL.-Eileen Fisher Clothing is giving you a discount, and 10% of your purchase benefits the Ovarian Cancer Alliance of Florida-Gulf Coast. This event includes the new store on Third Street in Old Naples and the Sanibel Island store on Periwinkle Way. There will be sweets and champagne for all shoppers. You can enjoy \$25 off your purchase from 11:00 AM - 2:00 PM. Eileen Fisher has a wonderful clothing line that you'll enjoy. What a wonderful opportunity to support our ovarian cancer work and purchase some chic clothing. See you there!

2 -Jefferson Valley, NY Support Connection Announces 7th Annual Gala and Silent Auction to be held at Sinapi's Ceola Manor, Hill Boulevard. At the Gala, Support Connection will present the "Corporate Citizen of the Year Award" to Club

5 - Morristown, NJ -**KALEIDOSCOPE OF HOPE SPRING GALA 2008** will be held at the Westin Governor Morris Hotel in Morristown, New Jersey on Saturday night, April 5, starting at 7 p.m. At the Spring Gala 2008, the names of those individuals and organizations involved in ovarian cancer research and advocacy who'll receive financial awards based on our 2007 fundraising efforts will be announced. For reservations or more information call Kaleidoscope of Hope at (973) 644-0500 or contact gala chairperson John Stewart at stewartjf@verizon.net. For more information about The Kaleidoscope of Hope Foundation please visit the Web site: www.kohnj.org.

12 – Wading River, NY, Ovarian Cancer Awareness Day 2008 – April 12, 2008 at the East Wind Inn & Spa The SASS Foundation for Medical Research, in conjunction with Swim Across America and the Gerry Trunz Foundation, will present its first annual Ovarian Cancer Awareness Day on Saturday, April 12th from 9 am to 2 pm at the East Wind Inn & Spa, Wading River, NY. This free educational event will include a town forum panel of doctors, topical workshops, continental breakfast, luncheon and a vendor showcase of cancer support and resource groups. A keynote speech will be given by Dr. Richard Barakat of Memorial Sloan Kettering. Valerie Smaldone, media personality and ovarian cancer survivor and advocate, will be honored for her commitment to ovarian cancer awareness. You must register to attend this free conference at www.sassfoundation.org on the Events page, or by fax at 516-869-9730.

19 – Las Vegas NV The Ovarian Cancer Alliance of Nevada (OCAN) announces the first ever Las Vegas Ovarian Cancer Survivors Debate on April 19th, 2008. The conference (free) is a survivor-led and survivor-organized debate and discussion surrounding the multitude of issues - the past and the present. See website for further details.

<http://www.ocan.org>

26 – Mission Viejo CA , The Ovarian Cancer Orange County Alliance another "Season of Excitement" Luncheon and Fashion Show at the Mission Viejo Country Club in Mission Viejo, CA. Sponsorships are available and individual tickets \$50. Check out event on our website: <http://www.ovarinoc.org> or questions call (714) 974-0697 - email: ovarianoc@aol.com

MAY 2008

18 - West Bloomfield, MI, Jazz concert to benefit cancer patients and their families--with the focus on raising awareness of ovarian cancer. Featured performers---Detroit's own **George Benson** along with the fabulous **Cliff Monear Trio**. For information e-mail: Jazzconcert08@gmail.com or call 248-661-6344.

JUNE 2008

14 – Orange CA , The Ovarian Cancer Orange County Alliance Rods and Hogs Poker Run. It begins at the Century Theater Parking Lot in Orange, CA. Pre-registration includes: t-shirt, goodie bag and meal coupon. Check out event on our website: <http://www.ovarinoc.org> or questions call (714) 974-0697 – email: ovarianoc@aol.com

30 - Florham Park, NJ Kaleidoscope of Hope Foundation -1st Annual Golf Classic, will be held on June 30, 2008 at the Brooklake Country Club , 139 Brooklake Road ,Florham Park, NJ 07932 For more information, please see http://www.kohnj.org/2008_golf_classic.htm or call **Peggy Lee Peterson** at 201-572-9773 or email to plpeterson@optonline.net.

SEPTEMBER 2008

1-30 - New Jersey The Kaleidoscope of Hope Foundation- *Turn the Town Teal Campaign* Volunteers from throughout the state are needed to hang teal ribbons for Ovarian Cancer Awareness Month. Please contact Ann Marie Drella at the KOH main number (973) 644-0500 or by e-mail at amdrella@yahoo.com. For more information see www.kohnj.org.

SEPTEMBER 2008(continued)

14 - Morristown, NJ The Kaleidoscope of Hope Foundation Annual Morris County Walkathon will take place on Sunday, September 14, 2008 at the Loantaka Brook Reservation, (South St. entrance, Morristown, NJ). Registration and warm-up at 8:15 - 9:00 AM and the walkathon begins at 9:15 am. There will be one, three and five-mile routes and walkers are welcome to bring their dogs for an additional \$10. Sign up now: By contacting us at (973) 644-0500, <http://www.kohnj.org/2008walkathon.htm>

21 - Lyndhurst, NJ The Kaleidoscope of Hope Foundation Annual Lyndhurst/Bergen County Walkathon will take place on Sunday, September 21, 2008. Registration and warm-up at 8:15 - 9:00 AM and the walkathon begins at 9:15 AM. The walk will take place at the Richard DeKorte Park, Valleybrook Avenue, Lyndhurst, NJ and will include One, three and five-mile routes. (Sorry, no dogs are allowed in the park.) Sign up now: By contacting us at (201) 933-0008, <http://www.kohnj.org/2008walkathon.htm>

27 - Avon, NJ Kaleidoscope of Hope Foundation Annual Avon/Monmouth County Walkathon will take place on Saturday, September 27, 2008 Registration and warm-up at 8:15 - 9:00 AM and the walkathon begins at 9:15 AM . The walk will take place 600 Ocean Avenue, Avon-by-the-Sea on the Boardwalk, Avon and will include one, three and five-mile routes. Sorry, no dogs are allowed on the boardwalk Sign up now: By contacting us at (732) 280-2007, <http://www.kohnj.org/2008walkathon.htm>



***** **The Canadian Connection** *****

Motion M-427 Passed... thanks to YOU! / La motion M-427 a été adoptée... grâce à VOUS!

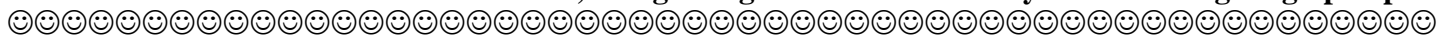
At approximately 4 p.m. on Wednesday, March 12th, Motion M-427 - to recognize September as Ovarian Cancer Awareness Month in Canada - achieved unanimous consent in the House of Commons. All of Canada's political parties have sent a resounding message of support and acknowledgement to the women in Canada who live with and have bravely battled this disease.

We now join our partners in the United States, United Kingdom and Australia in celebrating official government support of ovarian cancer awareness and education.

We owe this historic day to all of you who e-mailed, telephoned and wrote to your MPs. If your typing hand isn't too tired from this campaign, we encourage you to send your local MP a big THANK YOU for his/her support! You can find all of your MP names and addresses at www.parl.gc.ca.

We owe a special acknowledgement to Member of Parliament for Davenport, Ontario, Mr. Mario Silva, who tabled this Motion and fought for its consent.

From all of us at Ovarian Cancer Canada, a huge congratulations to all of you for never giving up hope!



Hope for a reliable, early detection test

Phase III evaluations have begun on a blood test developed by researchers out of the Yale School of Medicine. So far the test has detected newly diagnosed ovarian cancer with 99.4 percent accuracy by using six protein biomarkers. "We hope this test will become the standard of care for women having routine examinations," says lead author Gil Mor, M.D., associate professor at the department of Obstetrics, Gynecology and Reproductive Sciences at Yale.

The test requires further study and extended follow-up with more patients, however the news represents an encouraging development in the search for a reliable, early detection test for ovarian cancer. Results from the phase II clinical trials were published in the February 15 issue of the journal Clinical Cancer Research.

Online support group for women under 40

Ovarian Cancer Canada will host two online support groups, one in English and one in French, each led by a trained, peer-support facilitator. The groups will function like face-to-face support groups, except meetings will take place online in specially designated chat rooms. Women under 40, who have been diagnosed with ovarian cancer, are invited to register. All participants should be comfortable accessing the internet. For information on the English support group, email Fran Turner, National Program Director at fturner@ovariancanada.org. To learn about the French support group, please contact Denise Byrnes, Quebec Regional Manager at dbyrnes@ovairecanada.org.

Celebrate Life Today

C **Count Your Blessings, Not Your Worries:** I found this on a little prayer card. It does not mean that worries will not come, but when they do, just do not count them. Focus on blessings instead. Choose to see a glass half full, not empty.

E **Express Your Feelings Honestly:** Cancer evokes varied emotional reactions. Respect whatever they are honestly. Above all, stay real, concentrating on what is best for you. Do not try to please others by hiding authentic feelings in order to make others feel better.

L **Learn to Laugh...and...Laugh to Learn:** Someone once said that laughter is the best medicine. It is! I have come to believe that a sense of humor is as vital, as the first five senses (sight, touch, taste, smell, hearing). Having a positive attitude does not require smiling all the time, but there is a definite link between our basic attitude and our immune system that is too important to ignore.

E **Endure What is Necessary:** Yes, there is tough stuff in your coping with disease. But never forget the patient who told me her mother always said, "From the day that you are born till they take you in a hearse, things are never so bad that they could not be worse."

B **Be Open and Flexible...Go with the Flow:** Find meaning in the day-by-day doings because little things mean a lot. Ponder the adage, "They who have a why to live can bear almost any how." Cancer is a wake-up call that jolts us out of our complacency.

R **Remain in Charge by Networking with Family and Doctors:** Work with doctors not as a victim but as a partner. Trust your body signals for better or worse. You have a right to retain an appropriate degree of control in what is happening.

A **Accept and Face Your Mortality:** This can be a slow and painful process that takes time and effort. Cancer does provide a new awareness of life's previous quality through its unique lens. Death is certain for all of us, but how we live out our remaining days is up to us.

T **Treasure Each Day and Each New Experience:** No, one would not choose cancer on the menu of health struggles, but we would not trade all we have learned, lived, laughed, and loved because of it. One marvelous side effect has been connection with incredibly beautiful people. I believe you can turn your back on negativity that wants to drag you down.

E **Exercise Body, Mind, and Spirit As Able:** In the book, Remarkable Recovery, by Caryle Hirshberg and Marc Barasch, seven common factors among the survivors are discussed: the will to live, acceptance of the disease but not the outcome, working with doctors as collaborators, having supportive people around, improving diet, exercising more, and finding faith important in recovery.

L **Live Remembering that Life is a Mystery to be Lived, Not a Problem to be Solved:** As you search for answers, reasons, whys and why not, remember there is a dimension of all this that remains a mystery. Sometimes health struggles invite us to reverence instead of grueling analysis.

I **Invest in Your Inner Resources: Courage, Effort, Determination, Faith, Hope and Love:** All of these nurture the will to live and flourish. Surprise yourself by opting to maximize who you are by practicing these virtuous behaviors.

F **Find the Future in Your Now:** Maybe you have wondered if you would make it to today. You're here! Select short term goals as your on going link to life. Meditate on the "Family Circus" cartoon that says, "Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present." Sink your heart into that one.

E **Emergence as a Winner, Not a Victim or Mere Survivor, but Truly a Thrivor!** Need one say more? Onward and upward!

What we are, is God's gift to us. What we become is our gift to God.

***** **Has Anyone Else Had the Same Experience?** *****



This is a place where you can ask the other readers if they have had a similar experience that you are wondering about. **You send your question to us but all the answers will have to come to you directly not through us. Meaning you have to add your email and/or phone number and/or postal address to your question.** Send us your questions and we will present them. We will also be very interested in knowing how well it is or is not working. Give us your comments.



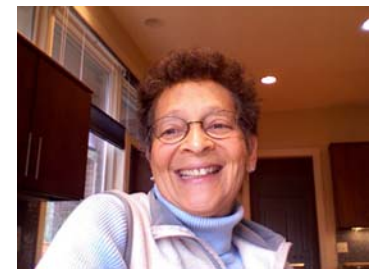
I am a 3 time survivor of ovarian (III-C) cancer, as well as having a stem-cell transplant in 2001. I have been cancer free, but knowing that I carry the gene, I am concerned for both my daughters , who are questioning whether to have their ovaries taken out before they turn forty, encourage them to do this, BUT, someone has brought to my attention that just because they would opt to have a complete hysterectomy doesn't entirely mean they won't get breast or ovarian cancer. Breast cancer also runs in my family as far back as my grandmother, mother, and older sister, and I am currently on tamoxifen to hopefully avoid getting breast cancer myself. My question is, has anyone had a complete hysterectomy and then was diagnosed with ovarian cancer? Please respond to Linda Faron West, at faron_west@hotmail.com or you may call me at 281-298-1514. God Bless You. Linda

I had been on chemotherapy from Sept. 2006 through this past December 2007. I received 6 cycles of Intravenous Carboplatin/Taxol combination; then once a month Taxol for 4 months; then Intra-peritoneal chemo of 5 cycles of Cisplatin and Taxol. During this entire time I only had a little Peripheral Neuropathy (PN) in my left #3, 4,& 5 toes. Right after each chemo I would get the same thing in the right toes, but with diligently taking L-Glutamine (30 grams) for 5 days post chemo, the PN would go away in the right toes. I finished chemo this December and since that time, I have gotten PN in both feet from the toes all the way to the heels and am now starting to feel PN in my fingertips. Has anyone out there acquired **more** Peripheral Neuropathy **after** their chemotherapy has ended? If so, what have you done to relieve these symptoms? I would appreciate any and all comments. Thanks. I can be reached at email: Wendiesm@earthlink.net Wendie Silverman-Martin



OVARIAN SARCOMA By Suzie Siegel

Yvonne Cooper had cancer in an ovary, but she doesn't call it "ovarian cancer." "I consider my cancer to be leiomyosarcoma of ovarian origin," she said, referring to a rare cancer that resembles smooth-muscle cells. Leiomyosarcoma (LMS) can arise almost anywhere in the body. In the reproductive tract, LMS is much more likely to occur in the uterus.



Yvonne Cooper

"There are some women with ovarian sarcomas who feel like they get left out," said Dr. Kian Behbakht, a gynecologic oncologist and associate professor at the University of Colorado at Denver. They may have friends with ovarian carcinoma, or they may know women with uterine LMS. He said the Internet can connect women with rare cancers.

Cooper, who lives in Cincinnati, belongs to an online support list for LMS at www.acor.org. She was diagnosed in 2003 and has had three recurrences. She has had surgeries and chemotherapy and taken anti-angiogenic drugs.

When treating someone with ovarian LMS, a doctor may look at the literature on uterine LMS or sarcoma in general, said Dr. Matthew Anderson, director of gynecologic oncology at Baylor College of Medicine in Houston. "It's so rare that you have to generalize."

He's confident that all gyn oncologists would know that LMS might need to be treated differently from an epithelial ovarian cancer. For example, the chemo Adriamycin is commonly used with LMS, he said, but not with epithelial ovarian cancer.

"Because LMS is so rare," Cooper said, "it is important to do some research and/or go to a sarcoma specialist to know what one's options are in getting appropriate treatment."

She recommends these Web sites: <http://www.leiomyosarcoma.info/general.htm>, www.lmsdr.org and www.sarcomaalliance.com



CONVERSATIONS!

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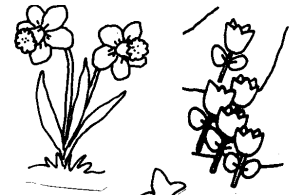
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GRAND FINALE!!!

Even though days of snow still mingle with days of sunshine and spring-like warmth, I look outside our window and see tips of daffodils and tulips making their brave appearance. This is very special as they were planted by Cindy over the past years and she really enjoyed seeing the change from winter to spring Grass is turning from winter brown to pale green. Squirrels are chasing each other round and round the tree trunks, birds such as Robins are starting to appear and the bird feeders are very busy with all sorts of new life while our cats stare out of the window to view the intruders in our yard. Overhead geese are noisily honking, flying north more often than south. All these are signs that Mother Nature is getting ready for her extraordinary annual Celebration of Life--SPRING! I will close this issue with a thought about CELEBRATION that was sent to us a few years ago



Can I find inside
Each day a
Little oasis of joy?
Even with fear
Bubbling around the
Rim, can I
Attach myself to
The moment? For inspiration
I look to family,
Old friends and
New celebrations!



*Peace + Blessings
Don*

Always remember that spring is a time of renewal