

Ovarian Cancer:

Prevention and Detection of the Disease and its Recurrence

Molecular Targets and the Immune System

We thank the *National Ovarian Cancer Coalition Pittsburgh Division* for their support of these educational sessions



Survivor and Advocate Educational Sessions **Cooper Conference Center, Hillman Cancer Center, Ground Floor**

Survivor and Advocacy Groups: A Role in Research, Education, and Beyond
Julene Fabrizio, President, National Ovarian Cancer Coalition
Patricia Goldman, President Emeritus, Ovarian Cancer National Alliance

Complementary and Integrative Therapies for Ovarian Cancer Patients

- I. Overview
Maria B. Yaramus, PharmD, University of Pittsburgh
- II. Magee-Womens Hospital Holistic Center Ovarian Cancer Support Group
Karen Cooper, LCSW, Magee-Womens Hospital of UPMC
- III. T'ai Chi, Chi Kung, and Supportive Care
David Clippinger, PhD, Still Mountain T'ai Chi and Chi Kung
- IV. Restorative Yoga and Supportive Care
Leta Koontz, Schoolhouse Yoga
- V. Meditation and Guided Imagery: Spiritual Pathways to Health and Well-Being
Brenda Cole, PhD, University of Pittsburgh
- VI. Healthy Choices and Healthy Snacking
Rita Beaver, RD, Magee-Womens Hospital of UPMC and Chris Fennimore, WQED
- VII. Acupuncture and Symptom Distress
Ronald Glick, MD, University of Pittsburgh

SURVIVOR AND ADVOCATE EDUCATIONAL SESSIONS

Location: Cooper Conference Center
Hillman Cancer Center, Ground Floor

Hillman Cancer Center Visitor Badge:

You must have a Hillman Cancer Center Visitor Badge in order to attend the educational session. Please pre-register for the visitor badge at the symposium registration table. Otherwise, you will need to sign-in when you enter the Hillman Cancer Center.

Program: Monday, October 24, 2005

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|----------|--|
| 9:40 AM | Meet in symposium registration area (near Herberman Conference Center elevators) for escort to Cooper Conference Center |
| 10:00 AM | Survivor and Advocacy Groups: A Role in Research, Education, and Beyond
Julene Fabrizio, President • National Ovarian Cancer Coalition
Patricia Goldman, President Emeritus • Ovarian Cancer National Alliance |
| 11:30 AM | Lunch |
| 12:30 PM | Complimentary and Integrative Therapies for Ovarian Cancer Patients: Overview
Maria B. Yaramus, PharmD • University of Pittsburgh
Magee-Womens Hospital Holistic Center Ovarian Cancer Support Group
Karen Cooper, LCSW • Magee-Womens Hospital of UPMC
T'ai Chi, Chi Kung, and Supportive Care
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Meditation and Guided Imagery: Spiritual Pathways to Health and Well-Being
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Chris Fennimore • WQED Multimedia
Acupuncture and Symptom Distress
Ronald Glick, MD • University of Pittsburgh |
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National Ovarian Cancer Coalition, Inc



Ovarian Cancer, it whispers...so listen!

Mission

The mission of the National Ovarian Cancer Coalition (NOCC) is to raise awareness about ovarian cancer and to promote education about the disease.

By dispelling myths and misunderstandings, the coalition is committed to improving the overall survival rate and quality of life for women with ovarian cancer.



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NOCC Established 1995

- **Gail Hayward: Founder**
- **Initiated 1st National September Ovarian Cancer Awareness Campaign**
- **First educational materials & resource literature**



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Focus of NOCC

- **NOCC is the leading education and public awareness organization**
- **First toll free ovarian cancer information line - 1-888-OVARIAN**
- **Most comprehensive website for ovarian cancer - www.ovarian.org**



Ovarian Cancer, it whispers...so listen!

Millions of Contacts Yearly

- Website hits: 6,700,000
- Toll-free number: 20,000
- Newsletters: 65,000
- Community Outreach: 1,000,000 +
- Literature Distribution: 920,000
- Awareness items: 200,000 +



Ovarian Cancer, it whispers...so listen!

What Makes NOCC Unique?

- **National organization with over 70 state Divisions covering most of US**
- **Grass roots effort**
- **Local community needs assessed and met**



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Awareness Events

- Numerous 'Walks for the Whisper'
- 'Spread Teal Across America'
- PSA by Nancy Cartwright
- PSA featured by Lifetime Television Network
- Rockefeller Square Display
- Widespread distribution of literature
- Teal Awareness Bracelets
- Car Magnets

Ovarian Cancer, it whispers...so listen!



Art Exhibit body image|body essence



viewing ovarian cancer through the art of sculpture
an exhibit by John Magnan
presented in partnership with

MASSACHUSETTS GENERAL HOSPITAL
CANCER CENTER

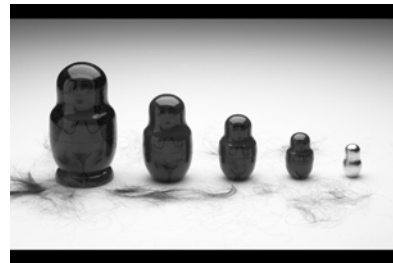


National Ovarian
Cancer Coalition

Ovarian Cancer, it whispers...so listen!



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Ovarian Cancer: Symptoms*

*95% of women DO report symptoms!!!

- Pelvic or abdominal pain or discomfort
- Vague, but persistent gastrointestinal upsets such as gas, nausea and indigestion
- Frequency and/or urgency of urination in absence of infection
- Unexplained change in bowel habits
- Unexplained weight gain or loss, particularly weight gain in the abdominal region
- Pelvic and/or abdominal swelling, bloating and/or feeling of fullness
- Pain during intercourse
- Ongoing fatigue
- Abnormal postmenopausal bleeding (this symptom is rare)

Ovarian Cancer, it whispers...so listen!



What Do Women Need From You?

- An early detection tool
- More effective therapies
- We need your help in collaborating with one another to save women's lives so that we no longer have to fear the difficult journey of ovarian cancer

Ovarian Cancer, it whispers...so
listen!





Survivor And Advocacy Groups

A Role in Research, Education and
Beyond



Who Is a Survivor?

- A Survivor at the moment of diagnosis
- Controversial term to some
- Family as Survivors
- Caregivers as Survivors
- Community of Survivors



What Is an Advocate?

- A personal advocate
- An educator
- A lobbyist



Be an “Advocate” for Yourself

- Communicating with your doctor
- Learn the jargon
- Seek resources
- Enlist a personal advocate



The Educator

- “I’m mad as hell that this happened to me; it won’t happen to anyone else.”
- Importance of speaker training
- Seek out groups for presentations
- Become familiar with health writers
- Become a letter writer



The Lobbyist

- “I don’t know how to lobby and can’t go to Washington”.
- Arm chair advocacy
- All politics is local
- Importance of coalitions



Funds for Cancer Research

American Cancer Society
Top Five States.

State	Grants	Amount	Female Cancer Projects
CA	131	56 million	1 Cervical project
MA	91	37 million	1 endometrial; 1 BRACA 2 project
NY	65	34 million	1 BRACA 1 / 2 project
PA	50	29 million	No ovarian cancer project
TX	49	33 million	No ovarian cancer



Congressionally Directed Medical Research Program (DOD)

	Funding Year	Funding	Deaths/Yr.
OVARY	2005 1997-2004	\$10 million \$81.7 million	16,000
BREAST	2005 1992-2004	\$150 million \$1.6 billion	39,800
PROSTATE	2005 1197-2004	\$85 million \$565 million	28,900



SPORES

Specialized Programs of Research
Excellence

58 NCI SPORES in 2005

5 Ovarian 2004	4 Ovarian 2005	???? 2006
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Working in Coalition

- Allied Support Group
- Society of Gynecologic Oncologists (SGO)
- National Ovarian Cancer Coalition (NOCC)
- Partner members
- Cancer Leadership Council (CLC)
- One Voice Against Cancer (OVAC)
- Cancer Action Network (WeCAN)



Research

- Investigating new treatments
- Evaluating information
- Clinical trials
- Resources
- Sharing the patient perspective as a panelist



Resources

- Books
- Websites
- Conferences
- ACOR
- Allied Groups

Web resources

<http://www.ovariancancer.org>

<http://www.ovarian.org>

<http://www.cancer.gov>

<http://www.wcn.org>

<http://www.CancerAdvocacy.org>

<http://www.CancerCare.org>

<http://www.Facingourrisk.org>

<http://www.PatientAdvocate.org>



Ovarian Cancer National Alliance

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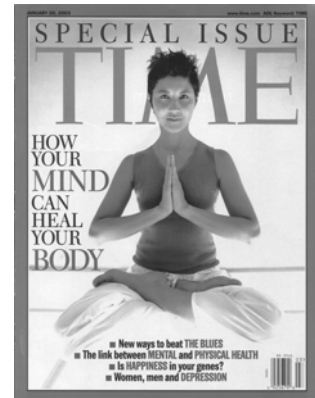
<http://www.ovariancancer.org>

E-mail : ocna@ovariancancer.org

Meditation and Guided Imagery: Spiritual Pathways to Health and Well-being

Brenda Cole, Ph.D.
University of Pittsburgh
Cancer Institute
October 2005

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What is Meditation

- ◆ Intentionally attending to external or internal experiences in the moment
- ◆ Attention can be either focused or open
- ◆ Focal points can include:
 - ◆ The breath
 - ◆ A Mantra
 - ◆ An object (e.g., flower, candle flame)
 - ◆ The body or sensations
 - ◆ A desired mental state (loving kindness)
- ◆ With an attitude of acceptance
- ◆ May or may not be "spiritual" in nature
- ◆ Tends to evoke a relaxation response in the body
- ◆ In experienced practitioners it may evoke activation of areas of the brain related to positive emotions
- ◆ Contributes to healing vs. curing cancer

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"Nothing happens next. This is it."

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Positive Benefits

- ◆ Positive physiological effects on: heart rate, breathing rate, blood pressure, oxygen consumption, alpha waves, blood lactate levels, immune system
- ◆ Relief for physical symptoms related to illnesses: heart disease, stroke, migraine, diabetes, cancer.
- ◆ Psychological relief for: obsessive thinking, anxiety, depression, and hostility
- ◆ Better Adjustment to illness

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Studies Specific to Cancer

- ◆ Speca, et al., (2000): Studied the effects of a mindfulness meditation group (n=53) relative to a control group (n=37) for people diagnosed with cancer
- ◆ Mindfulness example: Raisin eating
- ◆ 7 week intervention, 1 ½ hours each session
- ◆ Meditation group reported less depression, anger, confusion, and anxiety, and increased vigor
- ◆ The more time spent meditating the better the results

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Guided Imagery

- ◆ Has some of the same effects as meditation such as increased relaxation response
- ◆ Is not for everyone
- ◆ Can be included with meditation in order to add a spiritual dimension

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Potential Benefits of Adding a Spiritual Dimension (For Religious or Spiritual Persons)

- ◆ Makes the practice more meaningful
- ◆ Increases the likelihood of practicing
- ◆ Adds a spiritual resource
 - ◆ Spirituality is an important resource for most people coping with a trauma
 - ◆ Spiritual meditations can increase connection to sacred places and sacred beings as a source of support, comfort, guidance

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Examples of Spiritual Guided Imagery

- ◆ Begin with meditation on the breath
- ◆ Continue for 10-15 minutes until you feel relaxed and centered
- ◆ Envision one of these:
 - ◆ A time of deep spiritual meaning
 - ◆ Breathing in a sacred light
 - ◆ Being in the presence of the sacred (e.g., God)
 - ◆ The presence of a spiritual figure
 - ◆ Sharing your feelings with the sacred (e.g., Adonai)
 - ◆ Asking and receiving help
- ◆ Or repeat a sacred word

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Dee's Story

- ◆ Woman with early stage cancer and currently in chemotherapy
- ◆ Control oriented, problem-solving coping style
- ◆ Tendency to dismiss feelings as unimportant
- ◆ Currently suffering severe side effects and feeling unable to cope, had no control
- ◆ Joined our pilot study of a meditation program for people coping with cancer

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One week we prayed, or sort of prayed through a guided meditation, asking God to show us something we needed to let go of. Well, it was interesting the entire week, I realized I was still trying to handle all my responsibilities. But I was letting them pile up so that it was pressuring. And I thought "I know that I need to ask for help." And that's what God's going to tell me. But I said wait, I'm not going to predetermine because Brenda said "don't decide ahead of time what God will say."

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So I thought, "alright" and closed my eyes, and (she said almost in a whisper) all of a sudden, these vivid, primary colors—red, yellow, green, all came in front of me. And I'm like, wow, that's fun. And then, in big black letters came "FEAR"—well, the lights were down low in the room...and I was flooded with tears...and I thought..."fear"—and I knew it was true.

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Mandala Meditation

- ◆ Table of art materials is provided (colored sand, leaves, flowers, stones, etc.)
- ◆ A canvas is made on the table top with a white sheet
- ◆ Participants meditate to music
- ◆ When ready they use the materials to each contribute to the creation of a symbol to express the group's spiritual nature

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Dee's Experience

So, our last week, I was just sitting there...actually feeling peaceful...because, you know. I had a lot more peace and I was okay, though I still had the fear and I wasn't always peaceful. And I was looking at each woman in the group because we were making a Mandala and I was just watching them, such different personalities, originally I thought we'd have nothing in common.

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And I looked at each one and I felt...such love...and connection. And I'm just sitting there, enjoying watching them do their thing, and all of a sudden (long pause)...I know God spoke to me, and said...didn't say anything, I just had peace....and (she said softly) the tears came...because, then I knew—in a moment—that it didn't matter if the cancer came back, if I went home and puked that night—I would have peace. And I did.

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Conclusions

- ◆ Meditation and guided imagery can be helpful practices when coping with cancer to decrease the level of emotional distress, decrease symptom side effects, and increase vitality
- ◆ For religious or spiritual people, meditations that include spiritual imagery may provide an additional benefit by increasing spiritual support and comfort, and giving greater meaning to the cancer experience.
- ◆ Contact information: Brenda Cole (412) 623-5778

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ACUPUNCTURE FOR SYMPTOM MANAGEMENT IN OVARIAN CANCER

Ronald Glick, M.D.
Medical Director—UPMC Shadyside
Center for Integrative Medicine

Why people seek CAM tx for cancer NCI-OCCAM

- To relieve symptoms from the cancer or tx
- To improve wellbeing & QOL
- The “touch, talk, & time” is comforting
- To feel more in control
- To increase survival or seek a “cure”

NCCAM/NCI-OCCAM

- Support research on CAM
- NCCAM's 5 Domains of CAM
 - Alternative Medical Systems
 - Biologically based
 - Manipulative & body based
 - Mind-Body
 - Energetic

Traditional Chinese Medicine

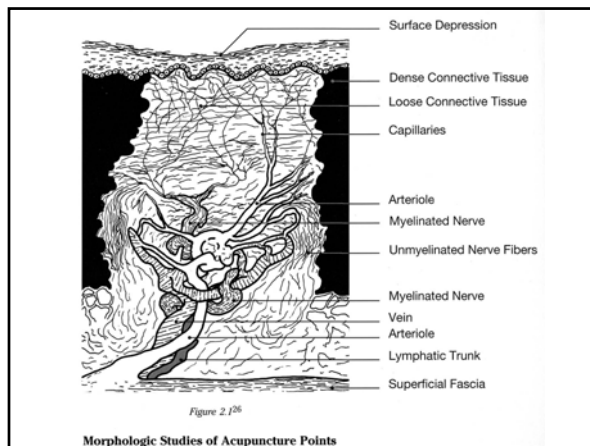
- 3,000-5,000 year tradition
- Based on Taoist philosophy
- Concepts of Yin & Yang/balance
- Concept of Qi
- Understanding of anatomy & physiology
- Meridian system

Traditional Chinese Medicine Understanding of Disease/Diagnosis

- Health associated with balance or harmony in the system, with smooth flow of Qi through the organs
- Dysfunction/disease—imbalance & disturbed flow of Qi
- Preventive medicine—diagnose & treat before disease apparent
- Diagnosis—reviewing constitutional symptoms and exam of pulse & tongue

Traditional Chinese Medicine Treatment

- Diet—prevention
- Herbs
- Tai Qi/Chi Gong
- Acupuncture
- Massage—Tui Na



Acupuncture—Science

- Histology—points look different
- Connect the dots—meridians
 - Electrical properties
 - Flow of tracer
- Neurochemical & immune response

Acupuncture—Science

- Difficulty conducting acupuncture research—how do you have a control
- Analgesic effect—seen in multiple pain syndromes—back pain, knee arthritis, cancer related pain
- Clear benefit for nausea—e.g. with chemo

Target symptoms for Tx

- Pain
- Nausea/bowel disturbance
- Loss of appetite/weight loss
- Depression/anxiety/sleep disturbance
- Fatigue

Approach to acupuncture—Pain

- Analgesic points—eg LI-4/ST-36
- Treat points pertinent to anatomy or organs involved
- Tend to need more vigorous stimulation of needles

Approach to acupuncture

- Points for mood & anxiety
- Tend to use few needles, small needles, with very gentle stimulation
- Treat according to TCM Dx

